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MOAB HAPPENINGS

Volume 30 Number 10

JANUARY 2019

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Moab Happenings

MOAB HAPPENINGS®

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7th Annual Christmas Bird Count at Dead Horse Point State Park

by Crystal White

Christmas traditions run deep within most families. From trimming a tree, to singing carols, to present giving, to stringing up lights, to holding a family dinner, to making gingerbread houses, and putting stockings over a hearth, these little gestures remind us of home filled with our loved ones. Before the 20th century, hunting birds was among these Christmas traditions. A concern began to rise in the late 1800's with the decline in bird populations among scientists and observers. On Christmas day in 1900, Frank M. Chapman proposed a different holiday tradition, counting all birds seen and heard on that festive day. Thus began National Audubon Society's Christmas Bird Count.

Though most of us have already celebrated our holiday with family and friends, there is still one last opportunity to participate in this annual Christmas tradition. Dead Horse Point State Park is holding its 7th Annual Christmas Bird Count on January 4th from 8-am until 5-pm. No need to be an avid birder to participate. This event has a long tradition



of including everyone willing to brave the elements for the entire day. Most routes are filled with scenic views of the surrounding area to thrill the eyes in between bird sightings.

For those planning to attend, please contact Crystal White at crystalwhite@utah.gov to signup. We are still looking for a few experienced birders to serve as route leaders

as well. Please bring binoculars, snacks, water, lunch, bird guide if you have one, and dress in layers, your sense of adventure. Most routes will take at least 4-5 hours to complete. There may be snow as well depending on the weather. Each participant will be given a free day-use entry into the park to use another time.'



Dead Horse Point is located nine miles north of Moab on US 191, and 23 miles southwest on SR313 (32 miles total.) The visitor center is open daily from 9 a.m. to 5 p.m. during these winter months, except for Thanksgiving, Christmas Day, and New Year's Day. Park admission is \$20 per vehicle and is valid for three days.



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Science Happenings

500 Women Scientists Southeast Utah Pod

by Kristina Young

Moab is home to an amazing number of women working in the sciences. From ecologists to archaeologists, science teachers to professors, Moab encompasses women working in a wide array of scientific disciplines. Each of these women have faced unique challenges while building their science-based career. According to data compiled by the United Nations, women represent only 30% of researchers worldwide and are more likely to leave science careers than their male counterparts, likely due to pressures specific to women. When Hannah Russell, an archaeologist here in town, asked me to help start a Southeast Utah chapter of **500 Women Scientists**, an international organization of women scientists that focuses on empowering women pursuing science careers and increasing science access to local communities, I quickly agreed. What formed was a group of over 50 women working in science disciplines in Southeast Utah. Each woman brings a unique perspective, strength, and expertise to the group, which we draw upon to support one another and use to engage the community with the amazing science happening in our region.



Over the next year, you will be hearing from a subset of these women in this column. You will learn about the incredible science each woman is involved in and hear how it affects our community and the landscapes surrounding us. To start, I'll share some of the work I do studying desert soils. I study our famous biological soil crusts, those cryptobiotic soil communities that grow on the soil surface in between plants. These diverse communities comprised of cyanobacteria, lichen, and moss stabilize our desert soil, ensuring that the soil doesn't blow away during our strong

spring winds, or wash away during our fall monsoons. Anyone who has been out in the desert knows that biological soil crusts are fragile thanks to our "don't bust the crust" campaign. My research examines how to take crust that has already been "busted" and try to restore it. I and my fellow



restoration ecologists are working on ways to quickly grow biocrust in greenhouses, hoop houses, and fields, to take that grown biocrust back into disturbed areas around Moab and the greater Southwest. While we still need to do more research to figure out how to restore biocrust successfully, un-busting biological soil crust will do a lot to help reduce

Southeast Utah 500 Women Scientists

Mission and Values:

Our Mission:

- To share the importance of science.
- To support one another as a community of women scientists in Southeast Utah
- To be in service in the name of science to the communities of Southeast Utah.

Our Values

- Being a supportive group for women scientists in Southeast Utah
- Advocate for inclusivity in our group and in science at large
- Increase scientific literacy for locals and tourists
- Mentor and support students of science (especially girls)

dust and restore the ecosystems we live in.

Over the next year, check back here to learn more about the science that women in Southeast Utah are involved in. You can learn more about our organization, 500 Women Scientists or join us at 500womenscientists.org/. And be sure to mention that you read about it in *Moab Happenings*.

Kristina Young is the co-lead of the Southeast Utah 500 Women Scientists Pod, a PhD student studying dryland soil ecology, and the host of Science Moab on KZMU



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Moab Area Events Calendar


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January Events

Jan 1 NEW YEAR'S DAY

Jan 1 New Year's Day Yoga

Practice- 10am-noon with Chelsey Hiemes. Honor the New Year with a celebration of the life force energy provided by the sun. Sun salutations will be performed as we dedicate our practice to the light of the sun. We will also explore the cosmic dance of Shiva and contemplate how we can apply ancient myth to our modern lives. \$20 Registration before December 24th, \$25 at the door. Moab Yoga 37E Center St. For info: moabyoga.com or 435-259-2455



Jan 2, 16 Moab Toastmasters Meeting- Noon-1pm at Zions Bank, 330 S. Main Street. Improve your public speaking & leadership skills. For info: facebook.com/MoabToastmasters

Jan 2, 9, 16, 23, 30 Daughters of the Utah Pioneers- meet every Wednesday from 2-3pm at the historic building between the City offices & Center St Gym.

Jan 2-Feb 1 Annual Low Cost Blood Draw- at Moab Regional Hospital. \$60 for five tests. Schedule your blood test today by calling 435-719-3500

Jan 4, 11, 18, 25 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Jan 4-6 Learn Taiko Drumming! Intermediate Workshops - Moab Taiko Dan invites you to our January workshops, taught by world-class Sensei Tiffany Tamaribuchi. Contact Robin Dahm 609-668-7421) no later than January 2 to reserve your spot(s).

Jan 5 6-Week Ashtanga Series with Kristi Paul - Saturdays 8-10am, January 5-February 9. Ashtanga is form of Hatha yoga that focuses on posture and breath control. \$100 for the 6 week course. Questions? Contact Kristi 812-325-9582, kristi.telluride@gmail.com. Moab Yoga 37E Center St. For info: www.moabyoga.com 435-259-2455.

Jan 7, 14, 21, 28 Posture Fitness: Exercise Class- using the Egoscue Method© & Posture Restoration Institute© (PRI) techniques. Mondays from 11:30am to 12:30pm at the Moab Recreation & Aquatics Center, 374 N. Park Ave. First class FREE for newbies! For more information contact Jessica at 505-412-3132, or go to: www.thepfathlete.com.

Jan 8 Learn Taiko Drumming! Beginner Workshop - Moab Taiko Dan invites you to our January workshops, taught by world-class Sensei Tiffany Tamaribuchi. Contact Robin Dahm 609-668-7421) no later than January 2 to reserve your spot(s).

Jan 8 Science Moab on Tap - 5:30pm at Woody's Tavern, 221 S. Main St. Guest speaker Chris Michaud will discuss *"Where are all the f'ing fish? Understanding & monitoring native fish in our rivers"*. Grab a beer & listen to Moab scientists talk about their research.

Jan 8 Kick off for the March High School Production- 6:30 pm in High School band room. Come learn about our show we put on, sign up & learn what songs we will be singing in March. ALL are WELCOME! For info: gngplus5@gmail.com

Jan 10 Cancer Support Group- meets at 6pm on the 2nd Thursday of each month at the Moab Regional Hospital, Education Room 3. Offering a support network for individuals & caregivers in all phases of cancer. Led by Brenda Keating 970-350-3350.

Jan 12 Second Saturday Swing! at the MARC, 111 E. 100 North. Join us for some fun swing dancing! No experience or partner necessary. Beginner lesson at 7 pm. Big Band-era DJ music till 10. \$5 suggested donation. More info at facebook.com/moabswingdance.

Jan 17 Citizens Climate Lobby (CCL) Informational Meeting- Interested in what you can do to combat climate change? Please join fellow residents and Jack Greene, a CCL representative from Logan, to discuss the possibility of forming a CCL chapter here in Moab. 6pm, Moab City County Chambers, 217 E Center St, ground floor. Info: Rani Derasary at 435-210-1647.

Jan 18 Moab First Sustainable Tourism Campaign- 2-4pm at the Moab Information Center, corner of Main & Center Streets. The Moab Travel Council staff will be giving a bag to each person who attends & recites two practices they are willing to commit to for sustainability in 2019. www.MoabFirst.com in support of Moab City's Plastic Bag Ban. See pg 10B

Jan 18-20 Bluff Balloon Festival - 21st annual International Balloon Festival in Bluff, Utah. Friday flights start at 7:30 am followed by Taco Supper presented by Bluff Elementary School.

Saturday flights begin at 7:30 am. From noon to 5 pm, Arts Fair at the Community Center. Chili and Ice Cream Social from 4-6:30pm. Enjoy the balloons up close for the Glowin at 5:30pm. Sunday sunrise flights over Valley of the Gods begin with a 7:00 am caravan from the Bluff Community Center.

Jan 19 Moab Contra Dance- at the Moab Arts & Recreation Center, 111 E 100 North. No partner or experience needed to dance. Workshop for beginning dancers at 7:30. Live music by The Moab Community Dance Band with Peg Harty, dance caller. \$7 suggested donation goes to Grand County school music program.

Jan 20 Full Lunar Eclipse - Totality begins at 9:41pm. See pg 16A

Jan 20, 27 Intro to Yoga with Lily Houghton- 4 Sundays from 4-5:15pm. Curious about yoga or wanting to refine the basics of yoga? This is the class for you! Join Lily at Moab Yoga 37E Center St. For info: moabyoga.com or 435.259.2455

Jan 21 MARTIN LUTHER KING JR. DAY

Jan 21 Martin Luther King Day of Service - Organized by Moab Americorps VISTAs and the Moab Valley Multicultural Center. Organizations that could use at least one hour of volunteer help on this day should contact JD McClanahan at 435-259-1368 or 940-368-7818.

Jan 21 National Park Service Fee Free Day- the Southeast Utah Group of the National Park Service (Arches & Canyonlands national parks and Hovenweep & Natural Bridges national monuments) is joining national parks across the country in waiving entrance fees five days in 2019 as a way to encourage people to get outdoors & spend time with their friends & family in the national parks this year. See article pg 15A

Jan 22 Beginning Tai Chi with Drew Roots - 6 Tuesdays starting January 22. 5:15-6:5pm at the Moab Recreation and Aquatic Center. Learn how to feel and move your chi to improve your health, balance, strength and alignment. For info: Call Drew 435-260-9298.

Jan 26 BEACON Afterschool Community Dodgeball Tournament- join us for our annual Dodgeball Tournament! Teams of eight will compete to be the Moab Dodgeball Champion, along with other fun games & prizes. If interested in entering a team, please contact Lindsey Bartosh at bartoshl@grandschools.org. See pg 5B

Jan 26 Build Your Own Apothecary- join Erika of the Mobile Moon Co-op from 2-4pm at Moonflower Community Co-op. Check for more details at www.moonflower.coop or calling 259-5712

February Events

Feb 2, 9, 16, 23 Yoga and Reiki with Meagan Coy & Andrea Grace- 12:30-2pm. A self-love exploration through movement and healing. Moab Yoga 37E Center St. For info: www.moabyoga.com 435.259.2455

Feb 3, 10 Intro to Yoga with Lily Houghton- 4 Sundays from 4-5:15pm. Curious about yoga or wanting to refine the basics of yoga? This is the class for you! Join Lily at Moab Yoga 37E Center St. For info: moabyoga.com or 435.259.2455

Feb 4, 11 Posture Fitness: Exercise Class- using the Egoscue Method© & Posture Restoration Institute© (PRI) techniques. Mondays from 11:30am to 12:30pm at the Moab Recreation & Aquatics Center, 374 N. Park Ave. First class FREE for newbies! For more information contact Jessica at 505-412-3132, or go to: www.thepfathlete.com.

Feb 12 Kick off for the Broadway Jr. Production- 6:30 pm at the Grand County High School band room. Sign up , pay fee, get songs, meet teachers & be ready for Broadway Jr. Week. For info: gngplus5@gmail.com

DEADLINE for FEBRUARY Events Calendar: JANUARY 20, 2018

**Listings in the Moab Happenings Events Calendar are FREE!!
Do you know of an event for the Happenings calendar??**

Call (435) 259-8431 email: info@moabhappenings.com

More Events

February Events continued

Feb 5 Science Moab on Tap- 5:30pm at Woody's Tavern, 221 S. Main St. Guest speaker Sasha Reed's topic "The Word on the Street: NEW things we have learned about our desert ecosystems in the last 10 years!" Grab a beer & listen to Moab scientists talk about their research.

Feb 14 VALENTINE'S DAY

Feb 14 Cancer Support Group- meets at 6pm on the 2nd Thursday of each month. Offering a support network for individuals & caregivers in all phases of cancer. Led by Brenda Keating 970-350-3350.

Feb 16 Moab Contra Dance- at the Moab Arts & Recreation Center, 111 E 100 North. No partner or experience needed to dance. Workshop for beginning dancers at 7:30. Live music by The Moab Community Dance Band with Peg Harty, dance caller. \$7 suggested donation goes to Grand County school music program.



Feb 18 PRESIDENTS' DAY

Feb 23 Eagle Float on the Colorado- with Canyonlands Field Institute, Moab Bird Club and Sheri Griffith River Expeditions. Grab your binoculars & cameras for this beautiful float in Ruby-Horsethief Canyons as we look for wintering eagles & waterfowl. Whether you are a novice or expert birder, you will have a great time viewing & learning about the wildlife on this stretch of river. For info: info@cfimoab.org or 435-259-7750.



Feb 23 The Trashion Show- a runway & dance party event that encourages all attendees to create & wear an outfit made of upcycled materials. Sign-up at the door to enter the runway to win great prizes. Cover is \$10 & you must be 21+. All proceeds benefit the Resiliency Hub, a local sustainability nonprofit. For more info email resiliencyhub@gmail.com.

Put on Your Finest for Seekhaven's Puttin' on the Ritz on February 16th

"Opportunities to don your finest attire, dine and dance in Moab are few and far between. Don't miss your chance to do so while benefitting local families at Seekhaven's Puttin' on the Ritz! This year, you can look forward to a night on the town, knowing that your money spent goes toward a good cause.

This year, Seekhaven staff and board members look forward to treating Moab at this annual gala, and hope to make this year the best one yet! Fiery Furnace Marching Band will greet the incoming attendees with festive, upbeat music and a local DJ will provide jazzy, rhythmic tunes inside. Attendees can also look forward to a delightful dinner, prepared by local chef Tim Buckingham. Seekhaven staff will provide educational installations, which will intermit items donated from local artisans and businesses in the silent auction. The installations will portray local statistics of domestic violence & sexual assault, and highlight the current programs in operation at Seekhaven. Other attractions include a photo booth and dancing!

All proceeds from the event support Seekhaven, directly benefitting local survivors of domestic violence and sexual assault. Approximately 10% of Seekhaven's budget comes from the Ritz! This funding is a crucial component in expanding services and programs, which this local non-profit plans to continue to do so. Seekhaven recently identified a lack of services in San Juan County, and hired an advocate to serve that area. Seekhaven also created three new positions: Transition Specialist, to assist clients in relocation, Administrative Assistant to keep the office running at full speed, and Prevention Coordinator, to manage Seekhaven support groups, including TOP, a curriculum focused on healthy relationships and consent for youth attendees. Make an appearance at Puttin' on the Ritz to support inclusive, client driven services and endeavors to expand further!

Seekhaven, established in 1990, provides safety and refuge for women and children who have endured domestic violence and sexual assault in our eight bed shelter. This is a much needed service in Southeastern Utah, and the shelter is oftentimes at capacity. Apart from the shelter, Seekhaven



also provides outreach services to those who cannot leave their current living situation or are in the process of rebuilding their lives. These services include assisting clients acquire protective orders, making referrals and advocating these survivors through oftentimes overwhelming and stressful situations. Seekhaven also provides free counseling services to survivors and operates a 24/hour hotline. All Seekhaven services are confidential, meaning clients have the power to disclose any personal information.

With the support of the Moab community, Seekhaven is eager to expand services, fulfill their mission and continue to serve local families in crisis. This is possible with your support in attending the Ritz! See you there!"



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Phases of the Moon for Moab for 2019

New Moon		First Quarter		Full Moon		Third Quarter	
Jan 5	6:28 pm	Jan 13	11:45 pm	Jan 20	10:16 pm	Jan 27	2:10 pm
Feb 4	2:03 pm	Feb 12	3:26 pm	Feb 19	8:53 am	Feb 26	4:27 am
Mar 6	9:03 am	Mar 14	4:27 am	Mar 20	7:42 pm	Mar 27	10:09 pm
Apr 5	2:50 am	Apr 12	1:05 pm	Apr 19	5:12 am	Apr 26	4:18 pm
May 4	4:45 pm	May 11	7:12 pm	May 18	3:11 pm	May 26	10:33 am
Jun 3	4:01 am	Jun 9	11:59 pm	Jun 17	2:30 am	Jun 25	3:46 am
Jul 2	1:16 pm	Jul 9	4:54 am	Jul 16	3:38 pm	Jul 24	7:18 pm
Jul 31	9:11 pm	Aug 7	11:30 am	Aug 15	6:29 am	Aug 23	8:56 am
Aug 30	4:37 am	Sep 5	9:10 pm	Sep 13	10:32 pm	Sep 21	8:40 pm
Sep 28	12:26 pm	Oct 5	10:47 am	Oct 13	3:07 pm	Oct 21	6:39 am
Oct 27	9:38 pm	Nov 4	3:23 am	Nov 12	6:34 am	Nov 19	2:10 pm
Nov 26	8:05 am	Dec 3	11:58 pm	Dec 11	10:12 pm	Dec 18	9:57 pm
Dec 25	10:13 pm						

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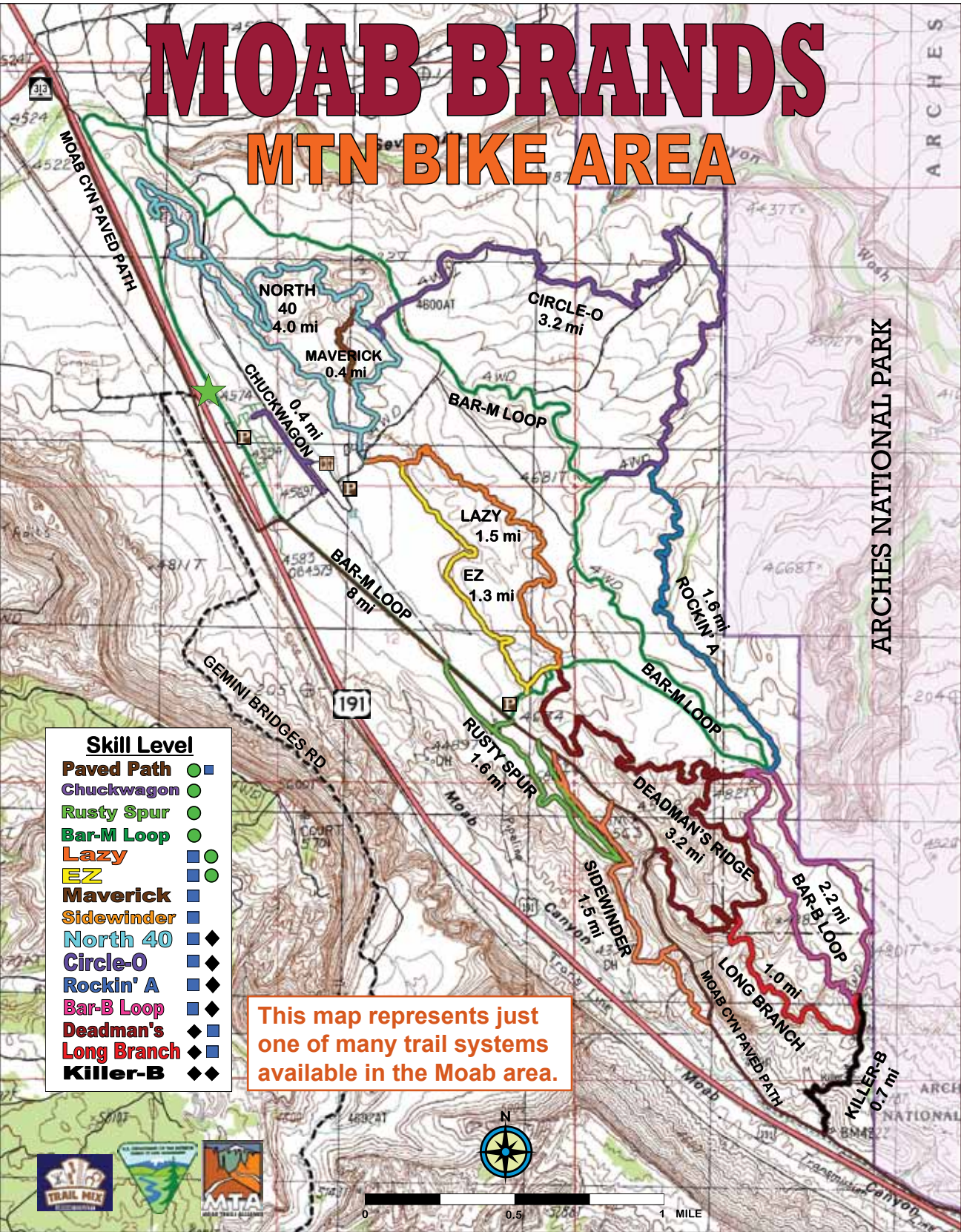
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Road & Mountain Biking



Moab has become known worldwide as a mountain biking mecca. The canyon country around Moab offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. Many trail systems have been developed in the area to provide a variety of mountain biking challenges. Several companies in the area can provide rentals and information.

• **POISON SPIDER BICYCLES SPRING THAW, March 8-9, 2019.** A fun, long weekend with demo bikes, women's ride, shuttles, frame giveaway and guided group rides on the Bar-M and the Mag 7 Trails. Food and parties included for \$40. Preregister for free t-shirt! For more info visit poisonspiderbicycles.com or call 435-259-7882.

• **MOAB SKINNY TIRE FESTIVAL - Road Cycling Tour, March 9-12, 2019.** Jumpstart your spring training and tour along the Colorado River, Dead Horse Point State Park and Arches National Park. Routes average 50 miles/day and are fully supported with food, SAG vehicles, lunch, 5-star communication, and post-party entertainment. Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytireevents.com or call 435-260-8889.

• **MOAB ROCKS MOUNTAIN BIKE STAGE RACE, March 30-April 1, 2019.** Takes some of the regions best classic & new routes including Klondike, Porcupine Rim & Mag 7 combining them into a 3-day masterpiece of cross country & timed descents in a fully supported format. All this wrapped up in a fun & friendly atmosphere, combining camaraderie & competition. For info: transrockies.com/moab-rocks or 403-483-9977.

• **7th ANNUAL GRAN FONDO MOAB, May 4 2019.** The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. Scott 9/14 contact info 435-259-6294

• **THE UTAH HIGH SCHOOL CYCLING LEAGUE September 2019.** The Utah High School Cycling League is hosting races in Moab at the Bar M Trailhead. Approximately 800 students will be racing each day from the north and south regions starting at 8am. The Utah League is the governing body for interscholastic cycling for students grades 7-12. They currently have close to 2400 students on 81 teams across the state. Please see their website www.utahmtb.org for more information.

• **MOAB CENTURY TOUR - Road Cycling Tour, September 2019.** Ride one or two days! On Saturday, choose from 40–100 mile paved routes with breathtaking views of Moab's sandstone marvels and the Colorado River. On Sunday ride the newly-paved La Sal Loop Road through the mountains with 5550' elevation change and views of fall colors before carving down through red rock canyons and finishing along the Colorado River. Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytireevents.com or call 435-260-8889.

• **OUTERBIKE FALL October 4-6 2019.** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. See next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 2019.** Presented by ChilePepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.

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Cycling Happenings

Winter Training

Winter has set in for Moab, and that means off-season! While enjoying it being quiet in town, I love having more time to work on my fitness and mobility, off the bike. However, I’m not much of a gym person so I sometimes struggle to follow a routine. Previously I have been a runner, gone to yoga in spurts... one year I did 5 minutes of plank everyday. But these didn’t seem to step my game up much at all, and I couldn’t stick to them for too long.

Then a guest on a bike tour a few years ago turned me on to Foundation Training, a set of yoga-like poses designed in response to our modern epidemic of back pain. At the core of these exercises is a practice called tensioning, which is basically organized flexing of your whole body.

I started doing the basic routine found in Foundation: Redefine Your Core, Conquer Back Pain, and Move with Confidence by Eric Goodman and Peter Park. It takes about 20 minutes, and is centered around a move called the Founder.

Here’s how it goes:

- Stand feet shoulder width apart, knees slightly bent.
- Screw your feet into the ground, and engage your leg muscles.
- Squeeze your butt and abs just a little.
- Pull your shoulders around to your back, and send your hands back to help flatten your back.
- Hinge forward at your hips about 35 degrees and hold for 10 breaths
- Send your hands above your head with your thumbs reaching up and hold for 10 breaths
- Put your hands on your imaginary handlebars and visualize riding stronger next year!

That’s it! Make this your new move. I do it pretty much every time I get out of the truck on tour, in the morning a couple times, as much as possible. It has worked great for me because the Founder requires no equipment, can be



done at anytime, anywhere. The frequency of repetition is the key to success. 30 seconds, 3 times per day. Everybody has time for that!

But what really hooked me was those #GAINZ. Holy cow. Within a month of doing this workout, I could see a huge change in my riding. For the biker, the Founder is practice for standing strong on our pedals, and the more we can stand (especially in rocky Moab) the smoother our ride.

My mother was very “strict” about posture and the Founder exercise, will help remind you of your posture. Maybe that’s why it struck a chord too. For variations spread your feet side to side, or do a some squats while executing the tension holds. Add in some plank and push-ups, and that’s all the strength training you will need!

Oh, and Eat Right too

\$5k could hardly shave 5lbs off your bike, but almost everyone, myself included could drop

five lbs on the body, and really tho.. It’s easier to ride for those skinny people. I can ride everyday, all-day and not lose any weight. Well, duh, its cause I still like beer, chips and Reese’s. If you want to lose weight the recipe is simple: less carbs, more vegetables and good fats, modest protein.

On my best behavior, I eat a boat-load of vegetables, with generous use of olive oil and/or butter, and some protein, like an egg. Throw on the butter! Have as much vegetables and good fats as you want! Two heads of buttered broccoli! Just not the carbs... I try to opt for the salad over the sandwich. Skip the rice, or at least try make the carbs one of the smallest portions on my plate. Just a couple squares of dark chocolate for sweets... If I could do



RIM TOURS *By Reid Baaken*
MOUNTAIN BIKE ADVENTURES
rimtours.com

Reid Baaken is a mountain bike guide for Rim Tours in Moab, Utah specializing in Multi-day Camping Based Tours.



this 6 days a week?

It can be painful, but know that while cutting carbs will help lose weight, it will also improve your mountain biking performance. The “keto” diet is all-the rage for endurance athletes. There are legends of ultra-runners just eating a few spoonfuls of peanut butter of over a 100-mile race and winning. Transitioning to “fat-as-fuel” is a change in your metabolic processing that opens up all your fat stores to fuel your adventure, almost totally eliminates “bonking” and turbo charges your weight loss potential. Be warned though, the chemical transition in your body takes a several week ultra-low-carb detox. I suggest experimenting with a three-week, sub-100g of carbs/day nutrition plan and see if it works for you.

Take Care of Yourself

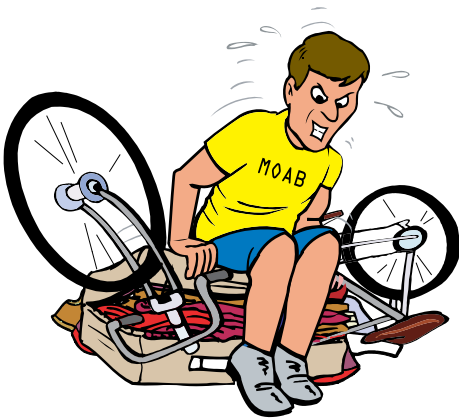
We’ve got these dark hours of winter ahead, perfect for foam-rolling and Netflix. Remember that pain and pleasure are two sides of the same coin (it’s why we MTB!), get the firmest foam roller you can find, and find 20 different ways to lay on it. Work out your kinks and aches by lying on a foam roller for 10-15 minutes/day, doing some restorative yoga/stretching, and take a epsom salt bath. These kinds of self care techniques are essential for the everyday athlete.

There it is. My personal philosophy on mountain biking performance. I’m not a doctor, just sharing what is working for me. A simple strength training practice, mixed with clean-eating and some self-care will take you where you want to go and allow you to jump into any of Moab’s awesome activities with ease.

For more resources search online for “foundation training” to find tutorial videos, get the original Foundation book or try Peter Park’s new book Rebound to get some more in-depth guidance. Locally, look for the Monday “Posture Fitness” class at the Rec Center for similiar principals. Or come ride the White Rim Trail with us this spring, and we will practice with coffee-in-hand.

Looking forward to being a little stronger next year and tons of great riding!

Too much stuff to carry home?



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Live Music Happenings

CONCERTS IN FEBRUARY

Moab Music Festival Winterlude Concerts at the MARC

The Moab Music Festival’s annual Winterlude is something to look forward to after the holiday dust settles! This year, hear the exciting sounds of Moab’s own young generation of composers and the profound musical creativity of one of the top improvisational minds writing today. Mark your calendars for February 4-8 when Moab welcomes the multi-faceted violist and composer, Jessica Meyer. Ms. Meyer kicks off Winterlude events by working with the string students of the BEACON and Grand County schools. These lucky kids will be asked to think about the world around them as they dive into a week of learning to listen to their own voice and create music.

Formally trained at the Juilliard School on the viola, Jessica Meyer is a performer, composer, and avid teacher who shares her knowledge and love of new music with children around the world as she helps teachers access music for their students. “I encourage kids to create the music they hear in their own head,” Jessica remarked. “I have always wanted to come to Moab, personally, and I am excited to tap into the community and direct the creative process through what is happening there.”

An experienced educator, Jessica brings a unique understanding of the importance of helping audiences engage with art, which she believes is an important part of the overall experience and is a means of processing the world around us.

Ms. Meyer will perform a solo concert on Wednesday, February 6, 7pm, at The MARC (best for ages 6+). The program will feature four of her own compositions chosen for their texts, written by four living women poets, and their all-embracing themes: falling in and out of love and the death of a parent. Jessica will perform as a “one-woman symphony,” manipulating her viola, voice, hand percussion, and single loop pedal. Ms. Meyer first explored improvisation at the piano and when she “ran out of fingers” she discovered the colorful palette of the pedal looper. “I now have a huge dictionary of sounds that I have amassed over the years...a forest of sound that I manipulate and create counterpoint with in order to express what I want.”

The week continues with a Tiny Station Concert on KZMU Community Radio 90.1 and 106.7 FM. Moabites can also tune in to the interview with Jessica and live on-air performance by live streaming from www.kzmu.org. (Check www.moabmusicfest.org for more details, to be posted in January).

Winterlude events conclude with the Student Showcase on Friday, February 8, 7pm, at Star Hall (all ages welcome). The week culminates with this performance by the local students and Ms. Meyer, where audiences will be treated to the newly written works, along with a solo final performance from Jessica. Jessica hopes that students and audiences alike will enjoy this deep dive into creativity.



Admission for all concerts is FREE (suggested donation \$10) with all proceeds supporting the Moab Music Festival’s annual Education Initiative Awards, which fund over \$5,000 annually in classroom resources and teacher trainings across Moab’s public and after-school music programs.

Cosy Sheridan in Concert at The MARC Feb 9, 2019

Songwriter and guitarist Cosy Sheridan will perform in concert at The Moab Arts & Recreation Center in Moab on Saturday February 9th, 2019 at 7 pm. She will be accompanied on bass and harmonies by Charlie Koch.

Cosy Sheridan has been called one of the era’s finest and most thoughtful songwriters. Her CD, *Pretty Bird*, was listed in *Sing Out Magazine*’s Great CDs of 2014. Her concerts are full of energy and emotionality - and her songs are carefully crafted.

“Cosy writes intelligent and clever lyrics with stickable melodies,” wrote *Sing Out*.

A resident of Moab from 1994 - 2014, Sheridan now lives in the Boston area, but returns to Moab each fall to run Moab Folk Camp. She is also on the board of the Moab Folk Festival, and has performed at the festival many times.

She first caught the attention of national folk audiences in 1992 when she won the Kerrville Folk Festival and the Telluride Bluegrass Festival songwriting contests. The *Boston Globe* wrote “She is now being called one of the best new singer/songwriters.” She has been on the road



ever since, playing clubs, concert halls and coffeehouses across the country. “You can’t make it into double digits, and continue touring for twenty or so years, unless you know what you’re doing, and do it well,” wrote *The Chicago Examiner*.

Her concerts are a wide-ranging exploration of love songs for adults, practical philosophy and her signature parodies on women and aging . Backed by the strong rhythms and harmonies of her bass player Charlie Koch, she plays a percussive bluesy guitar style - often in open tunings and occasionally with 2 or more capos on the guitar neck .

“Rarely do you find a cd where every song is memorable. It happens, just not often. It happens here.” - *Chicago Examiner* reviewing *The Horse King*.

For more information about Cosy Sheridan go to www.cosysheridan.com

Tickets for the concert are \$12 and will be available at the door. For more information call 603-731-3240.

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Restaurant Guide





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Getting A Drink in Moab

Although Utah sometimes has a reputation as a state where it is difficult to purchase or consume alcoholic beverages, Moab has both a microbrewery and two local wineries, a number of lounges and many restaurants serve beer and wine.

The **Moab Brewery** is Moab’s only on-site microbrewery and offers a variety of locally-brewed beers in their bar and Package Agency. Their award-winning beer is also available at other restaurants in Moab and at retail stores in town and in Salt Lake City. They also distill and bottle *Class 5 Vodka* and *Spot On Gin* on site. You can also enjoy these spirits in specialty cocktails served in their restaurant and tavern.

Moab has two local wineries. **Castle Creek Winery** is located at Red Cliffs Lodge, 15 miles from Moab on Scenic Highway 128 (the River Road). **Spanish Valley Vineyards** is located just off Highway 191, about 6 miles south of Moab on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines.



Moab boasts several upscale lounges. **98 Center** specializes in craft cocktails in a casual atmosphere. The **Atomic Grill & Lounge** offers a beautiful cocktail lounge with their unique brand of crafted libations, in addition to their drive up coffee service. The **Sunset Grill** has an outdoor patio with a view of the Moab valley where you can relax and wait to be seated for dinner (pending weather). To just stop in at the end of the day and have a drink to unwind, try the **Blu Bar** located at **The Blu Pig**, **The Alley Sports Bar** next to Gravel Pit Lanes or the beer and wine garden at **Moab Garage Co.**

The **Utah State Liquor Store** is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South and is open Monday through Saturday (11am to 7pm). It is closed on Sundays and holidays. The **Moab Brewery Package Agency** sells their full-strength beers (in 16oz cans and 22oz bottles) and unique spirits to go every day including Sundays, opening at 11:30am. **Castle Creek Winery** also sells wine on Sundays and Holidays from 10am to 7pm.

Beer (3.2% alcohol content) for take-out can be purchased at grocery food stores and convenience stores for off-premise consumption only. On-premise beer (you can drink it here) is available at various licensed locations, including taverns, golf courses, bowling alleys and restaurants.

State law places some restrictions on where you can sit in an establishment when consuming alcohol and whether or not you need to consume food with your drink. For example, **Zax**, a locally-owned full-service restaurant, has an adult atmosphere in the **Watering Hole**, although children also also allowed, where you can order a cocktail and watch your favorite sporting event on their 13 TVs, with or without ordering food from their full menu. However, if you sit in the family dining restaurant, you need to order food to consume an alcoholic beverage. Other restaurants that serve drinks with meals include the **Moab Grill**, **Peace Tree**, **Desert Bistro**, **Fiesta Mexicana**, **The Spoke** and **Susie’s Branding Iron**. See the Moab Menu Guide for more information about restrants that serve beer, wine and other alcoholic beverages.

Utah law forbids open containers in or about any motor vehicle. A blood alcohol level of 0.08% (0.05% if you have a child in the car) is the maximum allowable under Utah Code to be declared “driving under the influence.”



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Restaurant Guide



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812 S. Main Street 435-355-0854

Lunch • Dinner / Closed thru Jan 20

Serving authentic Mexican cuisine 7 days a week. Family owned and operated using the freshest ingredients and traditional recipes. Lunch Specials served daily from 11am-3pm. Come enjoy our intimate and friendly atmosphere. ¡El Arte de Comer Bien! The art of good eating! Large enclosed patio available for holiday parties.

Fiesta Mexicana

202 South Main Street 435-259-4366

Lunch • Dinner Sun - Thurs 11-8 Fri & Sat 11-9

Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio and interior. Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$8.25 Full bar.

Gilberto's

396 South Main 435-259-1678

Breakfast • Lunch • Dinner Open 7am-1am

Newest location of family owned chain of restaurants. Enjoy the same authentic Mexican cooking as our other restaurants in Arizona, Colorado and Utah. Traditional Mexican recipes including Lengua and Menudo. Mexican bottled Coca Cola, Horchata, Rica Jamaica and Tamarindo.

Hidden Cuisine

2740 South Highway 191 435-259-7711

Breakfast and lunch all day, everyday! We pride ourselves in serving fresh, healthy and delicious dishes for our discerning customers. Closed for the Season Reopening Feb 1st

Country Fried Steaks, Omelettes or delicious sandwiches and salads. Try our smoothies, fresh squeezed juices, coffee or espresso anytime. Please call us for catering and onsite events.

Jailhouse Cafe

101 North Main Street 435-259-3900

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

La Sal House

11 East 100 North 435-259-5725

La Hacienda

574 North Main St 435-355-0529

Love Muffin Café

139 North Main 435-259-6833

McDonald's

640 South Main 435-259-8800

Miguel's Baja Grill

51 North Main 435-259-6546

Genuine Mexican Cuisine, traditional recipes and methods of Baja California and other parts of Mexico. We pride ourselves on fresh food prepared as you order it. Great Margaritas. Closed for the Season

Great Margaritas, Omelettes, and other Mexican specialties. Vegetarian, Vegan and Gluten Free items available. Proud to cook with zero trans fat.

Milt's Stop & Eat

400 East and Millcreek Drive 435-259-7424

Lunch • Dinner Tue-Sun 11am - 8pm
Closed Mondays

Moab's oldest restaurant, since 1954. Milt's serves local grass-fed, hormone-free beef burgers, classic diner sandwiches, buffalo burgers, shoestring fries. Enjoy our soft serve ice cream, shakes and old fashioned malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. Daily Specials. See ya'll at Milt's! www.miltsstopandeat.com.





Moab Brewery

686 South Main 435-259-6333
Lunch • Dinner Open daily 11:30 a.m.
Closed Dec 31st - Jan 18th Reopening January 19th

Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food & Beer to go. Moab's only onsite brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu, house made gelato & root beer. State Liquor Licensee.

Moab Coffee Roasters

90 N. Main St. 435-259-2725
Open everyday 7am - Close

On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared coffee beverages, teas, smoothies, and Italian sodas. Open early morning and late for after dinner beverages and sweets. Indoor and outdoor seating. Pet friendly patio. Taste the fresh roasted difference! Check out our selection of Grab N' Go Meals for breakfast, lunch, and dinner. Gluten Free, Vegan, and Keto options available. Moab souvenirs sold here!

Moab Diner & Ice Cream Shoppe

189 South Main 435-259-4006
Breakfast • Lunch • Dinner
Mon-Thurs: 6am - 9pm Fri-Sat: 6am - 10pm
Closed Sundays

Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners. Our Ice Cream Shoppe features Blue Bunny ice cream.

Moab Food Truck Park

- 39 West 100 North
- | | |
|----------------------|--------------|
| Big Don's Pizza Bus | |
| Delicate Donuts | 435-260-7321 |
| Downtown Dawgs | |
| Hermanos Taco Co | 435-724-7348 |
| Hökūlia Shave Ice | 435-260-7321 |
| Red Wok Kitchen | |
| T-Mike's Krusty Krab | |

Moab Garage Co.

78 North Main
Breakfast • Lunch • Dinner
The Moab Garage Co. is a full service cafe offering specialty coffee, breakfast, lunch, and dinner. Beer on tap and an excellent wine selection. Course our made to order liquid nitro. Reopening Feb 2019. Come see all the exciting changes. Closed for the Season. Garage, Beer & Wine Garden now open 5-10pm. Wed-Sat. Must be 21+ for Beer & Wine Garden.

Moab Giants Cafe 112 West SR-313 435-355-0288

Moab Grill Steakhouse

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

Enjoy our menu ranging from Cowboy Benedict in the morning to hand cut steaks, pasta and seafood for dinner. Homemade soups, pies and cobbler, espresso and crazy juicy burgers. Steak and King crab legs anytime. Serving slow roasted Prime Rib Friday Saturday and Sunday. Small private meeting room, internet, 2 flat screens, sunny window booths, counter dining, full beer and wine menu, vegetarian and gluten free dishes.

Moab Kitchen 239 W. Center St.

Moonflower Community Cooperative

39 East 100 North 435-259-5712
Hot Breakfast & Lunch • Fresh coffee • Grab and go
Open daily 8am-8pm
Moonflower offers breakfast sandwiches & burritos, a hot lunch bar featuring a freshly baked entree and rotating soups, and a wide selection of grab & go sandwiches, salads, spreads, and snacks. Our deli bakes a variety of muffins, scones, cookies, cakes, and breads every day. Gluten-free and vegan options are always available. For catering, email catering@moonflower.coop

MOYO – Moab Frozen Yogurt

331 N. Main St. 435-355-0010
Self-serve frozen yogurt with 14 delicious flavors of yogurt, including low fat and no-sugar added, custard, and Italian ice. Our topping bar offers over 30 choices. Reopening February 22. Our yogurts and sorbets are real dairy. Active culture certified as well as OGE certified. Indoor seating or covered, light and airy. Plenty of parking in back. Enjoy a free sample and meet our friendly staff. Closed for the Season.

Pancake Haus 196 South Main 435-259-7141

Pasta Jay's 4 South Main 435-259-2900

Peace Tree Juice Cafe

20 South Main 435-259-0101
Breakfast • Lunch • Dinner
Welcome to the healthy restaurant. We have full Breakfast and Lunch menus in our cafe. Reopening Feb 2019. Good pasta, beer, wine, Cocktails, Fresh Juice, Fresh Smoothies, Green Smoothies. Closed for the Season.

Pizza Hut 265 South Main 435-259-6345

Quesadilla Mobilla 89 N. Main 435-260-0289

Red Rock Bakery & Net Cafe

74 S. Main Street 435-259-5941
Breakfast • Lunch Open Daily 6:30am - 3pm
Made in Moab since 1997. Serving an array of fresh made products including bagels, scones, muffins, cinnamon rolls, cookies, brownies & other treats. Full espresso bar with locally roasted Fresh Moab Coffee. Great sandwiches. Private Conference Room available. Order ahead for faster service. Free WiFi with purchase. Featuring artwork from local artist Greg McDonald along with black & white photographer Victoria Dempster.

Sabaku Sushi 90 East Center 435-259-4455

Singha Thai Cuisine 92 E. Center 435-259-0039

Spitfire Smokehouse 221 S. Main St. 970-618-4274

River Grill at Sorrel River Ranch Resort & Spa

Mile 17 Highway 128 435-259-4642
Breakfast • Lunch • Dinner Reservation Recommended
Closed Jan 6 - Feb 13
Feast on Southern Utah's spectacular scenery while enjoying delicious, locally-sourced fare. Dine indoors or al fresco by the riverside. Full liquor license and extensive wine list.

The Spoke On Center

5 North Main 435-260-7177
Lunch & Dinner Open daily 11:00 a.m.
Located right in the middle of town, corner of Center and Main Street. Delicious gourmet burgers, brews and shakes. Our menu uses the freshest ingredients available. We have something for everyone including freshly made salads, barbeque pork, fish and chips and several build your own options. Gluten free and vegetarian options are available. Full service liquor license. Take out available.

Stu's Deli (Inside Moab Chevron) 435-259-2212

Sunset Grill

900 North Highway 191 435-259-7146
Dinner • Open 5 pm daily. Closed Sundays
Steaks, Seafood, Pasta, Prime Rib. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. State Liquor Licensee. Call for free Shuttle Service: 435-259-7777

Susie's Branding Iron

2971 South Highway 191 435-259-6275
Lunch • Dinner Open 11:30am-8pm
Closed Mondays
Welcome to my ranch cookhouse. Come in, take off your hat, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. Ribs served Tues. & Thurs. nights. To go orders are welcome.

Sweet Cravings Bakery & Bistro

397 North Main 435-259-8983
Breakfast & Lunch Open daily 8am - 3pm
Closed Dec 30 thru Jan 6
A local's favorite featuring fresh baked goods made onsite (cinnamon rolls, cookies, pies, etc) with incredible breakfast and lunch selections. A full menu to dine in or take out on the trails. Choose from our wide selection or build your own sandwiches, wraps and paninis. Gluten Free & Healthy Options. Catering available

Szechuan Restaurant 125 North Main 435-259-8984

Tacos El Gordo 83 South Main 720-234-6435

Wake and Bake Cafe (inside Eddie McStiff's)
59 S. Main, McStiff's Plaza 435-259-2420

Wendy's 260 North Main 435-259-2595

Wicked Brew Espresso Drive Thru

1146 South Highway 191
Open at 6am - 3pm
Wicked Brew is committed to providing you unbeatably fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab.

Zax

96 South Main Street 435-259-6555
Lunch • Dinner Open Daily 11am.
Our extensive menu includes the best burgers in Moab, sandwiches, pastas, salads, seafood & our famous All-You-Can-Eat pizza buffet & salad bar. Dine inside or on our all-weather covered patio. 50" flat screen and 22 TVs. Full liquor license. Locally owned and operated. Call us to host your event on our patio, or in our tavern. Catering available.



Sweet Cravings

Bakery + Bistro



Breakfast/Lunch
Sandwiches & Salads
Endless Homemade Pastries
Boxed Lunches • Catering

Order Online
www.cravemoab.com

Open Daily 8am - 3pm
Closed December 30th - January 6th

435-259-8983
397 N. Main Street • Moab

90 N. Main St. • Moab, UT
open everyday 7am - Close



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Grab & Go Meals • Souvenirs



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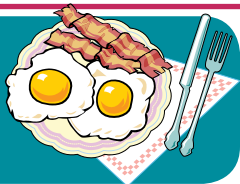
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smoothies
and
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smoothies

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coffee bar

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steaks, Salmon
fresh trout
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and much more

Breakfast, Lunch, Dinner menus

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TOP 5 Reasons for Eating Locally

1. You keep your money in Moab's economy.
2. You benefit from Moab passion and expertise.
3. You keep Moab tax dollars here.
4. You keep the American Dream alive.
5. It's a 50+ mile drive to eat anywhere else.

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Thank you for a wonderful season
and best wishes in the new year

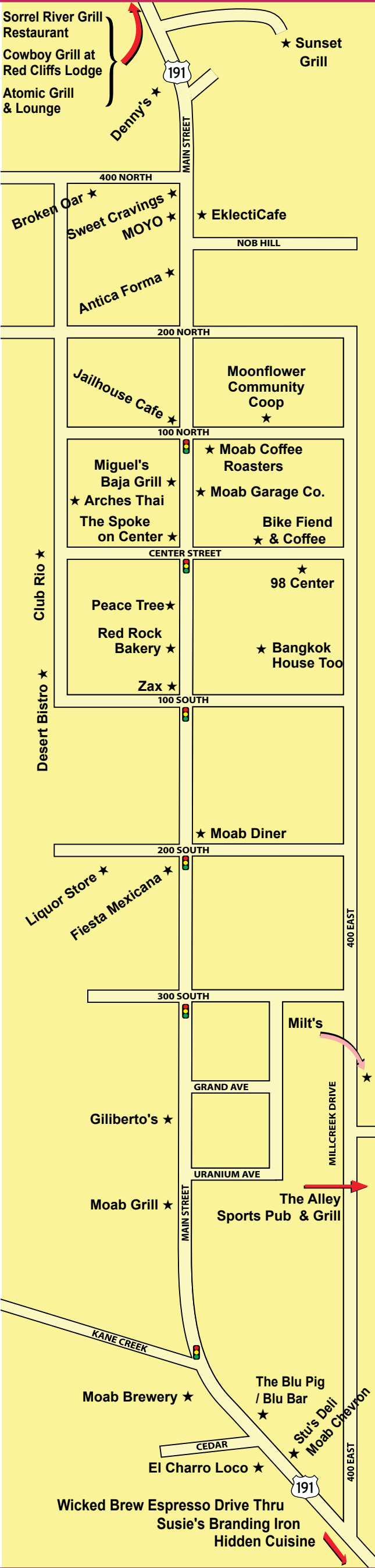
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Authentic Mexican Food

Open 7am-1am
Large servings

Taco Salad Ground Beef or Chicken w/small soda \$8.50
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Try our Super Fries (like Nachos but with French Fries)
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Breakfast All Day
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Restaurant Guide



Restaurant Guide



Denny's

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Taste of Moab Supports Local Transportation Grant

The American Cancer Society is excited to announce that the 2018 Taste of Moab was a huge success that brought out community members, cancer survivors, and caregivers in the fight against cancer. This first event of the American Cancer Society Hope and Home program has partnered with the Moab Healthcare Foundation in providing transportation for cancer patients of Grand and San Juan Counties. Fifty percent of the proceeds from the Taste of Moab was donated to the Moab Healthcare Foundation and the Society is excited to announce that \$9,153 was presented to the foundation on December 10.



Transportation can be a huge barrier for those trying to access healthcare, often preventing a patient from getting the lifesaving treatment that they need. This can be especially difficult for those living in rural communities. In order to help Utah patients achieve the best health outcomes, the American Cancer Society is working to remove these barriers through funding for transportation.

The American Cancer Society is excited to continue this partnership with the Moab Healthcare Foundation in 2019.



Pictured are members of the Taste of Moab Committee members Jessica Lowell, Brenda Najera, Kathy Turvy, Tony Najera, and Yordy Eastwood; Cidne Christiansen, Director of the American Cancer Society; Moab Healthcare Foundation board members Beth Logan, Kirstin Peterson, and Bob Jones.

Not pictured are Taste of Moab Committee Members Michelle Burton, Irene Wagner, Judi Bishop, and Moab Healthcare Foundation Members Tom Edwards and Mike Bynum.

More information about the Taste of Moab can be found at www.tasteofmoab.org. The 2019 Taste of Moab will take place November 9, 2019 at the Grand Center.

To access information on how to receive assistance with transportation please reach out to the Moab Healthcare Foundation at info@mhfmob.org or (435)210-0087.

For lodging assistance, please contact the American Cancer Society at 1-800-227-2345.

About the American Cancer Society



The American Cancer Society is a global grassroots force of 1.5 million volunteers dedicated to saving lives, celebrating lives, and leading the fight for a world without cancer. From breakthrough research, to free lodging near treatment, a 24/7/365 live helpline, free rides to treatment, and convening powerful activists to create awareness and impact, the Society is the only organization attacking cancer from every angle. For more information go to www.cancer.org.



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is where you can find THE MOAB MENU GUIDE. Check it out today!



Winter at Gallery Moab

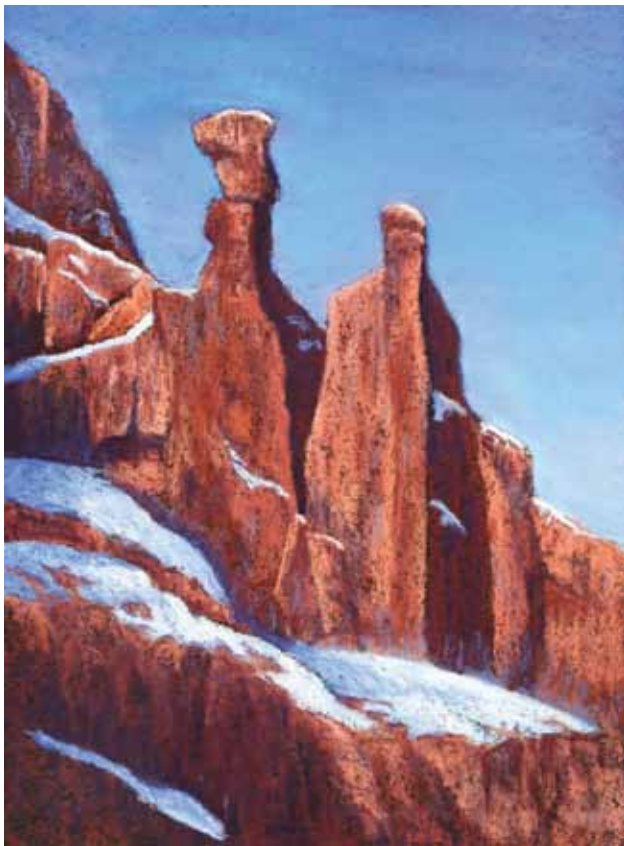


A painting of a snowy landscape. In the foreground, there are several dark, spiky plants, possibly pine needles or small trees, emerging from the snow. A large, snow-covered tree or bush dominates the middle ground. In the background, a small, dark building with a snow-covered roof is visible. The sky is a pale, hazy blue. The overall style is impressionistic, with visible brushstrokes and a soft, atmospheric quality.

A painting of a desert landscape. In the foreground, there are sparse, dry, yellowish-brown bushes on a sandy ground. The middle ground is dominated by large, layered rock formations with distinct horizontal strata, rendered in shades of white, grey, and blue. Behind these formations, there are dark, jagged mountain peaks. The sky is filled with large, billowing white clouds against a pale blue background. The overall style is impressionistic, with visible brushstrokes and a focus on light and color.

A painting of a natural rock archway, possibly the Bixby Creek Arch, with snow on the ground and mountains in the background. The arch is made of reddish-brown rock and is partially covered in snow. The sky is blue with some clouds. The foreground is a snowy, rocky landscape. The painting is signed 'H. H. H.' in the bottom left corner.

Gallery Moab, located at 87 North Main Street, will be open in January from 10 am to 6 pm every day except for New Year's Day, and 3 days - the 14th through the 16th to do some house-keeping. All other days you will find one of our artists manning the store, ready to share their art and that of their fellow artists. Take some time to enjoy our quiet corner. And be sure to mention you read about Gallery Moab in *Moab Happenings*.



A painting of a shepherd with a flock of sheep in a snowy landscape. The shepherd is perched on a wooden fence, looking down at the sheep. The sheep are gathered around a large, snow-covered hay bale. The background shows a snowy field with bare trees and a warm, golden light. The style is impressionistic, with visible brushstrokes and a soft, hazy atmosphere.

A painting of a winter landscape. In the foreground, a frozen river or stream flows through a snowy field. The snow is depicted with various shades of white and light blue, suggesting texture and depth. The river's surface is a mix of white and light blue, with some darker patches indicating shadows or ice. In the middle ground, there are rolling hills and mountains covered in snow. The sky is a pale, hazy blue. The overall style is impressionistic, with visible brushstrokes and a focus on light and color.

(435) 259-8431 • 375 South Main
Monday – Friday 8am – 6pm • Saturday 9am–5pm

National Park Happenings

Entrance Fee Free Days in 2019

National Parks Fee Free Days Announced for 2019
The Southeast Utah Group of national parks (Arches and Canyonlands national parks and Hovenweep and Natural Bridges national monuments) is joining national parks across the country in waiving entrance fees on five days in 2019 as a way to encourage people to get outdoors and spend time with their friends and family in their national parks this year.
The National Park Service will offer the following fee-free days in 2019:

- Monday, January 21 – Martin Luther King, Jr. Day
- Saturday, April 20 – Start of National Park Week/ National Junior Ranger Day
- Sunday, August 25 – National Park Service Anniversary
- Saturday, September 28 – National Public Lands Day
- Monday, November 11 – Veterans Day

This fee-free opportunity applies to entrance fees only and does not affect fees for camping, backcountry reservations, tours, or other special uses.



Visitors to the Southeast Utah Group of parks can enjoy a wide range of activities such as hiking, photography, traveling scenic drives and rugged backcountry roads, visiting ancient cultural sites, and strolling pathways that lead to interesting rock formations and beautiful desert vistas.
Park visitors can also purchase annual and lifetime passes to cover entrance fees throughout the year. The

Winter Visitor Center Hours

Arches and Canyonlands National Parks are open all year, but the parks’ visitor center operations change with the arrival of winter.
Arches Visitor Center is open daily from 9:00 a.m. to 4:00 p.m..
The Needles Visitor Center at Canyonlands National Park will reopen in early March 2019.
The Island in the Sky Visitor Center at Canyonlands National Park will be open 9:00 a.m. to 4:00 p.m. Friday through Tuesday, and will be closed on Wednesdays and Thursdays until early March 2019.
Law enforcement staff will remain on duty in both parks throughout the winter.

Permits are required for all overnight backcountry use. Visitors wishing to stay overnight in the Island in the Sky backcountry can make advance reservations (and receive their permit two days or more before their trip) online at: www.nps.gov/cany/planyourvisit/backcountry.htm. Visitors can also get permits at Island in the Sky Visitor Center during its business hours or at the Backcountry Reservation Office weekdays 8:00 a.m. to 4:00 p.m., except federal holidays. The backcountry office is located at 2282 Resource Blvd. just south of Moab, Utah.

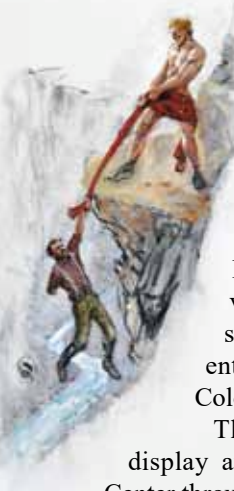
Visitors wishing to stay overnight in The Needles district backcountry must obtain a permit from the self-registration station located on the front porch of The Needles Visitor Center.
Day-use permits are required for vehicle and bicycle travel on Elephant Hill Road at The Needles and White Rim Road at Island in the Sky. Permits for Elephant Hill Road may be obtained at the self-registration station at The Needles Visitor Center. Permits for White Rim Road are available online or at Island in the Sky Visitor Center up to 24 hours before the day of travel. Roads may be closed at any time due to poor conditions.

For information about backcountry use, call the backcountry office at 435-259-4351 or email canypermits@nps.gov.
Visitor services (lodging, food, gasoline, etc.) are not available in the parks, so visitors need to be well equipped with all necessities upon arrival.

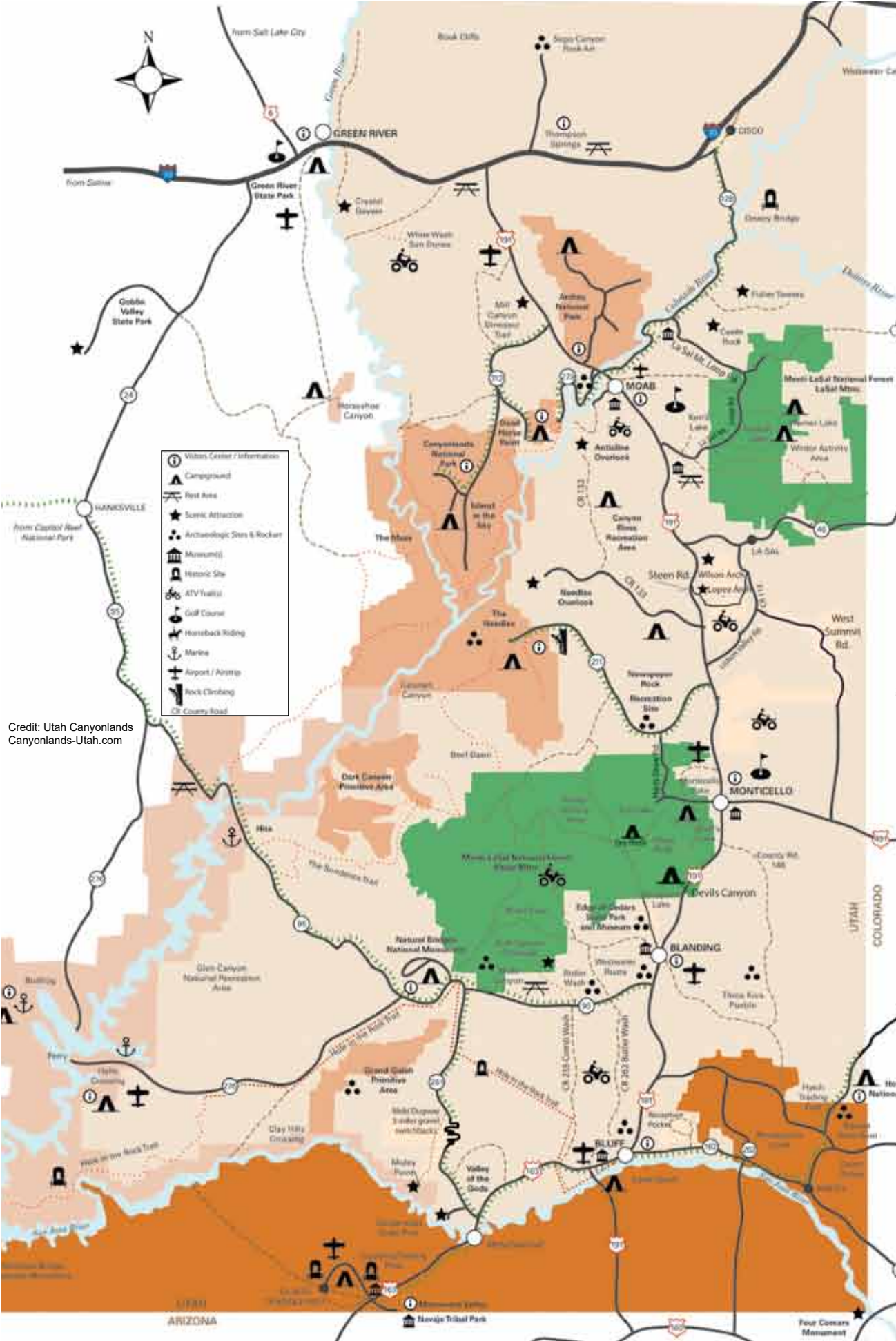
annual \$55 Southeast Utah Parks Pass allows unlimited entrance to national parks in the Southeast Utah Group (Arches, Canyonlands, Hovenweep, and Natural Bridges) for an entire year from the date of purchase. The annual \$80 America the Beautiful National Parks and Federal Recreational Lands Pass allows unlimited entrance to more than 2,000 federal recreation areas, including all national parks that charge an entrance fee. There are also free or discounted passes available for senior citizens, current members of the military, families of fourth grade students, and citizens with disabilities.
The National Park System includes more than 84 million acres and is comprised of 418 sites, including national parks, national historical parks, national monuments, national recreation areas, national battlefields, and national seashores. There is at least one national park in every state.
For additional information about the Southeast Utah Group of national parks visit:

- Arches National Park www.nps.gov/arch
- Canyonlands National Park www.nps.gov/cany
- Hovenweep National Monument www.nps.gov/hove
- Natural Bridges National Monument www.nps.gov/nabr

Moab Information Center to Display John Wesley Powell Exhibit



To commemorate the 150th anniversary of the John Wesley Powell Colorado river expedition, Frank Lister, with Time Traveler Maps of Mancos, Colorado, commissioned artist Glen Hopkinson to paint seven vignettes depicting various scenes described by journal entries of the 1869 Powell Colorado river expedition. The exhibit will be on display at the Moab Information Center through October 2019.



Dark Sky Happenings

The Nighty Five

By Kalen Jones

In November the world’s dark-sky community rendezvoused in Utah for two conferences. The first was the International Dark-Sky Association annual conference, focused on education and advocacy. The second was the Artificial Light At Night (ALAN) conference, featuring the latest research on outdoor lighting technology and the effects of outdoor lighting on ecology, including humans. This year’s ALAN was sponsored by the University of Utah Dark Skies Studies interdisciplinary program, the first of its kind. Two Moab Dark Skies members were present to learn and share – Crystal White, Assistant Park Manager / Night Sky Ranger, Dead Horse Point State Park; and Kalen Jones, Moab City Council Member and architect.

Emily Moench from the Utah Office of Tourism (UOT) spoke about astro-tourism on the Colorado Plateau. It is expected to continue to grow at an accelerating rate over the coming years. Which is not surprising given that more and more people are valuing the opportunity to view pristine starscapes, and the Colorado Plateau is one of the darkest places in the developed world. She related astro tourism to the UOT Red Emerald Initiative, which rather than just encouraging more visitation, focuses on attracting visitors who “stay longer, spend more and engage more deeply with the local community, distributing traveler visitation throughout Utah and encouraging a community-led vision for tourism development.” Astro-tourism fits in well as it requires at least one night and two meals at a destination, shifts time of visitation at popular sites, and expands the

visitors’ experience. It was encouraging to hear that UOT is considering the quality of tourism, and the capacity limitations of popular destinations such as the Mighty Five Utah national parks.

Cooper Farr, Director of Conservation for the Tracy Aviary, shared their Salt Lake Avian Collision Survey, a citizen science research initiative with an aim to better understand the impact of Salt Lake City’s light pollution on migratory birds. By surveying urban areas, places that pose some of the greatest risks to migrating birds, they improve understanding of the magnitude of the issue and how to decrease impacts on Salt Lake’s birds. While the scale and brightness of urban buildings results in significantly greater mortality than rural towns such as Moab, there were relevant ancillary lessons. Lighting can create impacts that are still little understood, but at least partially mitigable through lighting modifications that still maintain functional illumination. Such as shielding, and turning out lights that aren’t in use. In the case of SLC that included unoccupied office buildings, but examples at home are plentiful. Next month Crystal will report on new research from ALAN. Until then, stay warm as you enjoy the winter stars during Moab’s quiet season.

The Moab Dark Skies was established by the Friends of Arches and Canyonlands Parks in conjunction with the National Park Service and Utah State Parks Division of Natural Resources.



Keep your eyes to the Night Sky to see the full lunar eclipse that will occur on January 20, 2019.

Totality begins at the civilized hour of 9:41:17 pm!

Moab Dark Skies

Live and Play under the Milky Way

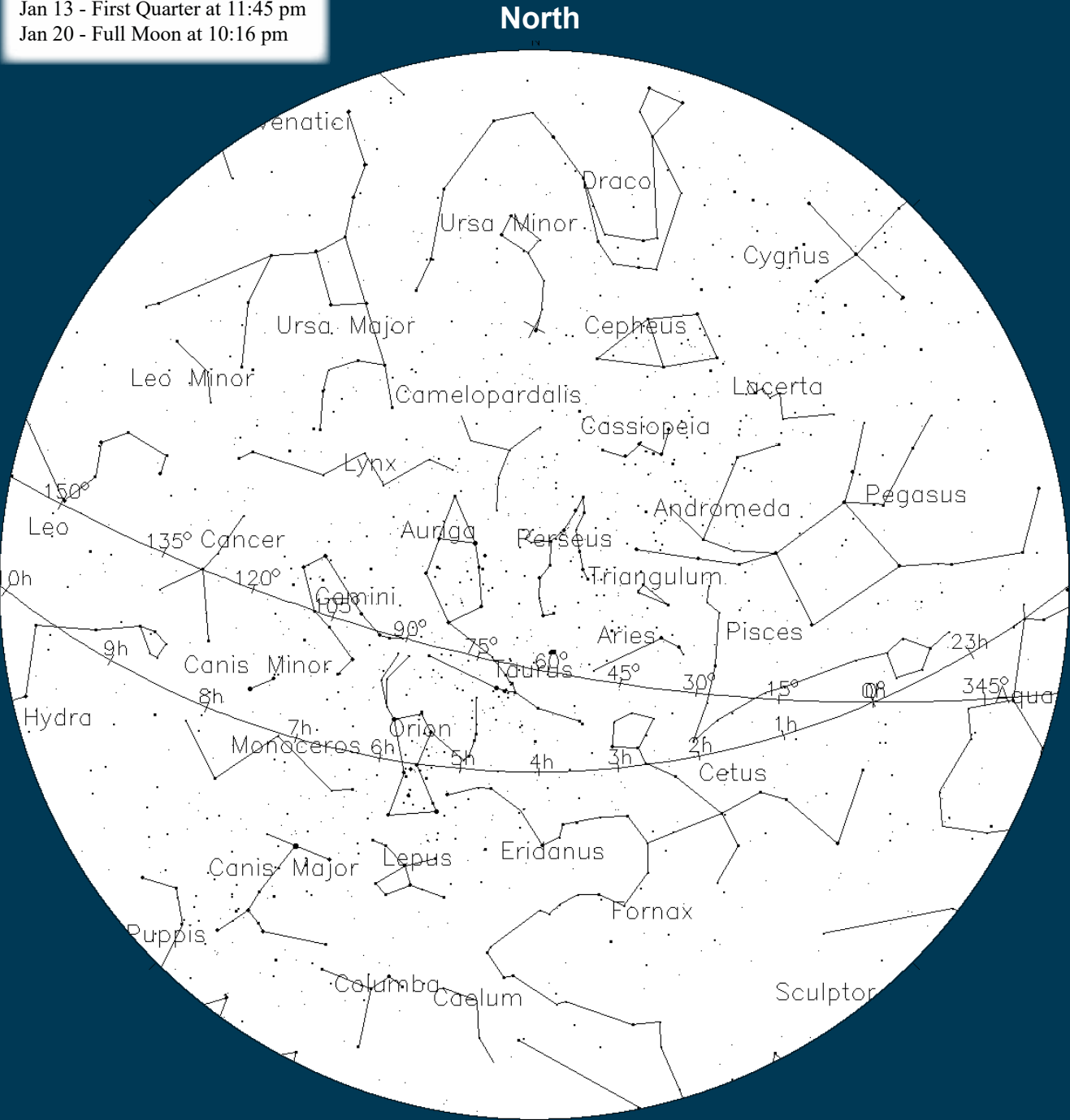
JANUARY SUNRISE & SUNSET TIMES

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

DATE	SUNRISE	SUNSET
1	7:35 am	5:08 pm
2	7:35 am	5:09 pm
3	7:36 am	5:10 pm
4	7:36 am	5:10 pm
5	7:36 am	5:11 pm
6	7:36 am	5:12 pm
7	7:35 am	5:13 pm
8	7:35 am	5:14 pm
9	7:35 am	5:15 pm
10	7:35 am	5:16 pm
11	7:35 am	5:17 pm
12	7:34 am	5:18 pm
13	7:34 am	5:19 pm
14	7:34 am	5:20 pm
15	7:33 am	5:21 pm
16	7:33 am	5:22 pm
17	7:33 am	5:23 pm
18	7:32 am	5:25 pm
19	7:32 am	5:26 pm
20	7:31 am	5:27 pm
21	7:31 am	5:28 pm
22	7:30 am	5:29 pm
23	7:29 am	5:30 pm
24	7:29 am	5:31 pm
25	7:28 am	5:32 pm
26	7:27 am	5:34 pm
27	7:27 am	5:35 pm
28	7:26 am	5:36 pm
29	7:25 am	5:37 pm
30	7:24 am	5:38 pm
31	7:23 am	5:39 pm

MOON HAPPENINGS

Jan 13 - First Quarter at 11:45 pm
Jan 20 - Full Moon at 10:16 pm



Youth Happenings

National Mentoring Month Staff Report

2019 marks Grand Area Mentoring’s fourteenth year as Moab’s school and community-based mentoring program. The project began in 2005 with a grant from the U.S. Department of Education, which strived to boost student performance in high-risk regions. In its first year, the program served 25 students. In the 2017/2018 school year, it served 91. Throughout its history, the program has consistently outperformed objectives set by the federal agency.

Grand Area Mentoring’s June report tells a story of hope and community engagement. 70% of mentored



students improved their grades. 100% of parents agree that their son or daughter makes better decisions since being matched with a mentor. And 94% of teachers agree that mentored youth have a better shot at graduation. The average mentor-mentee

pairing in America lasts only six months, but Grand Area Mentoring’s average is over two years.

“The numbers are great,” said Daniel McNeil, Grand Area Mentoring’s director. “But I think what the students say better captures the success of Moab’s kind mentors and promising youth.”

According to a 2018 survey, one sixth grade student said: “I was bullied when I was younger, so I didn’t trust anyone. In mentoring, I learned how to trust people again.” An eighth grade student said: “Mentoring makes me want to come to school. I used to dread school.” Another reported, “Mentoring makes me feel like somebody has my back.”



life. The transformation is a beautiful process to watch – a true life-changing experience.”

As this school year’s midpoint approaches, the program is reaching out to the community to spotlight all the good Moab’s mentors are achieving. Megan McGee, Grand Area Mentoring’s volunteer coordinator said, “We want to thank all the mentors of Moab. They are truly amazing people. And we want to wish everyone happy 2019 and happy National Mentoring Month.”

National Mentoring Month takes place each January. Government officials, celebrities, major corporations, and mentoring programs everywhere use this occasion to celebrate the power of mentoring and address America’s dearth of volunteer mentors. Grand Area Mentoring now has ten youth on its waitlist, and it will offer a new mentor orientation on January 16th. “It’s a no-obligation training,” McNeil said. “We invite anyone to register who’s interested in learning more. We’ll explain everything about the program so you can make an informed decision about whether it’s a good fit.”

In the spirit of the season, he added, “This is when people make resolutions. 2019 could be a perfect time to rise by lifting others.”

To learn more, contact Daniel McNeil at (435) 260-9646 or grandareamentoring@gmail.com

It’s not just the students who see the difference. In a survey, one parent wrote of mentoring: “The best decision I’ve ever made for my daughter.” And a teacher observed: “The value of the mentoring relationship is beyond measure, because we are dealing with a child’s view of themselves and how they fit into

Eagle Float on the Colorado

Every winter Southeastern Utah and Western Colorado are visited by bald and golden eagles looking for ideal nesting sites. A few of these eagles decide to call the cottonwood trees – nestled between sandstone cliffs and the Colorado River – their winter home. Beyond the bald eagle, many other species of birds call this narrow band of riparian habitat running through the desert climate of the Colorado Plateau home. Canyon wrens, killdeer, belted kingfisher,



great blue herons, and red-tailed hawks are just a few of the species seen along the Colorado River in late winter.

The best way to see these critters is on the water. Join us and view these majestic creatures on February

23 on Canyonlands Field Institute’s annual Eagle Float on the Colorado! On this day long excursion we will float from Loma, Colorado to Westwater Ranger Station, Utah. A mostly smooth, 25-mile stretch of river that leads us through Horsethief and Ruby Canyons. Throughout the trip, we will keep our eyes and binoculars pointed towards the cliffs edge, cottonwood trees, and sky above for signs of our national bird and its golden cousin.

You don’t have to be an expert birder to enjoy the Eagle Float – we will have experts on board! Accompanying us are members of the Moab Bird Club and a staff member of Hawkwatch International who are excited to answer

any ornithological questions you might have. One of our local guest experts Tom Haraden stated, “The Colorado River is very quiet and uncrowded at this time of year. The eagles are staying near their nests and we can tranquilly float close without disturbing them. It’s a magical day.” In addition to our wonderful birding



volunteers we will also have guidebooks and printouts on hand to help identify birds as we float.

Beyond birding, we will also see some incredible geology. As we float through Ruby canyon we enter into the Black Rock section. This geologic oddity is composed of a rock layer called the Vishnu schist that has been dated to 1.7 billion years old. On a cold winters day, there is nothing better than soaking up the sun while having some lunch on these sun warmed rocks.



Our group will be in rafts for the majority of the day, floating quietly as much as possible; motors will be used to make this 25-mile stretch in one-day. Occasionally, the rafts will join up to share information and hear comments from our guest experts. Throughout the day we will make several stops on shore to stretch and have lunch. Snacks, water, and lunch are all provided by CFI.

Canyonlands Field Institute is a non-profit outdoor education organization whose mission is to increase awareness and appreciation for the Colorado Plateau through direct natural and cultural experiences. All profits help support youth and school outdoor education programs.

To sign up for this Adult Seminar Series program, or to learn about others visit our website at cfimoab.org. All proceeds from the Adult Seminar Series support our outdoor school and youth programs.

Moab Music Festival & Grand County Public Library present Musical Story Hour events.

The Moab Music Festival and Grand County Public Library are excited to renew their partnership for a second year of Musical Story Hour events. Music Festival and library staff marked the first year of this quarterly partnership a big success. “It has been one of our best collaborations and our families love it” –Charlotte Hurley, Children’s Librarian. An average of 60 parents and kids (newborn through early elementary) attended 2018 events for live music demonstrations by local artists, story time, and crafts. 2018 artists featured Sand Sheff, guitar; Casey Lawson and Bobby Hollahan, trumpet and trombone; Marty Durlin and Miriam Graham, accordion and concertina; and Tamara Freida, violin.

In its second year, families can expect more great musical demonstrations on a different range of instruments, starting with Haley Austin on banjo and vocals in January. Crafts will also continue to be a big part of the event. What will change from one event to the next is the way



Charlotte Hurley

part of Musical Story Hour. So we’re going to have fun in 2019 with different ways to tell stories. We may still use books, but we will also explore other avenues, like storytelling with puppets, and songs.”

Musical Story Hour events are not music classes, but serve as a very basic intro to get kids excited to learn about music at a young age. “If kids and parents leave feeling



inspired to enroll in early childhood music classes, or go home looking forward to learning an instrument in school, mission accomplished,” says Groves. However, a primary goal in year two is to incorporate more tools from early childhood music pedagogy to empower kids throughout the event, including interactive songs, age appropriate percussion tools like shakers (hollow wooden “eggs” filled with beads), and body movement. “We actually have some great local resources for early childhood music that have been a huge help. Local pros like Nanci Flesher, and the leaders of Moab’s Mini Maestros, Kate Clark and Nicole Cornelius, have been invaluable guides in helping us get our sea legs for this event,” says Groves. With a great line-up ranging from banjo to drums, 2019 Musical Story Hour events are a great way to spend a Saturday morning with the kids. 2019 Dates (Saturdays, 10:30am): January 12, April 6, July 13, October 12.

For more information, including details about upcoming featured artists and their instruments, visit www.moabmusicfest.org/ongoingevents/musicalstoryhour, call Erin Groves at the Moab Music Festival, 435.259.7003, or Mary Adair at the Grand County Public Library, 435.259.1111.

Non Profit Happenings

USU-Moab Works with Global and Local Partners

by David Mathis

Utah State University Moab has partnered with the City of Moab and WabiSabi to offer Foundation Center services to non-profit and community groups seeking grant funding. Starting in 2019, USU Moab will join the Funding Information Network and provide access to the Foundation Center databases of grant and scholarship sources through computer workstations on the campus. In addition to database access the campus will host classes on fundraising, proposal writing, administrative processes, and other topics of interest to non-profit groups.

The New York-based Foundation Center is a leading source of information on philanthropy worldwide, and maintains a comprehensive database of U.S. and, increasingly, global grant makers and their grants. The database, known as the Foundation Directory Online, was started in 1956, and today represents a vast collection of support and services to non-profits. Access to the database is available through the Funding Information Network, a network of libraries and other public institutions, including universities, throughout the world. The Foundation Center also conducts research, education, and training programs designed to advance knowledge of philanthropy at every level.

USU Moab’s membership to their services will be available to the public, allowing access to the breadth of information available in their database. Groups or individuals may search based on geographic location, area of interest, and other filters to find potential funding sources based on their needs. The service also provides information about general requirements and qualifications for evaluating projects or organizations to receive funding.

“This program is a great fit for the Moab community and for USU Moab; we’re excited and hope this will be a big help to the many non-profit groups in our area.” said Lianna Etchberger, Associate Vice President of USU Moab.

“Partnering with WabiSabi is a natural fit, and fills an important component for the success of this program, providing education and training resources for our local nonprofits. Combining their experts with access to the database and the classroom facilities on our campus should be a big win for everyone.”

The campus has received guidance and support on this project from Eve Tallman, a Moab City employee and long-time Moab resident most known for her work with the public library. The Foundation Center works with many libraries, which is how Tallman was introduced to their programs and services.

“It’s exciting to be able to launch this service, and make it available in Moab and southeast Utah. We want to make it a lot easier for groups working to improve Moab and boost the

community to get access to funds and resources critical to their success.” commented Tallman on the partnership. “We’ve gathered the right resources from the right local groups, and it’s great to work with WabiSabi and USU Moab.”

Parties interested in using these new services may visit foundationcenter.org to preview the resources and services available, or contact USU Moab (moab.usu.edu) or WabiSabi (wabisabimoab.com) for more information.



UtahStateUniversity

USU-MOAB WORKS WITH GLOBAL AND LOCAL PARTNERS TO BENEFIT LOCAL NON-PROFITS
WILL PROVIDE ACCESS TO INFORMATION AND RESOURES ON FUNDING SOURCES

Moab Free Health Clinic Hosting Vision Clinic

The Hope Alliance from Park City is coming back to the Moab Free Health Clinic to host a vision clinic for everyone in Moab! The clinic will be Saturday, January 19 from 9am-5pm. Appointments are required and can be made by calling 435-259-1113.

1. Appointments are usually spaced every 10-15 minutes.
2. We do a full eye exam, pathology check (cataracts, etc), prescription glasses if needed, reading glasses if needed, mailed within 4-5 weeks.
3. Open to all ages! All of our clinics are free, though a donation may be made to the Moab Free Health Clinic. If a patient requires some sort of eye drop, lubrication, medication, the Hope Alliance may have a sample on hand but the patient will have to buy the next round from a pharmacy/drug store.

We want to see as many patients as possible!

Moab Free Health Clinic

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.

Adult Children of Alcoholics (ACA) Triangle House 84 W. 100 S.	call or text (435) 220-0646	Moab Community Dance Band (Miriam Graham)	(516) 376-8003
Alcoholics Anonymous	(435)-625-1342	Moab Community Theater (Kaki Hunter)	(435) 259-8378
For Emergencies (24/7)	888-333-9649	Moab Country Club (Rob Jones)	(435) 259-6488
Alpha Rho Sorority (Bobbie Long)	(435) 259-6758	Moab Disk Golf Club (Rolf Hebenstreit)	(208) 720-1258
American Legion Post (Ronald Irvin)	(435) 719-4095	Moab Family History Center	(435) 259-5563
Arches Education Center (Trish Hedin)	(435) 260-8764	Moab Free Health Clinic	(435) 259-1120
Arches New Hope Pregnancy Center (Debbie Nelson)	(435) 259-LIFE (5433)	Moab Friends For Wheelin' Jeep Club (Melissa Fischer)	(435) 260-7208
BEACON (Edith Sage)	(435) 259-2767	Moab Garden Club (Tricia Scott)	(303) 880-9158
Bikers Against Child Abuse -B.A.C.A.(John Taggart)	(435) 259-4756	Moab Half Marathon (Justin & Denise Ricks)	(435) 259-4525
Boy Scouts of America (Jim Bethel)	(435) 637-8059	Moab International Film Festival (Nathan Wynn)	(435) 261-2393
Boy Scouts of America Utah National Parks Council	(801) 437-6222	Moab Masonic Lodge #30 (Gregory Klepzig)	(435) 260-1823
Canyonlands Field Institute (Resford Rouzer)	(435) 259-7750	Moab Music Festival (Laura Brown)	(435) 259-7003
Canyonlands Rodeo Club (Kirk Pearson)	(435) 260-2222	Moab Rock Club (Jerry Hansen)	moabrockclub@live.com
Colorado Outward Bound School – Moab Basecamp (Casey Montadon)	(303) 968-4407	Moab Roller Derby (Jessica O’Leary)	(575) 635-3898
Community Rebuilds (Emily Niehaus)	(435) 260-0501	Moab Rotary April Action Car Show	(435) 260-1948
Daughters of Utah Pioneers (Shirley Stewart)	(435) 259-7797	Moab Solutions (Sara Melnicoff)	www.moab-solutions.org ... (435) 259-0910
Deadhorse Motorcycle Club (Ron Dickerson)	(435) 260-8213	Moab Sportsmen’s Club (Frank Darcey)	(435) 259-2222
Delicate Stitchers Quilt Guild (Bonnie Crysdale)	(435) 260-1491	Moab Taiko (Michele Blackburn)	(435) 259-0816
Friends of Arches and Canyonlands Parks (Joette Langianese)	(435) 259-0108	Moab Trails Alliance (Kirstin Peterson)	(435) 259-5223
Friends of Indian Creek	(435) 259-6639	Moab Valley Multicultural Center (Rhiana Medina)	(435) 259-5444
Friends of the Grand County Library (Meg)	(435) 259-1111	Nursing Home Abuse Support (Nicole Peters)	www.nursinghomeabusesupport.com
Girl Scouts of The U.S.A. (Michelle Hill)	(435) 259-5884	Order of the Eastern Star (Fran Townsend)	(435) 259-6469
Grand Area Mentoring (Dan McNeil)	(435) 260-9646	Plateau Restoration/Conservation Adventures (Tamsin McCormick)	(435) 259-7733
Grand County Democratic Party (Bob Greenberg)	(435) 259-7013	PleinAir Moab/Red Rock Arts Festival (Meg Stewart)	(435) 259-6272
Grand County Extension & 4-H (Michael Johnson)	(435) 259-7558	Red Rock 4-Wheelers (Ron Brewer)	(435) 259-7625
Grand County Education Foundation (Melodie McCandless)	(435) 259-9797	Rotary Club (Dave Bierschied)	(435) 260-1968
Grand County Food Bank	(435) 259-6456	Seekhaven Crisis Center (Abigail Taylor)	(435) 259-2229
Grand County Hospice (Jessie Walsh)	(435) 259-7191	Senior Center (Verleen Striblen)	(435) 259-6623
Grand County Library (Meg)	(435) 259-1111	Sierra Club (Marc Thomas)	(435) 259-3603
Grand County Republican Party	grandcogop@gmail.com	Southeastern Utah Back Country Horsemen (Steve Schultz)	(435) 220-0860
Humane Society of Moab Valley	(435) 259-4862	Southern Utah Wilderness Alliance (Neal Clark)	(435) 259-7090
KZMU Community Radio (Marty Durlin)	(435) 259-8824	The Moab Healthcare Foundation (Tom Edwards)	(435) 260-1504
Ladies Golf Club (Chris Corwin)	(435) 210-0599	Toastmasters (Jim Webster 435-259-8037) or (Daniel McNeil)	(435) 260-9646
League of Women Voters (Barbara Hicks)	(435) 259-5306	Trail Mix Committee (Paul Spencer)	(978) 688-7480
Lion’s Club (Tom Warren)	(435) 259-7834	Utah Avalanche Center	(888) 999-4019 or (435) 259-SNOW
Moab Aglow Lighthouse Fellowship (Murine Gray)	(435) 259-5514	Utah Conservation Corps (Sean Damitz)	(435) 797-0964 ext 1
Moab Arts Council (Theresa King)	(435) 259-2742	Utah Friends of Paleontology – Gastonia Chapter (Lee Shenton)	(435)-259-9533
Moab Arts Festival (Theresa King)	(435) 259-2742	Utah State University Moab	(435)-259-7432
Moab Arts & Recreation Center (Meg Stewart)	(435) 259-6272	Valley Voices (Marian Eason)	(435) 259-6447
Moab Bird Club (Nick Eason)	(435) 259-6447	Veterans of Foreign Wars (Fred Every)	(435) 260-1277
Moab Chamber of Commerce (Laici Shumway)	(435) 259-7814	WabiSabi www.wabisabimoab.org	(435) 259-3313
Moab City Animal Control	(435) 259-8938	Young Life Moab	(435) 260-0285
Moab City Recreation (Patrick Trim)	(435) 259-2255	Youth Garden Project	259-BEAN (2326)

Public Art Happenings

Moab ArTTrails Artists for 2019

Sue Quinlan

Cultural Pedestrians is a series of freestanding concrete and steel pieces that visually represent different culture of past and present people from our society and others. The walking symbolically referenced by pedestrians is a measured movement with very direct connection to the world. The pieces are human-sized, and just like us, the whole is made up of parts. Each of us is a multifaceted compilation of smaller fragments of our thoughts, experiences and aspirations. The parts are not uniform but instead diverse, not derived from a single time nor a single place.

These pieces are an exploration of life’s journey. We cannot ever know the full tale, and the mystery intrigues us. We notice the shapes and imperfections that make each of us unique and expose some of that history, and we also see the many ways we are so similar, all a part of humanity.

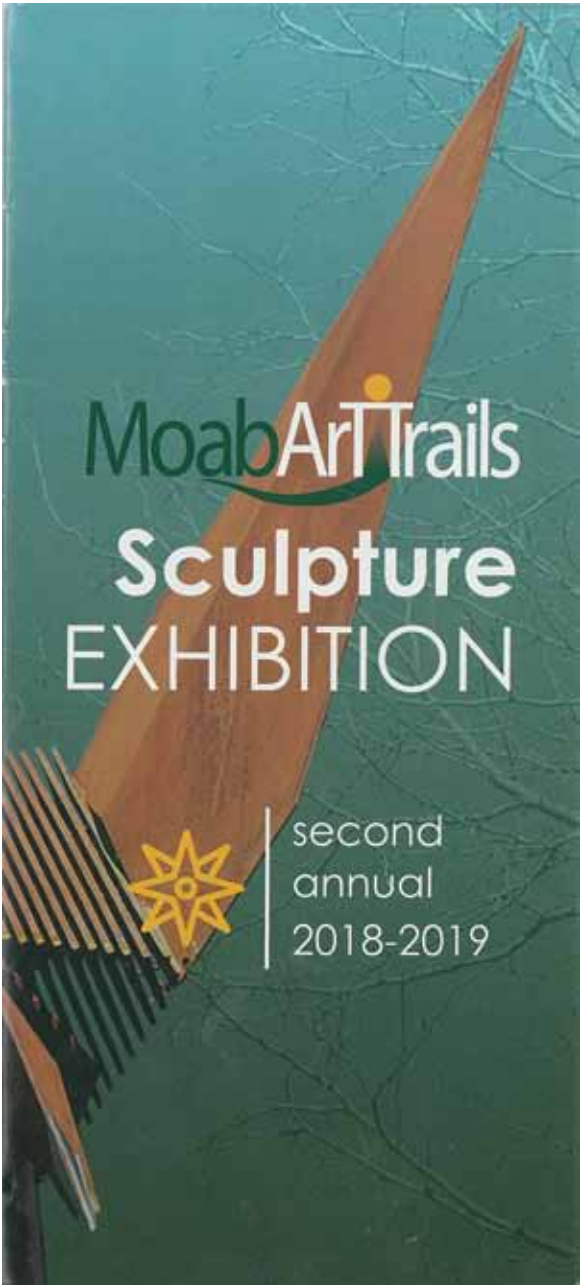
In juxtaposition to the living imagery is the enduring and timeless nature of the steel and concrete framework. This represents the path each of us takes, a march through time that is repeated into the future by many generations, just as we replicate what has come before. Our differences may show, but are held tight in the strong foundation of the human condition, moving relentlessly forward.

My work is particularly well suited for public installations. The steel is prefinished with a rust patina that requires no maintenance, and concrete is known for its durability. These are traditional building materials, but used with an interesting contrast to their typical modern usage. In addition, the size and scale of my pieces would be appropriate, since they are large enough to compliment open spaces, but with enough detail to be interesting on the human scale.

Because my art focuses on wide expanses of time and place, it has a timeless quality, and those involved with this project will not have to fear its passing out of fashion.

Sue’s public art installations include The Wellington Webb Municipal Office Building, Denver, Anschutz Medical Center, Aurora, and Art on the Streets, Colorado Springs. She has participated in Sculpture in the Park for 16 years and in 2015 placed several Cultural Pedestrians permanently in the Benson Sculpture Garden. Each year her work is displayed in many municipal sculptures on loan programs.

5



The mission of Moab ArTTrails is...
Moab ArTTrails celebrates and preserves the community’s cultural and economic health through the exhibition and acquisition of enduring works of art that connect beauty, people and place on shared trails through time.

Tiimo Mäng

Tiimo Mäng is a sculptor who lives in Lakewood, Colorado and was educated at various points across the country to work with metal, wood and concrete. He is currently creating art that is influenced by an ongoing journey of letting go. In carefully observing himself, he realizes that surrendering to fear allows a purer form of guidance, expressed as a deeper, more authentic form of art. He strives to pass this heartfelt guidance on to others through his work.

14



**Vote for
People’s Choice!**

Thanks to the Val A. Browning Foundation, the winner of the People’s Choice will receive a \$1000 cash award at the artist’s reception. Votes will be accepted until September 1, 2019 at moabarttrails.org/peopleschoice

All Works are for
sale throughout
the year.



Moab ArTTrails is pleased to announce the installation of 16 outdoor sculptures along an art trail in central Moab. Eleven artists selected from a national call installed their work in the heart of Moab for a year. All works are up for consideration for the public’s permanent collection. This first ever event of its kind in Moab is produced with the kind support of the Moab Arts Council, the Moab Arts & Recreation Center, the MARC, Grand County, the City of Moab, and the grace of a whole host of totally wonderful artists, contributors, arts lovers, civil servants, builders and friends. Enjoy the exhibition!

You can find brochures that include a complete map of all the art locations at the Moab Information Center, Moab Arts & Recreation Center, Copy Center and Gallery Moab. Take the tour and vote for your favorite art installation at moabarttrails.org.

Moab ArTTrails is...

Moab ArTTrails is a non-profit organization that celebrates the vibrant culture and resilient beauty of place through the exhibition and procurement of artworks for the public’s permanent collection.

Moab ArTTrails launched its program in 2015 with a permanent gift of art to Grand County. Forces At Play, 4 large scale stone and steel sculptures stand at the Moab Crossing at the Colorado Riverway Bike and Pedestrian Bridge.



2019 Moab Events

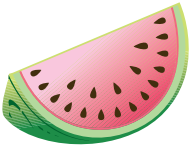
For event information all year long
go to: www.moabhappenings.com

email 2019 event dates to:
info@moabhappenings.com

Jan 18-20..... Bluff Balloon Festival
January 26 Arches Ultra (footrace)
Feb 4-8..... Winterlude Concert Series - Moab Music Festival
Feb 16..... Puttin' on the Ritz - Seekhaven Fundraiser
Feb 16..... Moab's Red Hot 55K/33K Endurance Running
Feb 23..... Trashion Show recycling benefit
March 1 Moab Spring 1k Swim
March 1-2 Moab Off-Road Triathlon-Duathlon
March 1-3 Moab Int'l Film Festival
March 2-3 Quilting in the Red Rocks
March 3 Spring Trail Run - 8k or Half Marathon
March 8-10..... Poison Spider Spring Thaw (mtn.bike)
March 9-12..... Skinny Tire Festival (road bike)
March 16 Canyonlands Half Marathon & 5 Mile Run
March 23 Behind the Rocks Ultra long distance footraces
March 30-April 1 ... Moab Rocks mountain bike race
April 5-6..... Fallen Peace Officers OHV Trail Ride
April 13-21 Easter Jeep Safari
April 18-19..... Jeep Safari Expo
April 19-21 Adventure Rabbi
April 26-28 Moab Rotary Car Show
April 27 Amasa Run Trail Race
Apr 29-May 3 Moab Photography Symposium
April 30-May 4 Cruise Moab
May 3 Science for Guides
May 4 6th Annual Gran Fondo
May 11..... Back of Beyond SUP Race
May 14-18 Rally on the Rocks (UTV)
May 19-24..... gone Moab (Nissan Offroad)
May 25-26 Moab Arts Festival
May 31-June 2 Canyonlands PRCA RODEO
June 1 Dawg Days of Summer Humane Society Benefit
June 1 Thelma & Louise 10k, Half Marathon, Relay
June 7-8 Vision Relay (Footrace)



June 7-9 Utah Friends of Paleontology Annual Meeting
July 5, 12, 19, 26... Moab Free Concert Series
August 9-10..... UTE 100 Mile Race
Aug 29-Sept 9 Moab Music Festival (classical)
August 31 La Sal Ultra (footrace)
Aug 31-Sept 1 Moab Artists Studio Tour
Aug 31-Sep 2 RR4W Labor Day Campout (four-wheel drive event)
Sept tba Dancing w/the Moab Stars
Sept 20-21 Green River Melon Festival
Sept 18-22Moab Skydive Festival
Sept 21-22 Moab Century Tour Road Cycling event
Sept 26-28..... Moab Pride Festival
Sept 28..... NICA High School MTB Race
October 4-6 Outerbike Fall Mountain Bike Expo
Oct 5-12 Red Rocks Arts Festival (plein air & street festival)
Oct 5-6 Banff Mountain Film Festival
Oct 11-13 Rock, Gem & Mineral Show
Oct 11-15 Moab 240 Endurance Run
Oct 13 Arches Half Marathon (formerly the Other Half)
October 23-26 Moab Senior Games
October 24-26 Moab Jeep Jamboree
October 24-27 Moab Ho Down mountain bike festival
October 25-27 Moab Craggin' Classic rock climbing event
Oct 27-Nov 1 Moab Folk Camp
October 27 MVMC Day of the Dead
October 31 Halloween Trunk or Treat
November 1-3 Moab Folk Festival
November 1-3 Scots on the Rocks' Moab Celtic Festival
Nov 2-3 Moab Trail Marathon, Half Marathon, 5K & KidsK
Nov 16 Dead Horse Ultra (footrace 30k, 50k, 50 mile)
Dec 6 Christmas Tree Lighting
Dec 6-7 Holiday Art & Craft Fairs
December 7..... Electric Light Parade
December 7..... Winter Sun 10K



MOAB ARTWALK • SECOND SATURDAYS

APRIL 13 • MAY 11 • JUNE 8 • SEPTEMBER 14 • OCTOBER 12 • NOVEMBER 9

Planning an hour, a day, a week or a lifetime in Moab?

Pick up your copy of these Moab publications available at many businesses in town.

MOAB UTAH Easter Jeep Safari 2018
40 TRAILS 3 DAYS
NEW THIS YEAR
FREE ENJO 200 Enduro March 29-30 Old Spanish Trail Avenue
March 24 - April 1 2018

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www.moabhappenings.com

MOAB HAPPENINGS
Volume 20, Number 2
MAY 2018

MOAB Arts & RECREATION CENTER 111 EAST 100 NORTH

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Jan. 10, 17, 24, 31	Ooh La La Line Drawing
Jan. 16	Beaded Safety Pin Jewelry
Jan. 8	Pretty Paste Paper
Jan. 8, 22, Feb. 12, 26	Figure Drawing
Jan. 15	Printmaking on a Penny
Jan. 22	Budget Bookbinding
Jan. 26	Earrings, Hooks & Headpins
Jan. 27	Pendants & Petinas
Jan. 31, Feb. 7, 14, 21	Singing for Peace
Feb. 5, 12, 19, 26	The Art of Memoir: Writing for Catharsis
Feb. 23 & 24	Intro to Oil Painting
March 2	Sew It, Fix It, Mend It!
March 9 & 10	Simple Sewing For Your Kids

Dodge Ball Community Event at GCMS

January 26



BEACON Afterschool is gearing up for their 7th annual Community Dodgeball Tournament. The fundraising event will be held Saturday, January 26th at the Grand County Middle School gymnasium. This fun-filled community event brings together Moab businesses, non-profit organizations, and public service groups for a day of friendly competition. All proceeds from the tournament directly support BEACON Afterschool programs for students in kindergarten through eighth grade at Helen M. Knight Elementary, Moab Charter School, and Grand County Middle School.

Serving over 600 students last year, BEACON Afterschool provides support, both through academic and enrichment programs, during critical after school hours. In a study conducted by the National Youth Violence Prevention Resource Center, after being dismissed for the day 14 million students leave school grounds with nowhere to go. BEACON offers students in Grand County a safe, fun, and educational place to be afterschool, with programming running five days a week from 2:00 to 5:00 p.m.

The BEACON Afterschool Dodgeball Tournament is sponsored by several Moab businesses. For the fifth consecutive year, Moab Gear Trader is the title sponsor for the tournament. Marshall Dvorscak, Moab Gear Trader's owner, sponsors the event each year in support of BEACON Afterschool. "The work that BEACON does in our community is very important to give our kids the tools and experiences they can use to succeed in all aspects of their future lives," Dvorscak said.

Other key sponsors whose financial support make the dodgeball tournament possible are Aarchway Inn, Moab Chevron, Real Estate Company of Moab, Desert Rivers Credit Union and Tech Zen.

Moab City Recreation partners with BEACON Afterschool staff for the tournament, providing equipment, referees, and the framework for the actual tournament.

Teams of six to ten members come up with fun names, team mottos, and costumes for the event. Each team is also required to have one youth member in up to eighth grade. BEACON Afterschool can help recruit youth players for teams as needed. In addition to the main dodgeball event, there will also be drawings, a half time show, and prizes. Teams compete for winners in the categories of "Best Costume," "Sportsmanship," and "Overall Winner."

BEACON is actively recruiting teams for this family-friendly winter time event. Registration is \$60 per team. If you are interested in having a team, please contact Lindsey Bartosh at bartoshl@grandschools.org or at 435-719-4717.



This event is fueled by the enthusiasm of the crowd. Spectator prices are \$3 for adults, \$1 for youth, and free for children 3 & under. The doors open at 10:00 am at the Grand County Middle School on Saturday, January 26th.



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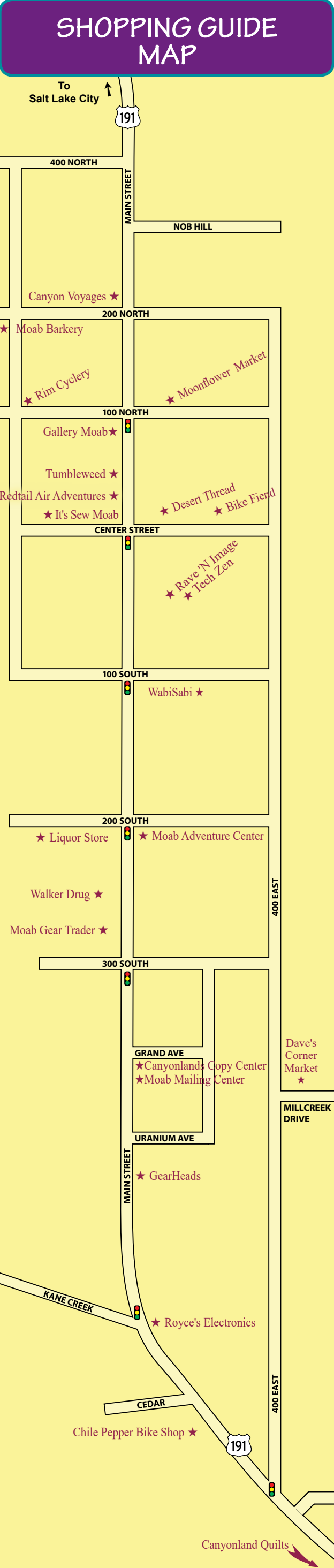
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Geology Happenings

The Entrada Sandstone: Beyond Slickrock

by Allyson Mathis

Near Moab, the Entrada Sandstone is synonymous with Arches National Park where most of the arches, as well as Balanced Rock, the Fiery Furnace, Devils Garden, and Park Avenue are all sculpted out of the Entrada Sandstone. There, the Entrada forms smooth rounded rock domes and vertical cliffs. Similar pastel reddish-orange domes and cliffs can be found in other especially scenic parts of Moab’s canyon country where the Entrada is also exposed, such as near Monitor and Merrimac Buttes.

Given the characteristic scenery of Arches NP, the Entrada is probably the rock layer (*a formation* to geologists) that visitors and residents of southeastern Utah are most likely to know. But while many folks know how to recognize the Entrada near Moab, few know that the Entrada is also the rock layer that forms the goblins in Goblin Valley State Park. How can those weirdly-faceted hoodoos, knobs and pinnacles be the same rock layer as the majestic arches and massive slickrock exposures in Arches NP? This question and others related to the Entrada Sandstone can be answered by learning the meaning behind the geological term *facies* and by exploring the ancient geography of approximately 160 million years ago, when the sediments that later became the Entrada Sandstone were deposited.

Like the word face, *facies* comes from the same Latin word for “form” or “appearance.” A *facies* is a distinctive rock type within a formation that corresponds a certain environment that existed during deposition. *Facies* are generally restricted to certain geographic areas within a formation and are distinguished by different rock types or fossil content.

Geologists say that a *facies change* has occurred when one rock type transitions into another rock type in a formation due to a change in depositional environment. The Entrada Sandstone was deposited in two environments: a sand dune field (or *erg*) that covered southeastern Utah and parts of the adjacent Four Corner states; and an arm of an ancient shallow sea that reached down from the north across what is now central Utah, where silt was deposited in tidal flats. Therefore, going from east to west from Moab to the San Rafael Swell, the Entrada Sandstone undergoes a *facies change* from sandstone (deposited in dunes) to the siltstone (deposited in tidal flats).

Thus, there are two main *facies* in the Entrada Sandstone in Utah: The *eolian* (wind- or sand dune-deposited) *facies* and the “earthy” *facies* consisting of rocks that were deposited in the tidal basins. The Entrada Sandstone that we all know and love in Arches NP consists of the *eolian facies*. Near Moab, this *facies* has been mapped as the Slick Rock Member. (See the December 2018 Geology Happenings column in the *Moab Happenings* online archive to learn more).

Modern-day Moab sits in the northeastern portion of the large Entrada *erg*, which extended to central Colorado and into northern New Mexico. Throughout this *facies*, fine-grain sands were deposited in large sweeping cross-beds, which are distinctive, inclined layers that formed along the faces of the sand dunes as they moved with the winds. This cross-bedding is sometimes seen in the subtle color banding in the rocks of Arches NP.

Eolian sandstones are made of small, round sand grains that are nearly uniform in size. Wind is not strong enough to move large sand grains but can carry finer grains (silt and clay) beyond the dune field. As wind-blown sand ricochet (*saltate*) along the ground, the grains become rounded and frosted by repeated collisions with other grains.

The Entrada Sandstone exposed in Cathedral Valley in the northern part of Capitol Reef National Park and in the central part of the San Rafael Swell looks completely



Cross-bedded eolian Entrada Sandstone in Arches National Park.



“Earthy” Entrada Sandstone hoodoos in Goblin Valley State Park. Photo courtesy of Patrick Paul René



Thin layers of siltstone in the Entrada Sandstone in the Temple of the Sun in Capitol Reef. NPS photo by Chris Roundtree

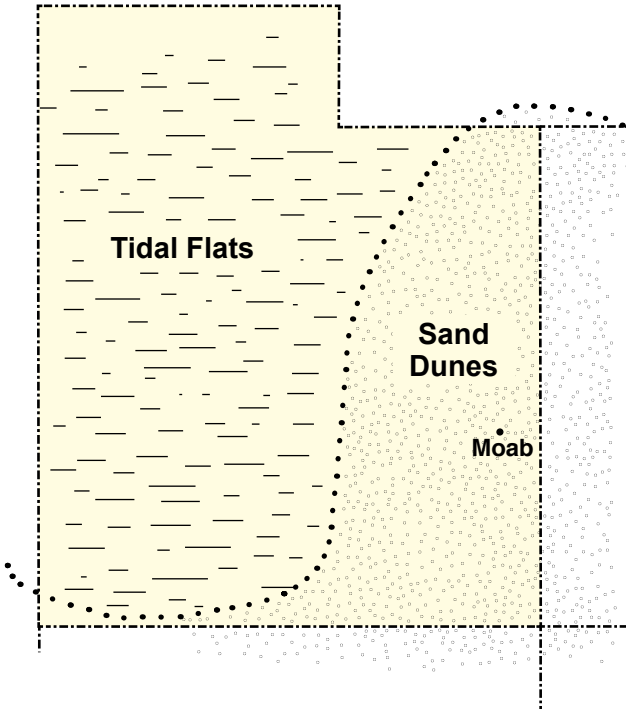
different from the rocks in Arches NP. Instead of massive expanses of sandstone, the Entrada here consists of thin flat layers of siltstone and mudstone. These thin layers of mixed sand, silt, and clay were deposited in sandy mud flats above and below the tideline. These rapidly-eroding rocks are characteristic of the earthy *facies* of the Entrada.

At Goblin Valley, both the *eolian* and the *earthy facies* are intermixed somewhat as this is near the region where the *erg* met the coastal mud flats. Thin layers of *eolian* sandstones occur between tidal flat deposits. The relative hardness of these layers of sandstone, siltstone and mudstone, along with the presence of fractures or joints in the rocks, is key to the formation of the goblins or hoodoos that are the state park’s namesake. *Hoodoos* are fantastic

A self-described “rock nerd,” **Allyson Mathis** is a geologist, informal geoscience educator and science writer living in Moab. A flat-lander by birth from where everything was covered with vegetation, Allyson is much happier getting to know the Entrada Sandstone in Moab and beyond.



Entrada Sandstone Environments



columns of rocks formed by *differential erosion* of layers that are alternately more or less resistant to erosion.

In the geologic past, the trip westward from what is now Moab would be a traverse from the heart of field of large crescent-shaped sand dunes to a broad expanse of muddy tidal flats along the shorelines of a shallow sea during the age of the dinosaurs. Today, this same journey takes tourists from Arches NP to Goblin Valley to the Temples of the Sun and Moon in Capitol Reef. By exploring the Entrada Sandstone beyond its slickrock, one can see a bunch of great scenery while getting to know the ancient landscapes of Utah, experiencing a *facies change*, and picking up the meaning of a geologic term or two during the journey.

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Mountain Happenings

Winter Recreation on the Manti-La Sal National Forest

by Eric Trenbeath
USFS avalanche forecaster

Islands in a sea of desert, the La Sal and Abajo Mountains of southeastern Utah provide stunning backdrops to the dramatic red rock country that surrounds them. With an average snowfall of 250 inches a year, the mountain ranges also host a variety of winter recreation opportunities including backcountry skiing and snowboarding, snowmobiling, snowshoeing, and cross country skiing on groomed trails.

La Sal Mountains

The popular Geyser Pass trailhead (elevation 9600') provides winter access for backcountry skiing and snowboarding in Gold Basin, snowmobiling over Geyser Pass, and 12 kilometers of groomed cross-country ski trails. This trailhead is reached from the south of end of the La



Photo by Mark White

Sal Mountain Loop Road. Look for the signed turnoff on U.S Hwy 191 eight miles south of Moab. From this turnoff, follow the paved loop road up for 12 miles to the turnoff to Geyser Pass. The Geyser Pass road is gravel surfaced and narrow, and even when plowed is generally snow packed. Grand County, under agreement with the Manti-La Sal National Forest (MLSNF) keeps this road plowed to the trailhead. For safety reasons, the road will be closed while the road is being plowed. If you find a closed gate at the turnoff, plowing is in progress. You can check for plowing updates on the USFS Utah Avalanche Center – Moab website: www.utahavalanchecenter.org. Follow the Geyser Pass Road five miles to a parking area at the trailhead. Just below the parking area is a hill popular for sledding. If you are sledding on this hill, please park in the parking lot, not at the base of the hill so other vehicles can get through.

Cross country ski trails leaving from the Geyser Pass trailhead are groomed through a partnership between the MLSNF Moab/Monticello Ranger District and volunteers from the Lower Utah Nordic Alliance (LUNA). Because these routes are open to everyone, please be respectful of different users. If you are snowmobiling on these groomed routes, please go uphill on the right and downhill on the left to avoid conflict with cross country skiers.

About a mile and a half up from the Geyser Pass trailhead, a right fork takes you into Gold Basin. This dead end road is groomed, and is used extensively by cross country skiers. Motorized use is not permitted off the road into Gold Basin, and the Forest Service would like to encourage motorized users to avoid use of the Gold Basin road and continue up to Geyser Pass, where abundant meadows and hills provide excellent snowmobiling opportunities.

A second plowed road exists on the east side of the range, and provides access to some of the best snowmobiling terrain in the La Sal Mountains. Plowing on this side of the range is provided by San Juan County. To access this trailhead, take Highway 191 south of Moab for 22 miles to the junction with Highway 46. Turn here towards the town of La Sal. Continue 3.5 miles past La Sal, turn left on the gravel surfaced, Upper Two Mile Road and continue two more miles to the marked trailhead for La Sal Pass. From here, riders can snowmobile up the road to the pass, where open meadows, rolling terrain, and hill climbing opportunities for all skill levels abound. You can also continue on the Upper Two Mile Road for about five more miles to the Dark Canyon Trailhead.

Abajo Mountains

Approximately 50 miles south of Moab, outside the town of Monticello, the Abajo Mountains provide additional winter recreation opportunities on the Manti-La Sal National Forest. Backcountry skiers and snowboarders can take advantage of the slopes on the now defunct Blue Mountain Ski Area, and the Dalton Springs Trailhead provides snowmobile access to the Harts Draw Road and North Creek Pass. Additionally, the Blue Mountain Ski Club, in partnership with the MLSNF Moab-Monticello Ranger District, and the City of Monticello groom cross country ski trails out of



the Dalton Springs trailhead. From downtown Monticello, turn west on 200 S to Abajo Drive. Continue west to a forest service information kiosk. The turnoff to the Blue Mountain Ski Area is four miles from the kiosk. Dalton Springs trailhead is a half mile beyond.

Avalanche Danger

The La Sal and Abajo Mountains are exceedingly avalanche prone due to a combination of steep terrain, and weak, shallow snowpacks. Users are encouraged to keep abreast of current snow and avalanche conditions by visiting the USFS Utah Avalanche Center website at www.utahavalanchecenter.org. Travelers who venture into avalanche terrain should carry appropriate rescue gear: beacon, shovel and probe, and know how to use them.

The USFS Utah Avalanche Center would like to invite winter backcountry users to have fun, safe experiences on their national forest lands. A free avalanche awareness presentation featuring the award winning For more information call the Manti-La Sal National Forest at 435-259-7155.





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To La Sal and Monticello

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The Best Position to Relieve Back Pain

Back pain is often the result of excess tension in the muscles that run down either side of the spine, a twisted pelvis, and tight hip flexors. Relieving this imbalance can be as easy as lying down on your back in an aligned position and breathing. This posture known in the Egoscue Method® as Static Back. It's commonly referred to as the 90-90 position—and it is incredibly healing.

Proper Positioning

- Use a chair, couch, bed, table or ottoman for this technique.
- Ensure that your hips and knees are in direct vertical alignment with each other and at right angles to your torso and lower legs.
- NOTE: You may need to use blankets or pillows under your lower legs (calves and ankles) to reach the correct height. If your hips and legs are rotating out to the sides, your legs are too low.
- Depending on the position of your upper body, your head may not comfortably rest on the floor. If this is the case, use pillows to support your head and neck. With time, you should be able to reduce the support needed. Gradually use thinner pillows, blankets and towels until your head easily contacts the ground without tipping back or creating tension in your neck, shoulders or upper back.

Body Awareness

- Relax into the position with your arms out to the sides, palms up.
 - Notice how your pelvis and lower back are touching the ground.
 - Become aware of how your shoulder blades are hitting the floor.
 - Pay attention to the position and tension in your neck, and feel your head supported by the ground.
- Ask yourself:**
- Do I feel balanced with equal contact on both sides of my body—from my pelvis to my head?
 - Does one side of my body feeling lighter or lifted?
 - Is the tension equal throughout the muscles on either side of my spine?
 - Is my head tilted to one side? (You might have someone else look.)

When I started practicing this position, I would notice that my right lower back was much higher and tighter than my left. The right side of my pelvis was barely touching the ground. Not surprisingly, my back pain was most severe on my right side.

Relax and Breathe

- This is a static position where you allow gravity and your breath to bring your body back into balance. You do not need to actively “DO” anything. Rather, you need to “BE” patient and allow your body the opportunity to reposition.
- Observe your breathing and focus on initiating the movement from your diaphragm. Breathe throughout your entire torso - front, back and both sides. For a refresher on diaphragm breathing, watch my video: <https://youtu.be/Wm5nz3Z8CRY>.
- Depending on your starting position, it may take a while for your body to release and realign. You want to stay in this position until your entire back (side to side and head to pelvis) are equally flat and contacting the ground.



In the beginning it would take upwards of 45 minutes for my body to adjust. I was heavily ingrained in my twisted posture. As I did the position regularly (daily is ideal), the time it took my body to align reduced. Along with this change was a consistent reduction in my back pain. As I reminded my muscles to lengthen, and as I regularly repositioned my body, the changes I was making were starting to be maintained long-term.

Practice this position and many more in **Posture Fitness Class**. This class uses gentle standing, sitting and mat whole-body exercises for repositioning and strengthening. Class is moderately paced and appropriate for those with chronic musculoskeletal issues.

Class Details

- Mondays @ 11:30 am – 12:30 pm
- Moab Recreation and Aquatic Center
- Investment: \$10 /class, \$45/5-punch card, \$80/10-punch card
- Your first class is free!

Repositioning and releasing excess tension is the first step in relieving back pain for good. The next step is to strengthen this improved position. Discover some of these strengthening exercises in class and by reading the blog: Stay Aligned to Beat Back Pain: 5 Exercises (<https://thepfathlete.com/stay-aligned-to-beat-back-pain-5-exercises/>).

Jessica Kisiel, MS, is a local wellness professional specializing in injury recovery and pain management through alignment. She is certified by the Postural Restoration Institute® and Egoscue University®. Enjoy more articles like this by joining The Pain Free Athlete community, <http://www.thepfathlete.com>.

HEALTHY CLASSES

TUESDAYS

Sheng Zhen Tuesdays with Lisa- two meditation forms from 1:-1:45 seated from a chair and a standing form taught from 2:00-3:00 pm at the Grand Center Vitality Room at 182 North 500 West. Contact certified teacher, Lisa DeRees 435-260-9678 for details.

Kundalini Yoga & Gong Meditation- 5:30pm at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood. By donation. For info: 713-817-7859.

THURSDAYS

All Levels Sheng Zhen Gong – every Thursday 5:30-7pm with certified teacher Don Leathers at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Kundalini Yoga & Gong Meditation- 5:30pm at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearl, PhD. By donation. For info: 713-817-7859

SATURDAYS

10am Kundalini Yoga & Gong Meditation at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearl, PhD. By donation. For info: 713-817-7859

Moab Yoga Class Schedule December 2018-February 2019

Monday: 8:30-9:30am 10-11:30am 5:30-6:45pm	Pilates Gentle Yoga All Levels Yoga	Jenna Star Angela
Tuesday 9-10:30am 6-7:30pm	Yoga Basics Yoga	Star Porscha
Wednesday 9-10:15am noon-1pm 5:30-6:45pm	All Levels Yoga Prana Flow All Levels Yoga	Meagan Jess Kristi
Thursday 9-10:30am noon-1pm 5:30-6:45pm	Unwind & Renew Lunch Flow All Levels Yoga	Porscha Chelsea Chelsey
Friday 6-7:30pm	Restorative Yoga	Vanessa
Saturday 10:30-11:45am	Hatha Yoga	Courtney
Sunday 9-10:15am 11-12:15pm	All Levels Yoga Level 2	Kristi Kristi

Intro to Yoga w/ Lily Houghton
Jan. 20, 27. Feb. 3, 10. Sundays 4-5:15pm

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Healthy Happenings

“Practice and all is coming”

India, the decision made, this is where my journey of Ashtanga Yoga began. I had never practiced the series/style before, but I knew I wanted to study this ancient tradition. I wanted to understand how this practice had remained unchanged throughout time and continents. Little did I know yoga would become a lifelong journey to bettering myself and everyone I met.

“Practice and all is coming” was all I needed to hear. I believed these words and I wanted it all.

I believed practice would allow me to touch my head to my knees or stay in a headstand for days. I believed practice was all it took to achieve a life full of happiness and enlightenment. I believed that if I could master the physical asanas(postures), that everything else in my life would fall into place. What I had yet to realize was the “all” had nothing to do with the physical shapes I made in yoga. The “all” is actually a state of pure joy. A place where people and things no longer controlled my mind. A place where calm and peacefulness were not a lucky occurrence, but they are the daily normal.

Ashtanga Yoga is translated to “The Eight Limbs of Yoga” Ashta= Eight, Anga=Limb, Yoga=Union and often described as the limbs of a tree. The goal of Ashtanga, like every tree in the forest, is to reach toward the light. The growth is steady and gradual, and each individual will have a different pace and approach; yet the goal remains the same. Through practice we become more aware of how we interact with those around us, and how we treat and nurture

ourselves. As we begin to find the physical practice, we become more focused and we breathe as a way to calm the body and mind, which leads to a calmer and happier version of ourselves. This is the practice. A practice that will change day to day, but for those who put the work in, they will receive all the joys of life.

Every Ashtanga Yoga class, no matter where in the world we are, starts and ends with a mantra. This is a way to detach from the outside world and bring our awareness to the ancient practice. It is a tradition passed down from teacher to student, honoring those who came before us. Each Ashtanga class follows a set sequence of asanas, held for 5 breaths each. It takes many years to “master” each series, but mastering is not the goal. The goal is to grow physically and emotionally stronger and softer. To be better to ourselves and others each day.

Join Kristi Paul for a 6 week Ashtanga Series introduction and practice: Saturdays 8-10am, January 5th thru February 9th. Questions? kristi.telluride@gmail.com, 812-325-9582.



Kristi teaches ongoing classes that incorporate movement, breath, and time for reflection.: Wednesdays 5:30pm, Sundays at 9am and 11am at Moab Yoga 37E Center St. www.moabyoga.com 435-259-2455.



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Viagra™ for Women?

Nowhere in our society is the inequality of women on greater display than in the bedroom. Female sexuality has taken a back seat since the beginning of recorded history. This was only made worse by the approval of Viagra™ for men with erectile dysfunction in 1998. Now, men have at least three pills to choose from, along with injections, creams, external pumps, internal pumps, the Priapus shot® (“P shot®” for short), and acoustic soundwave therapy.

For the longest time, women who had lost their ability to fully enjoy this most intimate experience with their partners were left in the cold. As a result, a stunningly-high percentage of women do no more than tolerate intercourse in order to please their partners and get on with the rest of their business. Sex has become just another chore for far too many women. Worse, it becomes a source of resentment because most women, as a result of long-ago experience, know what they’re missing. They feel cheated.



But there’s more. A woman’s difficulty with (or absence of) orgasm affects her devoted partner as well. The man whose partner is unable to climax not only feels bad for her, but feels inadequate in himself. After all, he should be able to bring her consummate pleasure. When he can’t, his own climax is, well, anticlimactic. And he feels like less of a man.

This all changed when Dr. Charles Runels, inventor of the popular “P shot®” for men, invented the Orgasm Shot® (“O shot®” for short) for women.

Naturally, the first word that comes to your mind is “Ouch!” Surprisingly, that’s not what women say. For most, it’s no worse than getting a Pap smear. And, while the procedure takes only a few minutes, the benefits can last years.

Some experience the orgasms they’ve never had before. Others welcome the return of the pleasure they enjoyed at the beginning of their marriage. Side effects often include increased lubrication, increased pleasurable genital sensitivity, heightened desire for intimacy, reduced pain with intercourse, and reduced urinary incontinence. Women discover that better sex leads to increased self-esteem, more energy, more creativity, less depression, increased confidence, enhanced marital satisfaction, and improved overall health.

Just as important, there is no surgery from which to recover, no downtime, no pill to take an hour before



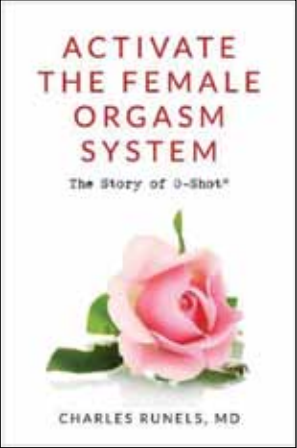
intercourse, no having to schedule intimacy on the calendar, nothing to practice or remember. The ability is always there, ready when you need it. Because there’s no ridiculously-expensive pill to take, you don’t have to think about the amount of money you swallow every time you want to be intimate. This also means there’s no limit to the number or frequency of your orgasms. It’s up to you and your partner.

How is the “O Shot®” Performed?
First, some blood is drawn from your arm. The blood is then spun down using a special device to concentrate the platelets. The treatment areas are numbed and then two small injections of platelets made.

That’s it. You can have intercourse as soon as you get home, if you want. Over the coming days, you will notice it gets better and better as the growth factors released from the platelets rejuvenate the affected tissues and stimulate growth of new blood vessels.

Can the “O Shot®” Help Me?
Passionate about helping men and women transform their lives, Dr. Andrew sought out and trained personally with Dr. Runels to learn his life-changing techniques for sexual health regeneration in both men and women. Thanks to these techniques, men and women can finally be equal... at least in the bedroom.

Call Prestige Wellness Institute today to see if this procedure is right for you. You take care of everyone else. Isn’t it about time you take care of yourself? It’s not just a matter of pleasure. It’s a matter of feeling like a “whole” woman, complete, satisfied, fulfilled. As such, you are then better able to face your own challenges with confidence, and to look after other’s needs with increased love and patience. You can do this. We will help you. Call us at (435) 259-4008 for an appointment or for a free copy of Dr. Runels’ book, Activate The Female Orgasm System: The Story of O Shot®.



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Sustainable Happenings

A New Year, a Year in Review, & Moab’s Ten-Year Sustainability Plan

Moab has had a long history of environmental stewardship:

- Bike Friendly Community – number of lanes and programs
- U.S. EPA Green Power Partner – demonstrates a plan to adopt and implement a percentage of community-wide renewable energy
- Tree City Designation (22 years) – set expenditures and maintenance

2018 was a stellar sustainability year! Moab was selected by the U.S Department of Energy’s National Renewable Energy Lab to participate in a collaborative research effort to accelerate the adoption of renewables as part of the Solar Energy Innovation Network. The consultant expertise is worth close to \$100,000.

Moab received a consultant grant from Rocky Mountain as part of being named the first wattSmart community. The award covered development of a Community Energy Plan that was worth \$30,000. The Plan was developed with the input of over 20 community members over a period of three half-day workshops. It is available on the City’s website and sustainablemoab.com.

Community members are eligible for FREE starter kits for their homes (i.e., LEDs, aerators) and several incredible rebates: air conditioners - \$300; select gas furnaces - \$100; insulation .10/sq. ft.; smart thermostats - \$50 and many more.

The City received a RMP grant to install ten electric vehicle-charging stations and an addition grant from the state to pilot an electric mower rebate program this spring.

The most exciting new of 2018 was the signing of two resolutions a Clean Energy Cooperation Agreement and a Memorandum of Understandings with RMP to build two Blue Sky Solar Arrays – one very large production site will be located at the Golf Course and a second at the new Water Reclamation Plant. The amount of energy at the Golf Course is enough to power 100 homes. We can cool the community without warming the planet.

Residents and businesses can apply to use Blue Sky Clean energy through rockymountainpower.net for a slightly higher bill you can power your home by solar rather than the current mix of 60% coal. For the past 18 years, the community used approximately 1.2 % of renewables but in the last year and half the percentage rose to 6%. The majority of the rise was from businesses and organizations joining the Green to Gold Business Program to help strengthen the community.

The City offices have solar on nearly every building and subscribes to Blue Sky that accounts for over 70% of our energy coming from clean sources.

The City passed a C-PACE Resolution that allows businesses to receive no interest 20 year loans for retrofits or new construction built 5% above code. Together we can create a healthier more sustainable community and you can help. On January 18 from 2-4 at the Moab Information Center – stop by with two sustainability resolutions in exchange for a re-useable cloth bag. The resolutions will be posted on the City website. If you cannot make it to the MIC, a limited number of bags will be available at City Hall, the Multi-Cultural Center and the Food Bank the last week in January. Lastly, in February the City will be soliciting additional recommendations for our first Ten Year Sustainability Plan.

For more info: rockymountainpower.net/incentives (rebates), rockymountainpower.net/res/bsre C-PACE Lunch & Learn (January 9th) or sustainablemoab.com



Free Reuseable Bags at the “MoabFirst” Event on January 18th

The “MoabFirst” event will take place on January 18, 2018, in front of the Moab Information Center on the corner of Main and Center Streets (weather permitting). The Moab Area Travel Council will be giving away the reusable bag to anyone in Moab supporting the Moab City Plastic Bag Ban. We will ask each person, before they receive the bag, what two things they will do to support sustainability in 2019. This is the beginning of the “MoabFirst” Sustainable Tourism Program from The Moab Area Travel Council to appreciate, protect, and preserve all that we have here in Grand County

“MoabFirst” brings together the local community, business owners, land agencies, local Government Departments, and Grand County, Utah Stakeholders to develop the short-term and long-term Sustainable Tourism Criteria for Moab, Utah. Setting short and long term goals will allow the “MoabFirst” Sustainable Tourism Committee to plan, execute, and monitor the Criteria for the future of Moab, Grand County local community and its visitors.

Sustainable Tourism is defined by the United National World Tourism Organization as “ Tourism that takes full account of its current and future economic, social and environmental impacts, addressing the needs of visitors, the industry, the environment and host communities”.

Rocky Mountain Power’s Blue Sky Customers are Greening Holiday Lights with Renewable Energy

by Tiffany Erickson, External Communications & Media Relations

Holiday festivities in five Utah communities are now supported by renewable energy

From the Hogle Zoo Lights to the Moab Christmas tree lighting and parade, communities throughout Utah are getting support from Blue Sky participants to “green” the energy used to power their holiday lights.



Together, these holiday lighting displays are being “greened” with about 115 megawatt hours of renewable energy. The impact of this effort allows these communities to reduce their carbon footprint by a combined 47.15 tons of CO2.

“Powering lights for community holiday celebrations is a century-old tradition for Rocky Mountain Power.” said Keven Hoopiaina, Blue Sky program manager. “Blue Sky customers have been greening the holiday lights in communities across the service area for more than 10 years. It’s a great way to join in the holiday festivities while raising awareness for the value of renewable energy.”

Communities in Utah greening their holiday light displays this year include the Hogle Zoo, City Creek Center, and Downtown in Salt Lake City, Moab and Park City

Rocky Mountain Power customers can also celebrate



the season by greening their own homes and businesses. Through Blue Sky, customers can choose to support renewable energy equal to all or part of their energy use and start reducing their carbon footprint today.

“Blue Sky customers support wind, solar and other renewable sources,” said Hoopiaina. “The program helps customers reduce their carbon footprint and helps drive demand for more renewable energy in our region.”

Since 2006, Rocky Mountain Power’s Blue Sky customers have voluntarily supported wind and solar energy generation in the region. Blue Sky has also provided more than \$10 million in funding to community-based renewable energy projects. More information about the Blue Sky program is available at www.rockymountainpower.net/bluesky.

About Blue Sky

Blue Sky provides an easy and convenient way for customers to support the development of renewable energy resources in the western United States and in their state. Blue Sky renewable energy is separate from, and in addition to, what Rocky Mountain Power buys or generates to serve its customers. The program is Green-e Energy certified by the nonprofit Center for Resource Solutions. Rocky Mountain Power currently has more than 50,000 Blue Sky customers throughout Wyoming, Idaho and Utah.

About Rocky Mountain Power

Rocky Mountain Power provides safe and reliable electric service to more than a million customers in Utah, Wyoming and Idaho. The company works to meet customers’ growing electricity needs while protecting and enhancing the environment. Rocky Mountain Power is part of PacifiCorp, one of the lowest-cost electricity providers in the United States. More information available at rockymountainpower.net.

“From high atop Rocky Road...”

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Business Happenings

Community Economic Development Continues into 2019

by James D. McClanahan

This has been a terrific year for economic and community development in Grand County, and the future holds even more exciting news!

2018 started with representatives from the city and county governments and local business community meeting with Governor Herbert in Salt Lake City. Participants discussed concerns and opportunities for Grand County’s economic future and how the state could assist in building these opportunities, making sure to keep the needs of southeastern Utah in the state government’s attention.

Following upgrades to its facilities that left it closed since December, Canyonlands Field Airport reopened for its first commercial flight on the new Skywest contract on May 1st. The improvements, including renovations to the runway that allow two commercial jet flights from and to Denver each day, contributed to the airport’s busiest month on record. The increased enplanements in recent years bring nearly 10 times the FAA dollars for airport capital projects, increasing the airport’s ability to serve the business community and general public.

As a result of the federal Tax Cuts and Jobs Act of 2017, the majority of Grand County was designated an Opportunity Zone, a designation that incentivises investment in local businesses or other projects. This provides a promising way to draw investors in housing, local business, and other local needs!

Grand County and the City of Moab received grants

totaling more than \$50,000 through the BEAR (Business Expansion and Retention) program of the Governor’s Office of Economic Development (GOED). These funds will be used for the Moab Business Summit, business outreach programs, professional development, a pilot tech skills program and a commercial real estate analysis of the area. If your business has training or other needs, don’t hesitate to contact Grand County Community and Economic Development to see how we or other stakeholders can help!

In November, both the city and county governments passed their own versions of what the city has dubbed the Workforce Assured Housing Opportunity Ordinance (WAHOO). This a requirement for hotel and short term rental development to build affordable housing, donate land, deed restrict existing housing, or donate money toward an affordable housing fund, with the quantity based on the size of the development. These policies will require these developments to account for the jobs they create in lower income brackets, allowing the increased number of local workers who will be required to work at these hotels to live affordably in the area.

In future business, the Moab Business Summit is coming up soon! This year’s exciting lineup includes a keynote from Peter Metcalf, Founder and former CEO of Black Diamond Equipment, as well as sessions on the state of the local economy, enhancing customer service, and diversity in the workplace. In addition, we are excited

to offer separate, nonprofit-specific sessions this year for these important organizations in our community! The business summit will take place at the Springhill Suites on Monday, February 11th, from 8:30 AM to 2PM. Pre-registration is \$20 until December 31st and \$25 after that. Breakfast and hot lunch are included. To register for the event, or for more information, call 435-259-1343 or visit bit.ly/moabsummit

Grand County CED thanks you for a terrific 2018, and looks forward to what we can do together in 2019! For questions on past or future efforts, or more data on the changes happening in our community, visit 125 E. Center Street, grandcountyutah.net, or call 435-259-1371.



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FEB 11, 2019

8:30A - 2:00P

SPRINGHILL SUITES

\$20 REGISTRATION

UNTIL DECEMBER 31, 2018*

*Registration fee increases to \$25 on January 1, 2019. To register, call 435-259-1343 or visit bit.ly/moabsummit

FEATURED SESSIONS

KEYNOTE: PETER METCALF, BLACK DIAMOND

STATE OF THE LOCAL ECONOMY

“ALOHA SPIRIT” ENHANCING LOCAL CUSTOMER SERVICE

NEW: NON-PROFIT TRACK

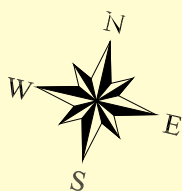
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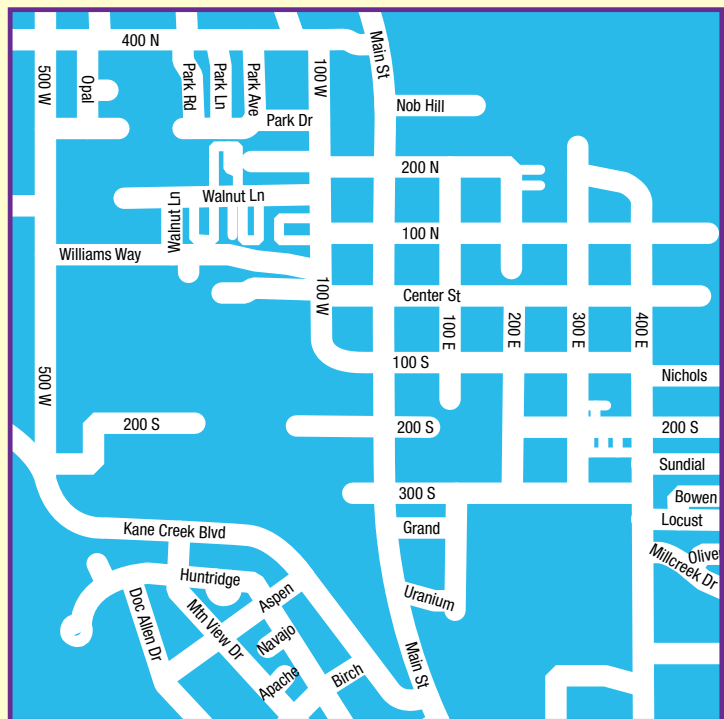
To: Arches
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Grand Junction

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Bahá'í Faith 435-650-5778

Canyonlands Fellowship 435-260-2434
111 East 100 North

Church of Jesus Christ of Latter-Day Saints
First & Second Wards 435-259-5566
475 West 400 North

Third, Fourth & Fifth Wards 435-259-5567
701 Locust Lane

Community Church 435-259-7319
544 MiVida Drive

Episcopal Church of St. Francis 435-259-5831
250 South Kane Creek Blvd

First Baptist Church SBC 435-259-7310
420 MiVida Drive

Friends in Christ Free Lutheran Church
1240 South Highway 191 435-259-4378

Grace Lutheran Church 970-946-4740
360 West 400 North

Jewish Interfaith Beit Moabi 435-260-0241

Moab Baptist Church 435-259-8481
356 West Kane Creek Blvd.

Not So Churchy in Moab 435-210-0183
notsochurchyinmoab@gmail.com

Quaker Worship Group 435-259-8178
81 North 300 East

River of Life Christian Fellowship
2651 East Arroyo Rd. 435-259-8308

St. Pius X Catholic Church 435-259-5211
122 West 400 North

Seventh Day Adventist 435-259-5545
4581 Spanish Valley Drive

The Church of Christ 435-259-6690
456 Emma Boulevard

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- Desert Flower

In this area:
Blue Vista Dr
Rancho Verde
North Holliday
St Rio Grande Dr
Sant Ct
Ct
St
Peale

Nature Happenings

Winter Wildlife

By Damian Fagan



January is the heart of winter in Canyon Country. Snow and ice often blanket the landscape bringing a hushed reverence. The month's average daily temperatures are 43 degrees for the high and 20 degrees for the low. Single digit lows are not uncommon and when the wind howls, you'd not want to be outside with only your spurs on.

However, it is also a magical time of year. Many wildlife species are still active, except for the reptiles that snooze away winter deep within protective burrows, and the ever-present raven that seems to appear out of nowhere. Beneath the snow's surface exists an environment insulated against the cold where small rodents and mammals burrow and forage on seeds or plants. This "subnivean" world also provides food for predators such as foxes, coyotes, and owls whose acute hearing can detect small creatures moving beneath the snow's surface. Sometimes the wispy imprint of an owl's outstretched wings on the snow betrays their presence.



Of course, these and other predators such as bobcats and cougars will take larger prey that travel above the snowpack such as rabbits, jackrabbits, squirrels, and, in the case of cougars, mule deer. Birds are also present, foraging on seeds, berries, nuts, overwintering insects, and tree buds depending upon their diets. Jays who spent the fall caching pinyon nuts dig up their supplies to sustain them through the winter. Travelers in the mountains may encounter Canada jays or Clark's nutcrackers, hardy birds that spend their winters in the upper elevations.

Like summer, species of wildlife are active at night so winter wildlife may be challenging to locate. Often their tracks or piles of scat are the only indicators that they've passed through the area. Some may switch their activity patterns to the daytime, a testament to this cold time of year.

When I lived in Moab and wanted to seek out winter wildlife, here are several areas that I would visit.

The Nature Conservancy's Scott M. Matheson Wetlands Preserve on the north end of town offers some great habitat for wildlife on the outskirts of town. Passerines and waterfowl, if the open water areas are not frozen, are good bets along with birds of prey such as Cooper's and sharp-shinned hawks, bald eagles, and red-tailed hawks. Mule deer and rodent populations may be evident by their tracks.



The Cisco Desert. Driving along the Colorado River's Highway 128, AKA the River Road, may be exciting enough where waterfowl seem immune to the cold river and where an occasional glimpse of a river otter cements my respect for them hunting fish in the chilly Colorado. Where the road crosses the Colorado, the landscape opens up. Here, herds of pronghorn patrol the plains, rough-legged hawks hunt small mammals, and coyotes and golden and bald eagles squabble over roadkill.



Anticline Overlook. Another good area for pronghorn, mule deer, small mammals, and birds. Patches of pinyon and juniper provide cover, and rocky recesses offer denning sites. The wind-swept plateau is often quiet, devoid of the summer traffic heading out to the overlooks.

Viewing winter wildlife is a treat and a pleasure. Please remember to enjoy these creatures from a distance; harsh winter conditions are enough of a stressor on their survival.

A NATURAL HISTORY WRITER. Former Moabite, now based in the Pacific Northwest, Damian Fagan is a freelance natural history writer and nature photographer who focuses on the flora and fauna of the American Southwest and the Pacific Northwest. Of course, this gives him a good excuse to go hiking.

Follow Damian's writing adventures at damianfagan.blogspot.com



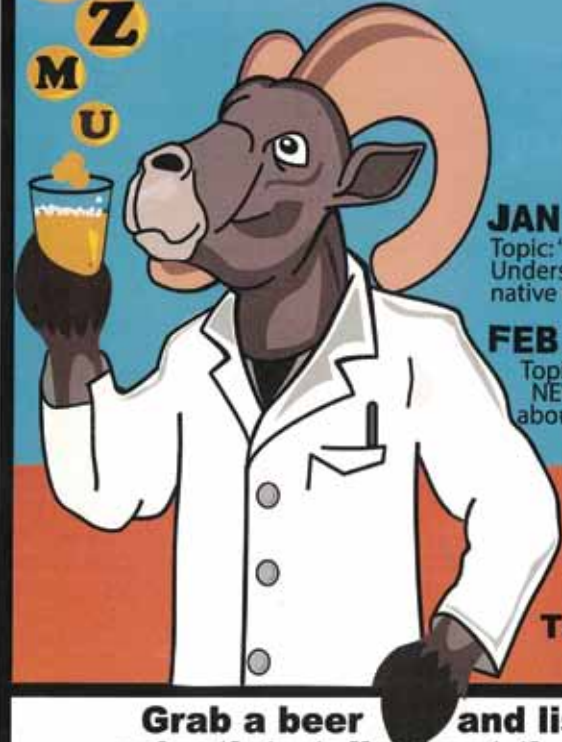
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Topic: "The Word on the Street: NEW things we have learned about our desert ecosystems in the last 10 years!"

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Talks start at **6pm**


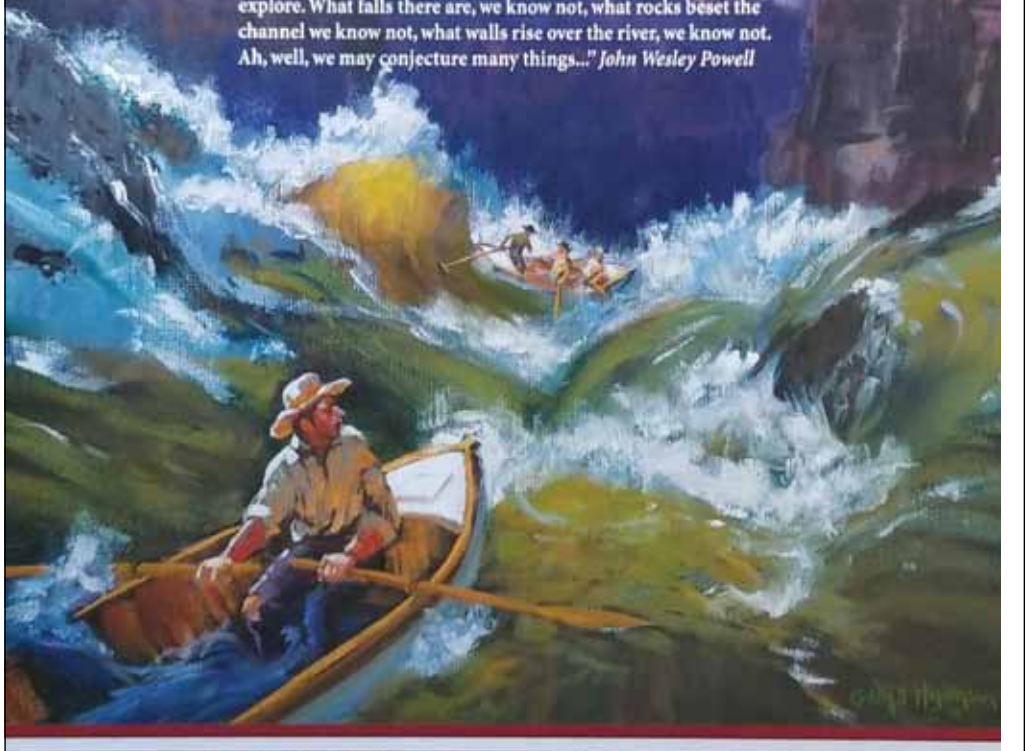
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Astrology Happenings

Your Horoscope for January 2019


Mar. 21 - Apr. 20

 Aries – Even though you are not prone to worrying, some things have you feeling a bit on edge. Concentrate on what you have going right instead of what can go wrong. Look forward to solid and passionate developments. If you’re seeking love, then sparks may soon fly. You may experience a few complications in regard to some big plans. Don’t let these derail your efforts. Things will work out. You can’t predict how people will react. What you find humorous may bend someone else out of shape. If you suspect a joke won’t go over, keep it to yourself. Save up your energy because you might need it for a difficult project on the horizon. This could mean you have to keep socializing to a minimum.


Apr. 21 - May 21

 Taurus – Couch your ego for a little while and let a loved one get his or her way. Concede control in this and you’ll find it benefits you in many different ways. After some recent turbulence, rest easy knowing that calmer waters are ahead. Some tranquility and stability is just what the doctor ordered. A newfound energy can sweep you off of your feet and really jump-start goals in the days ahead. Keep your eyes open and you just may stumble onto something new and fascinating. Now is a good time to explore new ideas and integrate them. You have been on a stable path, and this is a good thing. Wasting time floundering will get you nowhere fast. Keep up the good work and momentum.


May 22 - June 21

 Gemini – This is a time for working smart and hard. Your hard work will come to fruition. Ask for help if the going gets too tough. Expect some big changes in your love life. Count your blessings because you deserve all the good news that’s coming your way. Unfortunately some people you were counting on may suddenly pull out of a plan. Make sure you have a few backups so that your plans can follow through. You are not one to walk away from a challenge. Devote all of your attention to the task at hand. A rough patch or string of bad luck will soon pass. Focus on the positives in your life and give them all of your energy for the time being. Gray skies will clear up.


June 22 - July 22

 Cancer – Expect to reconnect with a long-lost activity or hobby you used to love. Surprises are in store for Cancers who are willing to take some risks. If you resign from your job, you just may find a dream position shortly after. Aan extra boost of confidence is propelling you to embrace some changes. That means potentially jumping into a challenging project. Run with this. Something will bring a smile to your face. There is pretty much nothing that will wipe this smile off of your face. A great opportunity is coming your way and you are eager to dive right in. Write down the pluses and minuses of this endeavor before getting too deep.

July 23 - Aug. 24


 Leo – Retreating to the privacy and coziness of home may be tempting. However, you may have to step up and play leader or host or hostess in the days ahead. Some cosmic goodness is in store for you. This year can start out on the right foot, especially as it pertains to domestic matters. Seek others’ counsel on an important issue. Another’s perspective or insight can help you make an informed decision. Once you’re comfortable going forward, do so. Try not to push yourself too much. Maintain a low profile and go through with your normal routine; otherwise, you might ruffle the wrong feathers, ensure that your voice is heard on a particular matter; otherwise, you may regret not speaking up. Wait until others are quiet to get your point across.

Aug. 24 - Sept. 22


 Virgo – Even though you may not be a full-fledged clairvoyant, you certainly can tap into people’s thoughts to give them a start. You may need to buffer some insights. Things in your domestic sector are bound to settle down. If you planned improvements at home, you’ll sail through those in no time with some help from friends. It is not a good idea to try to mold people into what you would like them to be. You may become frustrated if they resist your efforts. Embrace others for who they are. Do not panic when a glitch occurs in your best-laid plans. With a few easy modifications, you can

work through it quickly. Look at the situation from a different angle. If you’ve been looking for a new career, you may be pleasantly surprised with the news coming your way.


Sep. 23 - Oct. 23

 Libra – You have a renewed determination to improve your finances right now. Use any extra money you receive to invest in a portfolio that can keep you earning. Some pivotal changes may come into your life shortly. You may find out your family is increasing or learn that a career change is in the works. Start counting good fortune. Knowledge is power. Do all you can to improve your knowledge base. This is especially important as you try to navigate financial waters. Sometimes it can be easy for you to fixate on a particular way of doing things. Consider if others have a better way to tackle the same task. Extra spending on essentials may have you reevaluating your budget. You might need to cut corners to make everything work, or find new income.

Oct. 24 - Nov. 22


 Scorpio – Trust the process of working through your feelings. Many things have been going on and you need to absorb and file things away in your mind. A talent that you used to feel insecure about can be an avenue to earn a significant amount of money. Don’t hesitate to monetize and share your gifts. Others may not take much notice of your emotions unless you exaggerate them. If you need a person to talk to, seek them out. Expect to reach a big milestone in your life. This likely has something to do with your family or career. The praise is warranted. It seems the bumpy stretch in your life has been long, but you’re finally able to see that pot of gold at the end of the rainbow. Keep your head high.

Nov. 23 - Dec. 21


 Sagittarius – You may have more on your mind than you are willing to admit. But showing vulnerability may make you seem more approachable to others. While you have been in a stable relationship for some time now, both parties may be looking to shake things up. It can go two ways: A breakup or newfound depth. Don’t begin a conversation if you are not willing to see it through to the end. This will only make things more difficult for the relationships you keep. You need to focus and get back to work. If things have slipped through your fingers, it could take a little time to regain your momentum. A relationship may be blossoming and you won’t be sure which direction it will go for a little longer. If you trust your instincts on this and be yourself, things will work out.




Dec. 22 - Jan. 20

 Capricorn – Be a true friend to someone who can use a little extra love and support. Whether you lend a helping hand or just sit and listen, your efforts will be appreciated. Venus, the ruler of your career sector, will point your professional efforts in the right direction. Your professional outlook might turn completely around. Expect to encounter someone who is difficult to deal with. Be patient and wait for better times ahead. Shop around for the best deals before making a large purchase. Take inventory of your finances so your next move does not prove a setback. You will prove your mettle and show everyone just how tough you can be with a surprising announcement. Be prepared for some applause.

Jan. 21 - Feb. 18

 Aquarius –You need to push past fear and pursue your desires. Only then can you get ahead at work or in other areas of your life. Stop making excuses and be courageous. You may notice people in your social life are more friendly and accommodating lately. In fact, friends have always been there for you because they believe in you. Make a concerted effort to work with a colleague with whom you might not see eye to eye. Your efforts to communicate and compromise will not go unnoticed. Right now is a good time to connect with a new passion that can bring you even more success than you had imagined. Even though many things are changing in your life right now, you’ll probably find that you welcome change whole-heartedly. It’s time to shake things up.

Feb. 19 - Mar. 20

 Pisces – If you are in a relationship, use this time to untangle some knots. These can be differences of opinion or financial concerns. If you’ve been waiting for seed money to start a venture, then your patience will pay off. Expect some good news to come. Don’t tie yourself in knots trying to sort through things you cannot control. There are too many matters for you to handle them alone. Try to focus your energies in a positive way. You can accomplish what you set your mind to with the right attitude and perseverance. Moving in a new direction can mean many things to you. A change of address, a vacation, a new career, or even a new style fit the bill.



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Tiny Station Concert broadcast live on air with Jessica Meyer interview and performance.

Friday, February 8, 7 pm
Star Hall • FREE (\$10 suggested donation)
Jessica Meyer & Student Showcase
Culminating a week of workshops, BEACON and Grand County string students perform their original works. Jessica Meyer closes the evening. All ages welcome.



27th Annual Moab Music Festival • August 26–September 12, 2019 • Tickets on sale April 1

Pet Happenings

Are Peas Good For Dogs? and other questions about starch.

By Kaye Davis
co-owner of Moab BARKery

Is a dog food OK as long as it doesn't have soy, corn or wheat? Are potatoes and peas good for my dog? These are common questions we deal with at the Moab Barkery, and they are valid ones. We know that you want to avoid feeding harmful ingredients to your dog and that is a great thing. However there is a mass of marketing that is telling you that dry processed diets are a healthy option for the optimal health of your dog.

While grains may be lacking in grain-free dog foods, one look at the ingredient list of any of these products will show you that the grains have been merely replaced by another starch, which functions as the binder that holds the kibble together. Common examples of starch ingredients used in conventional dog foods are corn, rice, wheat, peas, potato, oats, barley and tapioca. These starches gelatinize during extrusion and create a binding matrix, making the end kibble product cohesive. Simply put, without the starch component it is nearly impossible to form a cohesive kibble that holds its integrity and doesn't simply fall apart.

There are some pretty compelling reasons not to feed any type of starchy carbohydrate to dogs, here are some of the top reasons...

Mycotoxins

Mycotoxins are toxic by-products of mold or fungus. Mycotoxins contaminate crops before they're harvested or after they're stored. They're most commonly found in corn, barley, wheat, beets, peanuts and cottonseed, but other frequently affected foods include; sorghum, pearl millet, rice, wheat, soybean and sunflower seeds.

One of the most well-known mycotoxins is aflatoxin, and it's the most carcinogenic naturally occurring substance known to man.

A global survey conducted between 2004 and 2013 found mycotoxin contamination in over 76% of the samples of grains and by-products destined for animal foods. Aflatoxins target many of the organs in dogs but especially the liver, where they can cause toxicity, immunosuppression and cancer. The effects of mycotoxin exposure are cumulative and build up in your pet over time.

Anti-nutrients

Anti-nutrients are naturally occurring or man-made substances in food that can interfere with the absorption of vitamins, minerals and other nutrients, and interfere with digestive enzymes. Essentially they can rob your dog of nutrition. Anti-nutrients are most commonly found in grains, beans, legumes and nuts. These include...

Phytic acid is found in grains and legumes like peas, which are commonly found in grain-free pet foods. It's an anti-nutrient because it can bind to important minerals such as copper, iron, magnesium and zinc, and make them unavailable to your dog. Phytic acid can rob your dog of up to 80% of these critical nutrients.

Lectins are found in large amounts in beans and some grains and, like phytic acid, can also reduce nutrient absorption. Lectins can damage the cells that line your dog's intestines. When this happens, the ability of nutrients to be able to pass through your dog's intestines and into their body is affected. It can also disrupt the delicate balance of flora living there and trigger allergy and autoimmune reactions. There are many other anti-nutrients in grains and starches,

including gluten which can cause leaky gut syndrome and autoimmune disease, tannins which can upset the gastrointestinal tract and oxalates which can cause kidney stones.

Glycemic Load

The glycemic load of foods is an indication of how quickly it raises the blood sugar. A small, steady amount of carbohydrate or starch in the diet is fairly harmless, but when large amounts of starchy carbohydrate are added to the diet, and most dry dog foods are 30-60% carbohydrate, this can cause obesity and insulin resistance.



When your dog eats carbohydrates, they're broken down into glucose, which is the form the body can use for fuel. When this happens, insulin is released to move the blood sugar, or glucose, into the cells. And how quickly this happens is the food's glycemic load. The only foods that cause a quick spike in glucose and insulin secretion are carbohydrates.

Why is spiking insulin unhealthy? Over time, the dog's body will become less sensitive to insulin and

insulin resistance can occur. And that's bad because the pancreas will have to work harder to produce more and more insulin and can become exhausted and your dog can develop diabetes. But that's not the only risk. Insulin resistance can also increase the risk of thyroid disease and some types of cancer. And because one of insulin's jobs is to store body fat, the dog eating a lot of carbohydrate can become fat and you'll find it really hard to take the weight off.

There are some ways to reduce the carbohydrate load in your dog; these are listed in most to least desirable.

Feed a raw diet, the only reason raw feeders see fewer health issues in their dogs is because they don't contain starchy carbohydrates. Fruits and vegetables are fine, they don't contain phytic acid, they have a low glycemic load and they can be loaded with vitamins and minerals. But raw diets are generally free of peas, potatoes and cereal grains and that's why so many dogs do so well on them.

Cooking for your dog can be a tough one because so many cooked diets are loaded with carbohydrates. Fresh foods are always better than processed foods, so if you cook for your dog, try to keep the carbohydrates to less than 10% of the diet and load your dog up on protein and fat instead.

Feed a low starch food with the least amount of carbohydrate and that means no more than 15%, and you will see that is a rare find. The problem is, pet food manufacturers aren't forced to tell you how much carbohydrate is in the food, so they don't. Fortunately, it's pretty easy to calculate the amount of carbohydrate in your dog's food. Flip your bag of dog food over and you'll find something called the Guaranteed Analysis. This is the guaranteed minimum amounts of certain nutrients in the food. Next, find the percentage of protein, fat, moisture and ash and then add them together, if ash is not listed use 7%, most dry dog foods fall between 5-8% ash content. Once you have added these numbers together subtract that total from 100 and you will have your carbohydrate content, for example... (100 - (23 (Protein) + 12 (Fat) + 10 (Moisture) + 7 (Ash)) = 48% Carbohydrate.

What happens if you do nothing?

The worst thing you can do is to keep doing what you're doing because your dog appears to be healthy. Whether it is weeks, months or years from now, you and your vet probably won't make the connection between their allergies,

cancer, liver or kidney disease, and the lifetime of eating an unnecessary food that can cause very real health issues if it's fed in excess.

If kibble is all you can afford, then try to add some protein or healthy fat like coconut oil, eggs or whole fish to your dog's diet, at the minimum it will lower the glycemic load and replace some of the missing vitamins and minerals. But doing nothing is setting your dog up to fail.

Don't rely on pet food companies to tell you what's right for your dog, even the best companies have to care about their financial health before they can ever consider your dog's health. Quality ingredients cost money and most dog owners aren't prepared to pay that price for their dog's food. Hopefully you're an exception and you'll start to see the connection between your dog's health and the foods that you give them.

The Bark Park - Off-leash Dog Park



Location: 100 E 300 S

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



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