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RIVER ADVENTURES

	ADULTS	YOUTH (under 16)
FULL-DAY RIVER ADVENTURE World-famous scenery and a barbecue lunch rafting the Colorado River. 8:00am - 4:00pm (min age: 5)	\$91	\$71
COLORADO RIVER A.M. HALF-DAY Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5)	\$60	\$49
COLORADO RIVER P.M. HALF-DAY Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. 10:45am - 4:00pm (min age: 5)	\$71	\$61
WESTWATER CANYON FULL-DAY Enjoy exciting whitewater rapids & lunch in this unique Canyon. 7:30am - 6:00pm (min age: 10)	\$180	\$180
STAND UP PADDLEBOARDING Transportation, board rental, instruction, guide, snacks and water are included. (min age: 10)	\$79	\$59

HUMMER SAFARIS

	ADULTS	YOUTH (under 16)
SLICKROCK SAFARI Incredible 4x4 experience over a landscape of petrified sand dunes. Departs 7:30am, 10am, 1pm (2 hrs)	\$83	\$51
GRAND SAFARI Further explore the backcountry in the world's most serious 4x4. Departure times vary by season. (4 hrs)	\$173	\$125
SUNSET SAFARI The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)	\$94	\$71

MOUNTAIN BIKING

	ADULTS	YOUTH (under 16)
HALF-DAY MOUNTAIN BIKING Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)	\$95	\$95
CANYONLANDS SUNRISE DOWNHILL Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary. (5 hrs)	\$110	\$95

ARCHES N.P. TOURS

	ADULTS	YOUTH (under 16)
ARCHES FIERY FURNACE HIKE Explore a maze of astounding hidden chasms with one of our guides on this unique hike. 7:15am - 12:30pm	\$91	\$69
ARCHES SUNSET TOUR Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs)	\$77	\$53

ZIPLINE & ROPES

	ADULTS	YOUTH (under 16)
ZIPLINE TOURS Glide over the sandstone fins and gaps with a series of zip line cables and bridges. (min. age 9)	\$129	\$99
EPHEDRAS GROTTO CANYONEERING Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 4 hrs (min age: 10)	\$99	\$84
DESERT ROCK CLIMBING Climbing, instruction, and fun on rope and rock! All equipment provided. 5 hrs (min age: 5)	\$99	\$84
HIGH ROPES COURSE Challenge course, safety gear & instruction, and southern Utah's highest swing! 2 hrs (min age: 10)	\$60	\$50

FLIGHTS & HORSEBACK

	ADULTS	YOUTH
HOT AIR BALLOON RIDES Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx. 3.5 hours)	\$295	\$295
CANYONLANDS & ARCHES FLIGHT See all highlights of Arches & Canyonlands NP in just over an hour with a bird's eye view! Departs 8:45am	\$246	\$246
CASTLE VALLEY HORSEBACK RIDE 2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am (min age: 8)	\$100	\$100

JETBOAT TOURS & MORE

	ADULTS	YOUTH (ages 4-15)
JETBOAT 3 HOUR FUN RUN TOUR Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (3 hrs)	\$89	\$79
SUNSET JETBOAT & DINNER 1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP.	\$79	\$69
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MOAB HAPPENINGS

Volume 27 Number 11

FEBRUARY 2016



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MOAB HAPPENINGS

MOAB HAPPENINGS®

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

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 www.moabhappenings.com

February at Gallery Moab

by Sarah Hamingson

Gallery Moab continues to bring exciting local art to Moab. Come visit the gallery to see watercolor, oil, acrylic and pastel paintings in a wide variety of styles from representational to impressionist to expressionist, from traditional to contemporary. Not sure what all those terms mean? No problem, the artists at the gallery are happy to explain their work. Then there's jewelry, scrap iron art, ceramics both functional and decorative, scarves, bags, cards, prints . . . suffice it to say, you'll find a wide variety of affordable art made by local artists.

On Friday, February 12, Gallery Moab will be hosting a Valentine's Day themed "happening." Events



Flower Pot by Karen Chatham



Double Arch by Larry Christensen

for the evening include a mystery guest artist, a drawing for one of Dell Crandell's scrap iron pieces, and more. Artists are working on some surprises for the event as well. While we're not revealing details now, all we can say is . . . you are sure to love it!

Join Gallery Moab artist Shari Michaud for an inspirational four day ceramic sculpture workshop. Students will be introduced to basic hand-building techniques and guided through a creation of their own

design. The workshop is appropriate for beginning to advanced students. The workshop takes place on February 8th, 9th and 10th from 5-7:30pm and a final class for glazing finished work on February 16th from 5-7:30.

Karen Chatham will be offering an alcohol ink painting class on February 14th from 2:00 to 4:00 pm. This will be a fun class where students can learn the many techniques to use alcohol ink to create their own painting, tile, and switch plate cover.

Contact Gallery Moab for details about the classes, or stop in to sign up in person. Looking ahead to March, the Moab Music Festival will be sponsoring a chamber music duo at the gallery on March 2. Be sure to mark your calendars for this special event.

We look forward to seeing you at Gallery Moab!

87 North Main Street 435-355-0024
 Open 10:00 am to 6:00 pm Thursday through Saturday,
 10:00 am to 2:00pm Sunday
 visit us at gallerymoab.com or on Facebook

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5th Annual
Moab Adult Spelling Bee

Sponsored by
 The Grand County Education Foundation
 Benefiting Grand County Schools

Friday February 19, 2016
 6:30 PM
 Bar M Chuckwagon
 (7000 North Hwy 191)

3-Person Team Entry Fee:
 Early Bird discount of \$30 before January 20, 2016 is \$150.00
 After January 21, 2016 team cost is \$180.00
 Prizes will be awarded for winning team of spellers and best team costumes.

Audience Admission:
\$10 Adult - \$5 Student
 All attendees eligible for great door prizes!
 Appetizers included with admission!
 Soda and Beer available for purchase!

For more information, Please contact:
 Melodie @ 259-9797 or Valerie @ 260-2808
 Email: mel777@citlink.net

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SPELLING BEE HAPPENINGS

Brains On Parade!

See a New form of Entertainment at Grand County Education Foundation's 5th Annual Adult Spelling Bee fundraiser.

Costumed teams of spellers will strut their stuff on stage at the Bar-M Chuckwagon on Friday evening, February 19th at 6:30 PM. This promises to be the most fun and social of the "Bees" to date. Fabulous door prizes, and complimentary appetizers are included in the \$10.00 price of admission. Soft drinks and beer, from Moab Brewery, will be available for purchase and all proceeds help to fund a plethora of worthy projects for Grand County Schools. To date, GCEF has granted about \$100,000.00 to support K-12 students.

The grand prize, a ham from Nicholas Foods, will be awarded to each person on both the best costumed team and the winning team of spellers.



2015 Spelling Bee Champions

Last year's champion spellers, the Canyonlands Jeep "Bee Happy" team will return to compete again. The title winning word last year was flocculent. The Moab Realty "Cow Bees" took top costume honors.

Scheduled to compete this year, so far, are teams representing Moab Ford, USU Moab, Canyonlands Advertising, Classic Helicopters, Allstate Insurance, Moab Realty, Moab Regional Hospital, School Bus Drivers, and Moab Grill. Want to participate? Some teams still need spellers to join them and last minute team registrations can still occur. Email: mel777@citlink.net

The Grand County Education Foundation, a 501-C3 non-profit organization, encourages you to attend this fun and worthwhile event. Donations are always welcome! You can give anytime online at www.grandcef.org and find us on facebook. You can find our mission statement, see what has been funded, and apply for funds for student needs on our web site. We also encourage you to enroll in the free City Market Community Rewards program and designate Grand County Education Foundation as the charity that is linked to your value card.

For more information please contact Melodie @ 435-259-9797 or Valerie @ 435-260-2808



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MOAB AREA EVENTS CALENDAR

Gravel Pit Lanes
Family Fun Center
Monte Carlo Tourney Friday's at 7:00

- 12 Lanes Bowling
- 5 Pool Tables
- Pinball
- Arcade

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February Events

Feb 1 Latin Fusion Aerobics class with Hurricane Rita
Latin Fusion Aerobics is not Zumba! Come ready to laugh, sweat, & work on your form, footwork & styling for mambo & cha cha for a fun filled hour of cardio-heavy dance choreography! \$5 Drop in, \$25 for Dance Moab's Fitness Guru Pass. Pass includes all Latin Fusion & Zumba classes for the month of February. 5:30 - 6:30PM at the MARC, 111E 100N. For info: Email DanceMoab@gmail.com

Feb 1 Bachateame Moab Monday - Bachata dancing finds its origin in the Dominican Republic & grows out of emotions in Caribbean music like romance & heartbreak. Beginner lesson 6:30-7:30pm. No partner, No experience necessary. Intermediate lesson 7:30-9PM. \$10 Drop in, \$15 for both classes. Email dancemoab@gmail.com with any questions.

Feb 2 Sheng Zhen Healing Gong -at the Grand Center Vitality room with certified teacher, Lisa De Rees, from 1:00-1:45 pm, by donation. Sheng Zhen Gong a moving & non-moving meditation to quiet the mind, relax the body & elevate the spirit.

Feb 2 Tuesday Night Salsa at the MARC - It's cold outside! Come inside & heat it up with some Latin dancing this month! 6:30 -7:30pm Level 1 LA Style Salsa Lesson with Hurricane Rita. No partner, no experience necessary. 7:30-9pm Intermediate Salsa Lesson. \$10 Drop in, \$15 for both classes. Moab Arts & Recreation Center (111E 100N) Email dancemoab@gmail.com for info.

Feb 3 Toastmasters- is a self-paced public speaking club. Held at Zions Bank Building at Noon on the first & third Wednesday of each month.

Feb 3 Job Fair- brought to you by The Department of Workforce Services & The Moab Chamber of Commerce. Held from 1-3pm at the Moab Valley Inn, 711 S. Main St. Employer registration: <https://www.eventbrite.com/e/job-fair-tickets-20429563374> or call 435-259-7814

Feb 3 Dance Moab's Swing & Blues at Club Rio - 7pm for a \$5 beginner east coast swing dance lesson with local instructor, Kira Red. No partner necessary to dance! Followed by social dancing to swing & blues until 10pm. Located at 2S 100W. Email dancemoab@gmail.com or swingdancemoab@gmail.com for info.

Feb 6 LSMO Indoor Pop-Up 3D Archery Shootout - Saturday Trickle requires no pre-registration. Trickle from 9am-3 pm. 11 targets with 1 moving target. Shoot Off begins at 4pm. Fun Shoot: \$25.00. Kids under 12 shoot free. Sign up for the money shoot before 4pm. Held at La Sal Mountain Outfitters, 3031 US Hwy 191. For more info visit lasalmountainoutfitters.com or call 435-259-1606.

Feb 6 The Chocolate Lovers Festival: A Chocolate Lover's Fairy Tale- please join the Moab Charter School as we present one of Moab's favorite winter events. Make a chocolate art creation to share, or come & support Moab Charter School by sampling some of Moab's tastiest art at the MARC from 6-8pm. 10\$ gets you a punch card to taste 8 chocolate creations (8\$ for kids). We will have a silent auction, games, & prizes for outstanding chocolatiers. Costume Contest prize as well! Chocolatiers will need to register before-hand to enter a chocolate piece. For info email MoabChocolateLovers@gmail.com or visit our Facebook page.

Feb 7 Ladies Body Movements & Styling for Bachata - 7-8:30pm Calling all ladies! Are you interested in learning to move your body fluidly & seductively on & off the dance floor? We will work on body movement techniques. \$10 drop in for lesson & dance, \$5 to dance. South Town Gym, 1070 S HW 191. Email dancemoab@gmail.com for info.

Feb 8 Bachateame Moab Monday - Bachata dancing finds its origin in the Dominican Republic & grows out of emotions like romance & heartbreak in Caribbean music. Beginner lesson 6:30-7:30 PM. No partner, No experience necessary. Intermediate lesson 7:30-9PM. \$10 Drop in, \$15 for both classes. For info: Email dancemoab@gmail.com

Feb 9 Sheng Zhen Healing Gong -at the Grand Center Vitality room with certified teacher, Lisa De Rees, from 1:00-1:45 pm, by donation. Sheng Zhen Gong a moving & non-moving meditation to quiet the mind, relax the body & elevate the spirit.

Feb 9 Tuesday Night Salsa at the MARC - It's cold outside! Come inside & heat it up with some Latin dancing this month! 6:30 -7:30pm Level 1 LA Style Salsa Lesson with Hurricane Rita. No partner, no experience necessary. 7:30-9pm Intermediate Salsa Lesson. \$10 Drop in or \$15 for both classes. Moab Arts & Recreation Center (111E 100N) Email dancemoab@gmail.com for info.

Feb 10 Latin Wednesday at Club Rio - 7pm for a \$5 All Levels salsa lesson with Hurricane Rita. No partner necessary to dance! Followed by Salsa, bachata, kizomba, & Zouk social dance until 11pm. Perfect for a date night! Located at 2S 100W. Email dancemoab@gmail.com for info.

Feb 11 "Plant Medicine"- a free Moonflower class with Emily Stock. In this overview of herbalism, we will explore the animal-plant relationship. The journey of using plants as medicine can be as spiritual as it can be scientific, & we'll discuss many ways of incorporating herbal medicine into daily life. We will also discuss some of the ways this relationship has changed along the course of history, & how that influences our perception of medicine in modern society. This class held in the Moonflower Library, 5:30-7pm. Please sign up at Moonflower or call (435) 259-5712.

Feb 11 Free Lecture: Ancient Astronomers of Moab: What Happened in Hell Roaring Canyon? Local rock art student, Rory Tyler, will be speaking at the Moab Arts & Recreation Center (MARC) at 7pm. It documents Tyler's archeological/ astronomical work with Desert Archaic pictographs in that canyon over the last four years. Anyone who brings a flash drive can get a free copy of the talk. It will also be available from the library.

Feb 13 Dance Moab's 3rd Annual Red Hot Latin Flavor With A Side of Swing & Daddy Daughter Dance- Come to the Moab Arts and Recreation Center, 111E 100N, 5:45 pm, doors open. 6:15pm. Choose from beginner bachata lesson & beginner swing lessons in each room. 7:30pm watch performances by the Beacon After School Salsa & Bachata Performance Classes, as well as Bachateame Moab adult performance class' graduation piece & an east coast swing & blues demonstration by Kira Red. Daddy Daughter Dance at 8pm followed by social dancing to salsa, bachata, merengue, cha cha, & kizomba until 10pm. \$15 includes dinner plate, dance lesson, & beverage. 14 & under entry \$5. All donations benefit the Moab Salsa Bachata Festival on Veterans Day Weekend, November 11-13, 2016. Red clothing is encouraged, not required. Email DanceMoab@gmail.com with questions.

Feb 13 Puttin' on the Ritz - do not miss Moab's classiest event of the year & Seekhaven's annual fundraiser. Come enjoy an evening of fine dining, live music & silent auction. All proceeds support the Seekhaven Family Crisis & Resource Center. Tickets: \$50/pp available at Zions Bank & Seekhaven. For info visit seekhaven.org or call 435-259-2229.

Feb 14 VALENTINE'S DAY

Feb 15 PRESIDENT'S DAY HOLIDAY

Feb 15 Bachateame Moab Monday - Bachata dancing finds its origin in the Dominican Republic & grows out of emotions like romance & heartbreak in Caribbean music. Beginner lesson 6:30-7:30 PM. No partner, No experience necessary. Intermediate lesson 7:30-9PM. \$10 Drop in, \$15 for both classes. For info: Email dancemoab@gmail.com



Feb 16 Sheng Zhen Healing Gong -at the Grand Center Vitality room with certified teacher, Lisa De Rees, from 1:00-1:45 pm, by donation. Sheng Zhen Gong a moving & non-moving meditation to quiet the mind, relax the body & elevate the spirit.



DEADLINE for MARCH Events Calendar: FEBRUARY 20, 2016

Listings in the *Moab Happenings* Events Calendar are **FREE!!**

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

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

email: info@moabhappenings.com

2016 EVENTS

2016 MOAB EVENTS

January 15-17... Bluff Balloon Festival
 February 7... 2016 SuperBowl
 February 13... Puttin' on the Ritz
 February 13... Moab's Red Hot 55K/33K
 March 19... Adult Spelling Bee Fundraiser
 March 5-6... Spring Trail Run/Off-Road Duathlon
 March 7-8... Banff Mountain Film Festival
 March 11-13... Moab Spring Thaw
 March 12... Canyonlands Half Marathon
 March 12-15... Skinny Tire Festival
 March 19-27... Easter Jeep Safari
 April 1-3... Outerbike Spring
 April 29-May 1... April Action Car Show

May 5... Cinco de Mayo
 May 6-7... Gran Fondo Moab
 May 28-29... Moab Arts Festival
 June 2-4... Canyonlands PRCA Rodeo
 June 4... Thelma & Louise ½ Marathon & Relay
 July 4... Fourth of July Celebration
 August 6... Relay for Life (Am. Cancer Society)
 September 1-12... Moab Music Festival
 September 3-4... Moab Studio Tour
 September 22-25 Moab Skydive Festival
 September 22-25 Red Rockin' Moab SxS
 Sept 29-Oct 8... PleinAir Moab
 Sept 30-Oct 1... Moab Pride Festival
 Sept 30-Oct 1... Outerbike Fall
 October 1... Moab Century Tour

October 7-9... Rock, Gem & Mineral Show
 October 20-22... Jeep Jamboree
 October 23... The Other Half
 October 27-30... Moab Ho-Down Mtn Bike Festival
 November 1... Dia de Los Muertos
 November 4-6... Moab Folk Festival
 November 4-6... Celtic Festival "Scots on the Rocks"
 November 9-12... Moab Senior Games
 November 11-13... Moab Salsa Bachata Dance Festival
 November 25-27 Moab International Film Festival
 December 2... Christmas Tree Lighting
 December 2-3... Grand Center X-mas Gift Fair
 December 3... MARC Holiday Gift Fair
 December 3... Winter Sun Run 10K
 December 3... Electric Light Parade

February Events (con't)

Feb 16 Tuesday Night Salsa at the MARC - It's cold outside! Come inside & heat it up with some Latin dancing this month! 6:30 -7:30pm Level 1 LA Style Salsa Lesson with Hurricane Rita. No partner, no experience necessary. 7:30-9pm Intermediate Salsa Lesson. \$10 Drop in, \$15 for both classes. Moab Arts & Recreation Center, 111E 100N. Email dancemoab@gmail.com for info.

Feb 17 Toastmasters - is a self-paced public speaking club. Held at Zions Bank Building at Noon on the 1st & 3rd Wednesday of each month.

Feb 17 Dance Moab's Swing & Blues at Club Rio 7pm for a \$5 beginner east coast swing dance lesson with local instructor, Kira Red. No partner necessary to dance! Followed by social dancing to swing & blues until 10pm. Located at 2S 100W. For info: Email dancemoab@gmail.com or swingdancemoab@gmail.com

Feb 17-20 Quilted Moab Retreat - our featured guest will be Norma Whaley with Timeless Traditions. Norma has some great classes that she is willing to teach & will provide a Trunk show for us on Friday Evening. Margie Ullery has agreed to come to our retreat again. Plus we have several local ladies willing to teach classes for us. If you have any question feel free to email us at info@quiltedmoab.com. For info: quiltedmoab.com or 435-210-0904.

Feb 19 5th Annual Adult Spelling Bee - 6:30pm at the Bar M Chuckwagon. A fundraiser for the Grand County Education Foundation. See ad pg 2A & article pg 3A.

Feb 20 Downtown Abbey - KZMU will present this live original radio drama in four episodes with the final episode to be presented at Star Hall on March 12th. The drama takes place in modern-day Moab in a somewhat parallel universe, and features Ed-ward Abbey's fifth cousin twice removed, Downtown Abbey, a local investor and entrepreneur who loves to exploit what Cousin Ed (in his book *Desert Solitaire*) termed "industrial tourism." Written by KZMU general manager Marty Durlin. Durlin's most recent plays, produced in Paonia, CO at the Paradise Theatre, include a musical about anarchist Emma Goldman's 50th birthday in prison, and one about a 47th high school reunion. For info contact Marty 435-259-8824. See KZMU radio schedule pg 16B.

Feb 20 Moab Regional Hospital Community Health Fair - 10am-1pm at the Grand Center, 182 N. 500 West. Free Health Education! For info 435-719-3683. See ad & article pg 14 & 15A.

Feb 20 Free Moonflower Class - at the Moonflower Library, 3-4:30pm. Andy Kennedy will teach students how crystals are made, how their energy works, why clearing crystals is important, what crystal's shapes & colors affect the energy of our crystal allies. In this class, students will take away a practical understanding of crystals & how they can positively affect our personal environments. Sign up at Moonflower Community Cooperative or call (435) 259-5712 with questions.

Feb 20 Trashion Show! 8pm at Woody's Tavern, 221 S Main St. Admission is \$10 in a costume, \$15 without a costume. Hosted by Canyonlands Community Recycling & Third Space Moab.

Feb 21 Bachata Kizomba Sunday Nights at South Town Gym - 7:00-8:30pm intermediate bachata lesson followed by open dancing for all levels until 10pm to bachata, kizomba, & zouk. Some salsa & cha cha will also be played. \$10 drop in for lesson & dance, \$5 to dance. 1070 S Hwy 191 Email dancemoab@gmail.com for more info.

Feb 22 Bachateame Moab Monday - Bachata dancing finds its origin in the Dominican Republic & grows out of emotions like romance & heartbreak in Caribbean music. Beginner lesson 6:30-7:30pm. No partner, No experience necessary. Intermediate lesson 7:30-9pm. \$10 Drop in, \$15 for both classes. Email dancemoab@gmail.com for info.

Feb 23 Sheng Zhen Healing Gong - at the Grand Center Vitality room with certified teacher, Lisa De Rees, from 1:00-1:45 pm, by donation. Sheng Zhen Gong a moving & non-moving meditation to quiet the mind, relax the body & elevate the spirit.

Feb 23 Tuesday Night Salsa at the MARC - It's cold outside! Come inside & heat it up with some Latin dancing this month! 6:30 -7:30pm Level 1 LA Style Salsa Lesson with Hurricane Rita. No partner, no experience necessary. 7:30-9:00pm Intermediate Salsa Lesson. \$10 Drop in, \$15 for both classes. Moab Arts & Recreation Center, 111E 100N. Email dancemoab@gmail.com for info.

Feb 24 Latin Wednesday at Club Rio - 7pm for a \$5 All Levels salsa lesson with Hurricane Rita. No partner necessary to dance! Followed by Salsa, bachata, kizomba, & Zouk social dance until 11pm. Perfect for a date night! Located at 2S 100W. Email dancemoab@gmail.com for info.

Feb 24-26 Wilderness First Responder Recertification Course - hosted by CFI in association with the Wilderness Medicine Institute of NOLS. Meets & exceeds Utah River Guide License requirements. Course fee \$330, Deposit \$150. To register 435-259-7750 or info@cfimoab.org.

Feb 26 Comedy for a Cause - a benefit fundraiser to assist with medical expenses for Moab local Ann Arehart. Featuring entertainment by comedian Rodney Norman & local band Millcreek Station. Will be held at Grand County High School, 6:30pm, Tickets \$15.

Feb 26-28 Annual Adam Ballenger Weekend Workshop - This year's focus is on Flow & the River of the Spine... Movement needs strength & freedom. Learn about where to strengthen to make it easier to lengthen. Come to any combination of 4 sessions or the entire weekend! More info moabyoga.com.

Feb 27 Eagle Float on the Colorado - 8am-6pm enjoy a daylong rafting trip from Loma, Colorado to Westwater Ranger Station while watching for wintering bald eagles. Learn about eagle identification, habits, migration & management from our local Moab Bird Club. This trip is a partnership between Canyonlands Field Institute, Sheri Griffith Expeditions, & the Moab Bird Club. Trip fee is \$145 Adults, \$137.75 Members, and \$100 Youth. For info: cfimoab.org or call 435-259-7750.

Feb 27 Downtown Abbey - see Feb 20 for full description. KZMU radio schedule pg 16B

Feb 28 Bachata Kizomba Sunday Nights at South Town Gym - 7-8:30pm intermediate bachata lesson followed by open dancing for all levels until 10pm to bachata, kizomba, & zouk. Some salsa & cha cha will also be played. \$10 drop in for lesson & dance, \$5 to dance. 1070 S Hwy 191 Email dancemoab@gmail.com for info.

Feb 29 Bachateame Moab Monday - Bachata dancing finds its origin in the Dominican Republic & grows out of emotions like romance & heartbreak in Caribbean music. Beginner lesson 6:30-7:30pm. No partner, No experience necessary. Intermediate lesson 7:30-9pm. \$10 Drop in, \$15 for both classes. Email dancemoab@gmail.com with questions.

Feb 29 Dance Moab Introduces Intro to Swing: 6 Week Progressive Series - covers the most familiar & user-friendly version of swing dance; a great place for beginners to start! Also called "East Coast Swing" or "Jitterbug," this dance is done to up-tempo swing music, & is easy as well as fun to learn. You'll learn the basic steps to Swing & the Charleston, new turns & moves each week, essential skills to get you out on the dance floor moving to the music. No partner or experience needed! \$60 for series due first class. 6:30-7:30pm Mondays in the MARC stage room, 111E 100N. For info: email Swingdancemoab@gmail.com

Moab Golf Course Scenic 18 Holes



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all year long,
seven days a week!

Call for tee times
435-259-6488

Moab Recreation & Aquatic Center

- Fitness Classes
- Lap Swim
- Water Aerobics
- Springboards & Water Slides
- Showers
- Child Care

Fitness Center

Open Swim

374 Park Ave (435) 259-8226
Visit website for fees & schedules
www.moabcity.org

Visit the Grand Center!

182 N. 500 W.
435-259-6623

Lunch: Mon., Tues., Wed. & Fri.
under 60 \$6.00, over 60 \$2.50
suggested donation.



Edge of the Cedars State Park Museum

660 West, 400 North, in Blanding, Utah.
For more information please call the Edge of the Cedars State Park Museum at (435) 678-2238

Exhibits: *Bridging Naturally*, the painting of Serena Supplee *Written in Stone 2015: Rock Art and landscape Photography* by Dave Manley (Thru Feb. 28, 2016)

Day Visits: \$5 per person or \$20 a carload
\$3 Children 6-12
Tour Buses \$3 per person
Annual Passes are \$75

Park Hours Through February: Mon-Sat Noon to 5 p.m.

Closed: Thanksgiving, Christmas & New Year's Day

MORE MOAB AREA EVENTS

March Events

Mar 1 Tuesday Night Salsa at the MARC - It's cold outside! Come inside & heat it up with some Latin dancing this month! 6:30 -7:30pm Level 1 LA Style Salsa Lesson with Hurricane Rita. No partner, no experience necessary. 7:30-9pm Intermediate Salsa Lesson. \$10 Drop in, \$15 for both classes. Moab Arts & Recreation Center, 111E 100N. Email dancemoab@gmail.com for info.

Mar 2 Toastmasters- is a self-paced public speaking club. Held at Zions Bank Building at Noon on the 1st & 3rd Wednesday of each month.

Mar 2 Dance Moab's Swing & Blues at Club Rio - 7pm for a \$5 beginner east coast swing dance lesson with local instructor, Kira Red. No partner necessary to dance! Followed by social dancing to swing & blues until 10pm. Located at 2S 100W. Email dancemoab@gmail.com or swingdancemoab@gmail.com for info.

Mar 4 Moab Music Festival Winter Concert Series- featuring international artists, Hasse Borup & Kasia Sokol-Borup with the U of U Masters String Quartet. 7pm at Star Hall. Concert is FREE, with a recommended donation of \$10 per person. The concert will begin with a brief showcase of the BEACON Strings Orchestra, playing side by side with visiting professional musicians. For info: 435-259-7003 or info@moabmusicfest.org. See article pg 7B & ad pg 1B.

Mar 4-6 Sheng Zhen Qigong Workshop for Self Healing co- taught by Don Leathers & Lisa DeRees. Please call 435-259-8123 for more information or to register.

Mar 5 Spring Trail Run 8K, 1/2 Marathon- super fun course featuring classic Moab single track including slickrock, red dirt, & scenic views. Event takes place just 19 miles north of Moab in the Klondike Bluffs area. Sign up now! For info 970-389-4838 or www.trainingrx.com/events.html. See article pg 15A.

Mar 5 Downtown Abbey- see Feb 20 description

Mar 6 Moab OFF-Road Duathlon- 8K trail run, 13K mountain bike event. Great course just 19 miles north of Moab in the Klondike Bluffs area on a scenic & well-marked course. Sign up now! Call for info 970-389-4838 or www.trainingrx.com/events.html. See article pg 15A.

Mar 7 Bachateame Moab Monday - Bachata dancing finds its origin in the Dominican Republic & grows out of emotions like romance & heartbreak in Caribbean music. Beginner lesson 6:30-7:30pm. No partner, No experience necessary. Intermediate lesson 7:30-9pm. \$10 Drop in, \$15 for both classes. For info: email dancemoab@gmail.com.

Mar 7-8 Banff Mountain Film Festival World Tour the year's best films on mountain sport, culture & adventure. Tickets are not available online but will be available in Moab at Back of Beyond, Pagan Mountaineering, Canyon Voyages & Poison Spider Bikes. They are \$10 in advance, \$15 at the door. There will also be a will-call list for people who are not coming into town in time to buy them in advance. Grand County High School Auditorium at 7pm with the doors opening at 6:15pm. For info call 435-259-4859.

Mar 8 Tuesday Night Salsa at the MARC - It's cold outside! Come inside & heat it up with some Latin dancing this month! 6:30 -7:30pm Level 1 LA Style Salsa Lesson with Hurricane Rita. No partner, no experience necessary. 7:30-9pm Intermediate Salsa Lesson. \$10 Drop in, \$15 for both classes. Moab Arts & Recreation Center, 111E 100N. For info: email dancemoab@gmail.com

Mar 9 Latin Wednesday at Club Rio - 7pm for a \$5 All Levels salsa lesson with Hurricane Rita. No partner necessary to dance! Followed by Salsa, bachata, kizomba, & Zouk social dance until 11pm. Perfect for a date night! Located at 2S 100W. Email dancemoab@gmail.com for info.

Mar 11-13 Moab Thaw 2016 - every year, we get together & shake the cold with a fun mountain biking event we call "Moab Thaw". Fun weekend of bike demos, group rides & industry parties. \$89 for all activities including the women's only bike clinic on Friday. Thaw is a great way to shake off winter & get your legs moving again with fun, friends, & great Moab riding. Max attendance of 300 -sign up early! For info visit moabthaw.com or call 435-259-7882.

Mar 11-12 Dance Moab March Madness- with Lola Monet AKA Lola Queen Beatz a Nigerian Sensation from LA whose fiery style is absolutely contagious. Come for a series of African Dance workshops: Afro-rhythms & isolations, Tarraxinha, kizomba ladies styling, & kuduro! Saturday will feature a choreography challenge open to everyone that will be performed at our monthly Dance Moab Social. Located at the MARC, 111E 100N. For info: DanceMoab.com or 831-917-8639.

Mar 12 Canyonlands Half Marathon & Five Mile Race- Join us for our 41st year. The scenic USATF sanctioned & certified course follows the Colorado River through a dramatic redrock canyon. Food, awards, raffle & live music await you at the finish in downtown Moab. For more info visit moabhalfmarathon.com/halfmarathon/index.cfm or call 435-259-4525.

Mar 12 Downtown Abbey- KZMU will present the final performance of this live original radio drama 7pm at Star Hall. Gala reception to follow. For info contact Marty 435-259-8824. See description on Feb 20. KZMU radio schedule pg 16B.

Mar 12-15 Moab Skinny Tire Festival - Road cycling through iconic Arches National Park, Dead Horse Point State Park, & the Colorado River Corridor. Classic Bike Show & Contest, Family Fun Day, Cowboy Cookout, & more. Choose two or four day ride options. Put purpose to your cycling! Festival benefits cancer survivorship programs. For info: skinnytireevents.com or call 435-260-8889.

Mar 14 Bachateame Moab Monday - Bachata dancing finds its origin in the Dominican Republic & grows out of emotions like romance & heartbreak in Caribbean music. Beginner lesson 6:30-7:30pm. No partner, No experience necessary. Intermediate lesson 7:30-9pm. \$10 Drop in, \$15 for both classes. Email dancemoab@gmail.com with questions.

Mar 15 Tuesday Night Salsa at the MARC - It's cold outside! Come inside & heat it up with some Latin dancing this month! 6:30 -7:30pm Level 1 LA Style

Salsa Lesson with Hurricane Rita. No partner, no experience necessary. 7:30-9pm Intermediate Salsa Lesson. \$10 Drop in, \$15 for both classes. Moab Arts & Recreation Center, 111E 100N. For info: email dancemoab@gmail.com

Mar 16 Toastmasters- is a self-paced public speaking club. Held at Zions Bank Building at Noon on the 1st & 3rd Wednesday of each month.

Mar 16 Dance Moab's Swing & Blues at Club Rio - 7pm for a \$5 beginner east coast swing dance lesson with local instructor, Kira Red. No partner necessary to dance! Followed by social dancing to swing & blues until 10pm. Located at 2S 100W. For info: email dancemoab@gmail.com or swingdancemoab@gmail.com

Mar 19-27 50th Annual Moab Easter Jeep Safari- consists of trail rides, mostly day long trips, departing from Moab Utah throughout the 9 day long event. Full information about the Safari is available in a colorful magazine found in many locations around town. The official event is hosted by the Red Rock 4-Wheelers Inc. www.rr4w.com



Mar 21 Bachateame Moab Monday - Bachata dancing finds its origin in the Dominican Republic & grows out of emotions like romance & heartbreak in Caribbean music. Beginner lesson 6:30-7:30pm. No partner, No experience necessary. Intermediate lesson 7:30-9pm. \$10 Drop in, \$15 for both classes. For info: Email dancemoab@gmail.com.

Mar 22 Tuesday Night Salsa at the MARC - It's cold outside! Come inside & heat it up with some Latin dancing this month! 6:30-7:30pm Level 1 LA Style Salsa Lesson with Hurricane Rita. No partner, no experience necessary. 7:30-9pm Intermediate Salsa Lesson. \$10 Drop in, \$15 for both classes. Moab Arts & Recreation Center, 111E 100N. For info: Email dancemoab@gmail.com

Mar 23 Latin Wednesday at Club Rio - 7pm for a \$5 All Levels salsa lesson with Hurricane Rita. No partner necessary to dance! Followed by Salsa, bachata, kizomba, & Zouk social dance until 11pm. Perfect for a date night! Located at 2S 100W. Email dancemoab@gmail.com for info.

Mar 28 Bachateame Moab Monday - Bachata dancing finds its origin in the Dominican Republic & grows out of emotions like romance & heartbreak in Caribbean music. Beginner lesson 6:30-7:30pm. No partner, No experience necessary. Intermediate lesson 7:30-9pm. \$10 Drop in, \$15 for both classes. For info: Email dancemoab@gmail.com

Mar 29 Tuesday Night Salsa at the MARC - It's cold outside! Come inside & heat it up with some Latin dancing this month! 6:30 -7:30pm Level 1 LA Style Salsa Lesson with Hurricane Rita. No partner, no experience necessary. 7:30-9pm Intermediate Salsa Lesson. \$10 Drop in, \$15 for both classes. Moab Arts & Recreation Center, 111E 100N. For info: Email dancemoab@gmail.com

Mar 30 Bachata & Blues at Club Rio - 7pm for a \$5 All Levels bachata lesson with Hurricane Rita. 7:30pm to learn some blues. No partner necessary to dance! Social dance until 11pm. Located at 2S 100W. For info: Email dancemoab@gmail.com

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Moab's Largest Selection of Micro-Brews & High Point Beers

Moab's Finest

- Classic -
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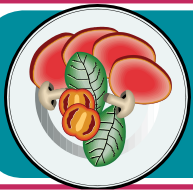
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Food service till 1:00am
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Must be 21 years old.

Event Space Available!



RESTAURANT GUIDE



5 North Main Street 435-260-7177
www.thespokemoab.com

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

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

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

Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their bar, and a agency where they can sell full strength beer to go. Moab Brewery beer is available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area.

Moab boasts three upscale lounges. The Atomic crafted cocktail lounge, next to Moab Burger, The Ghost Bar, upstairs at Jeffrey's Steakhouse and Blu Bar located in The Blu Pig. They have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

Moab has two local wineries. Castle Creek Winery is located at Red Cliffs Lodge, 15 miles from Moab on Scenic Highway 128 (The River Road). Spanish Valley Vineyards is located just off Highway 191, south of Moab about 6 miles on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines. If you would like to try some of these award winning vintages, look for restaurants serving these Moab wines.

The **Utah State Liquor Store** is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at **55 West 200 South** and is open from Monday through Saturday (11:00 am to 7:00 pm - May 1st to November 1st and from 11:00 a.m. to 7:00 p.m - November 1st to May 1st). They are closed on Sundays and Holidays. Moab Brewery now has a package agency open every day at 11:30 am where you can purchase their new higher volume beer selection.

Beer (3.2% alcohol content) for take-out can be purchased at food stores and convenience stores for off-premise consumption only. Moab Brewery, now a packaging agency, sells full strength beer to go. See ad on this page. On-premise beer (you can drink it here) is available at various licensed locations, including taverns, golf courses, bowling alleys, and restaurants that have the required beer license.

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

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A farm-to-table fine dining experience

Serving Breakfast, Lunch & Dinner
Locally Sourced and Sustainable
Modern American Cuisine
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17 Miles Northeast on Scenic Hwy 128
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Established 1954

LOCATED AT 400 EAST AND MILLCREEK DRIVE ON THE WAY TO THE SLICKROCK TRAIL. FEATURING

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- NATURAL BUFFALO BURGERS
- HAND-CUT FRIES
- CLASSIC DINER SANDWICHES
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- HOMEMADE SHAKES & OLD-FASHION MALTS

OPEN TUESDAY ~ SUNDAY 11 AM - 7:30 PM
CLOSED MONDAYS
WWW.MILTSTOPANDEAT.COM
EAT IN OR TAKE OUT: 435-259-7424

Open Feb. 5th
Thurs. - Sun. at 4:30

HAND CRAFTED COCKTAILS
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GOURMET BURGERS
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PHONE: 435.259.5201 MOABBURGER.COM

Celebrate with us on Valentine's day

Closed thru February 10th
Reopening Thursday, February 11th

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Lunch @ 11:45am, Dinner @ 5pm
Beginning February 17th
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Authentic Mexican Food

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RESTAURANT GUIDE





RESTAURANT



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CLASSIC STEAKHOUSE FARE

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Best Margaritas in town, using fresh squeezed limes.

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Lunch Specials - All \$6.95
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Monday: Burritos ~ Beef or Chicken
Tuesday: Enchiladas ~ Beef or Chicken
Wednesday: Chimichanga ~ Beef or Chicken
Thursday: Enchiladas Suiza ~ Beef or Chicken
Friday: Taco Enchilada ~ Beef or Chicken

Look for our Dinner Specials

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Sun-Thurs 11-9 Fri & Sat 11-10

202 So. Main St. Moab, Utah 259-4366
FiestaMexicanaRestaurants.com

Atomic Lounge
1393 North Hwy 191 435-259-6092
Open Feb. 5th
Thurs. - Sun. at 4:30

Want a creative, fresh, fun cocktail? Then cruise on down to the Atomic Lounge, where our house trained bartenders can serve you up a classic cocktail or treat you to one of our atomic themed creations. We use fresh squeezed juices, locally made bitters and some fantastic food, ranging from salads to ribs, to prime steaks and burgers.

Bangkok House: Thai & Sushi Bar
2728 S. Hwy 191 435-355-0899
Lunch • Dinner
Sun. - Thurs. 11 - 9:30 Wed - Closed
Fri. & Sat. 11 - 10:00

Our Thai and Japanese chefs prepare authentic dishes using the highest quality ingredients. We have a large menu including Thai, Sushi, Teriyaki, Seafood, Tempura and Bento. There are vegetarian options and a kids menu. We offer take-out lunch specials and free delivery.

Blu Pig & Blu Bar
811 S. Main 435-259-3333
Lunch • Dinner • Take Out
Open Daily 11:30-close

Moab's only BBQ and Blues destination. Ribs to write home about. Casual, laid back establishment that you'll want to come back to again and again. Smoking your favorites all day, every day. Covered patio dining and internet bar are just some of the extras offered for your enjoyment and convenience. Large Screen HD TV's. Take out available. Ice cold beer. State liquor license. Blu Bar specializing in Whiskey and Tequila offers over 60 beers. Live Music.

Broken Oar
53 West 400 North 259-3127
Closed for the Season - Reopening March 3rd

Our beautiful log building provides the perfect casual atmosphere. Relax by our stone fireplace in the cooler months, or enjoy the Moab scenery on our enormous outdoor deck. Amazing food, large variety of gluten free options, wide beer and wine selection, and excellent service. Open nightly 5 p.m.; closed Sunday; for more information visit our website www.thebrokenoarmoab.com. Please call for private functions.

Burger King 606 South Main 259-2700
Club Rio
2 South 100 West 435-259-2654
Open everyday Till 1:00am

New kitchen, featuring House smoked meats, specialty Burgers, sauces and dressings made in house. Late night kitchen. Sandwiches - Burgers - Full Dinners. Great food. Great drinks. Great service. To go orders welcome. Live music, DJ, Karaoke. 21 years and older with valid ID.

China Cafe 812 South Main 259-7933

City Market 425 South Main 259-5181

Cowboy Grill at Red Cliffs Resort
16 Miles up Highway 128 259-2002
Breakfast • Lunch • Dinner

River front TABLES inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make your reservations for weddings and private parties.

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

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

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

Desert Bistro
36 South 100 West 259-0756
Open 5:30pm-9:30pm
Closed for the season until early March 2016

Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at the Bistro. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Covered, secluded patio dining. Full liquor license. Reservations highly recommended.

Eddie McStiff's
59 South Main Street 259-2337
Lunch • Dinner Open 11:30am

Established in 1991, Eddie McStiff's is a long time local favorite with a variety of comfortable indoor and outdoor family friendly environments. Eddie's boasts Moab's largest selection of microbrews and high point bottled beers. Come and enjoy our bar and lounge. We strive to use the best organic ingredients and the freshest local produce when available. We are known for our tasty house ground burgers and fresh salads, and steaks, but we also offer several delicious vegan, vegetarian and gluten free options.

El Charro Loco Mexican Grill
812 S. Main Street 435-355-0854
Lunch • Dinner Open everyday 11am - 9pm

Serving authentic Mexican cuisine 7 days a week. Family owned and operated using the freshest ingredients and traditional recipes. Lunch Specials starting at \$7.50 served from 11am-3pm. Come enjoy our intimate and friendly atmosphere. Become a member of the family!

EklectiCafe
352 North Main Street 259-6896
Breakfast • Lunch Daily 7:30am - 1:30pm

Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! "Wakame" recently featured in Sunset Magazine, April 2012. Also named the "Fan Favorite" in the March/April issue of 2014 AAA magazine.

Fiesta Mexicana
202 South Main Street 259-4366
Sun - Thurs 11-9 Fri & Sat 11-10

Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 6 TVs! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.95 Full bar.

Jailhouse Cafe
101 North Main Street 259-3900
Closed for the season

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

Jeffrey's Steakhouse
218 North 100 West 435-259-3588
Open at 5:00pm Call for reservations.
Closed Tuesdays

Our mission at Jeffrey's is to provide our guests with the absolute highest quality in all that we serve. Our steaks are all Wagyu style, the American Kobe beef. We are committed to utilize the resources of our local farmers. Gluten free, vegan, and vegetarian options nightly. Tucked away upstairs is the Ghost Bar. State Liquor License. Party and event reservations available throughout the week. www.jeffreyssteakhouse.com.

La Hacienda
574 North Main St. 435-355-0529
Lunch • Dinner
Open 11:30 - Close
Closed Tuesdays

Chef John and Jennifer Garrard are the proud new owners of the La Hacienda. Committed to re-establishing a local favorite. We strive to provide excellent service and an inviting atmosphere. Introducing exciting new dishes of our own. 435-355-0529 lahaciendamoa@gmail.com

Lop's Pop Stop 1004 South Main
Love Muffin Café 139 North Main 259-6833

McDonald's 640 South Main 259-8800

Miguel's Baja Grill
51 North Main 259-6546
Open Fridays & Saturdays in February
Starting February 12th
March 1st open every day

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

Milt's Stop & Eat
400 East and Millcreek Drive 259-7424
Open Tue.- Sun. 11am - 7:30pm Closed Mondays

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

Moab Brewery
686 South Main 259-6333
Lunch & Dinner Open 11:30am DAILY

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 Burger Co.
1393 North Hwy 191 435-259-5201
Open Feb. 5th
Thurs. - Sun at 4:30

We are crafting a burger you can feel good about eating. We use fresh local produce, antibiotic free, grass fed, beef and buffalo, organic chicken, and make our veggie burgers in house. We offer Maine Roots cane sodas, milk shakes, salads, BBQ, ribs, Prime Steaks, craft beers, local wines, gluten free buns and many cocktails. www.moabburger.com

Moab Chevron Deli
817 So Main (inside the Moab Chevron) 259-2212
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90 N. Main St.
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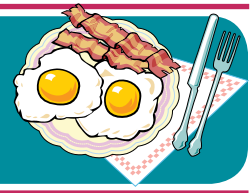
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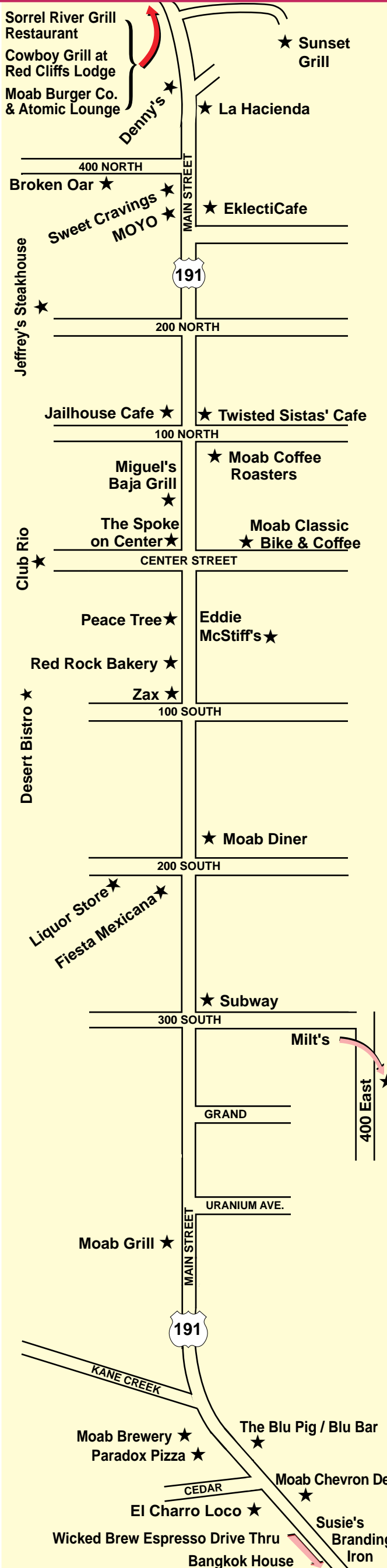
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RESTAURANT GUIDE

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Breakfast Is Love!

One of my all-time favorite exchanges in children's literature is that of Winey the Pooh and Piglet. I absolutely love Pooh's simple statement to Piglets profound philosophical question, A.A. Milne writes:

"When you wake up in the morning, Pooh," said Piglet at last, "what's the first thing you say to yourself?"

"What's for breakfast?" said Pooh. "What do you say, Piglet?"

"I say, I wonder what's going to happen exciting today?" said Piglet.

Pooh nodded thoughtfully. "It's the same thing," he said." — A.A. Milne

When my husband and I first met he was always in such a rush that breakfast to him consisted mainly of cereal and his choices of breakfast generally consisted of a piece of toast and fruity pebbles. Because of this nasty habit his opinion of breakfast was pretty much tainted. It was a tragedy of our times and I made it my mission in life to change his perspective. It didn't take long for him to realize what he had been missing and now every day his first question in the morning is "What's for breakfast?!" This Valentine's day why not surprise your special someone with breakfast in bed and give them something exciting to wake up to. For your breakfast main course try this new twist on your traditional French toast.

Stuffed French Toast Rolls (serves 6)

- | | |
|--|-----------------------------|
| 12 slices of bread | 3 tbl. powdered sugar |
| ½ lb. Thinly Sliced strawberries or fruit of your choice | 2 large eggs |
| 8 oz. cream cheese | ¼ c. almond or regular milk |
| | 1 ½ tbl. sugar |
| | 1 ½ tbl. Cinnamon |

This recipe is quite simple. Take your bread and roll each slice out thinly. Mix your cream cheese and powdered sugar together and spread it on the bread and then layer it with your fruit of choice and roll it up (butter on opposite sides of the bread will help it stick together if you are struggling with that). Mix all your other ingredients together for your egg batter and one by one dip your French Toast Roll into the mix and place it on the sprayed pan seam down and fry it until all sides are cooked. Sprinkle it with powdered sugar and serve.

Serve this French toast with this amazing Buttermilk Syrup instead of the traditional maple syrup to really make this breakfast stand out.

Buttermilk Syrup

- | | |
|---------------------|--------------------------|
| 1/2 tsp Baking soda | 1/2 cup Butter, unsalted |
| 1 cup Sugar | 3/4 cup Buttermilk |
| 1 tsp Vanilla | |

Once again this recipe is very simple. In a saucepan, stir together the sugar, buttermilk, butter, and baking soda. Bring it to a boil and cook for 7 minutes. Remove from the heat, and stir in the vanilla. This syrup will keep for at least a week and is actually even better the second day!

After treating your special someone with to a day of enchantment that starting with breakfast finish it off with a romantic date night at The Broken Oar where the log cabin atmosphere and delicious dinner by the fireplace will give you the perfect end to your day of romance.

The Broken Oar will be opening on March 3 for the 2016 season. We look forward to seeing you soon! The Broken Oar is located at 53 West 400 North (435)259-3127 www.thebrokenoarmoab.com.



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HIKING HAPPENINGS

Sand Flats – Returning To Fins And Things

by Marcy Hafner

Envision this: You're watching a movie with a Sahara Desert-like setting where you are awed by the stark silence as the camera calmly sweeps over an endless land of shifting sand. Suddenly tranquility is lost. With a deafening roar, the wind kicks up a dust bowl of flying debris as it ferociously shapes and reshapes the landscape. Watching the visibility dropping to zilch, you can almost feel the biting sand sting your skin, clog your nose and burn your eyes.

"So where in the world," you ask, "could this have been filmed?" To answer that question you need to travel back 150 million years to southeast Utah, which at that time was located near the equator! Then step forward in geologic time to the epoch when these wandering sand dunes stopped moving and petrified into Navajo Sandstone, leaving behind the rounded slickrock we see today in the Sand Flats Recreation Area.

From near and far mountain bikers and four wheelers flock to the Sand Flats Recreation Area. Famous for the Slickrock and Porcupine Rim bike routes and almost 40 miles of jeep trails, this backyard gem is a mere ten minute drive from downtown Moab. But don't let that biker-jeep perception discourage you. The hiking opportunities, especially in the quietude of winter, shouldn't be overlooked.



Bordered by two wilderness study areas – Negro Bill to the north, Mill Creek to the south – this popular playground receives at least 100,000 visitors a year. Responding to the recreational overload, in 1995 the Moab community, Americorps, Grand County and the Bureau of Land Management (BLM) collaborated to protect this precious resource.

Consequently, the county and the BLM formed an unusual partnership to maintain, manage and rehabilitate its 7,320 acres.

To get there, turn east off of Main Street at the Moab Information Center on to Center Street. Proceed to the stop sign on 400 East, and turn right. Then drive five blocks and turn left at Dave's Corner Market on to Mill Creek Drive. At the three-way stop, go straight and drive 1.7 miles on the Sand Flats Road to the entrance booth.



The entirety of the Fins And Things jeep trail is 9.4 miles long, but since it advantageously parallels the Sand Flats Road you can enter and exit at various intervals for a much shorter hike. After passing the entrance booth, I continue 1.4 more miles until I reach the sign on the left indicating the north loop of Fins And Things, where my hike begins.

As I step out of my car a breeze with a very sharp bite greets me with a frosty kiss. Hastily I pull on more layers of clothes. But after looking up at the raging wind driving plumes of powdered snow over the higher peaks of the La Sals to the heavens above - I realize no way should I be whining about a puny movement of air down here!

Immediately after passing through the opening in the barbed-wire fence, I hear the bell-like call of a scrub jay coming from the other side of a nearby juniper. Hoping for a close up look at this energetic bird, I try the "stay put and wait" technique. Patience pays off. Before long he's on the ground just a few feet away scrounging up his breakfast giving me a chance to soak in his azure-blue head, wings and tail that brighten up a somber, wintry day. When he finally takes off, so do I. Dallying around on this frigid morning to watch this lively bird has left me with cold feet.



A short distance later when the trail splits, I hang a left and walk by a big rock formation that imaginatively impresses me as a gentle dragon taking a nap. Shortly after that, a stony, prehistoric monster appears to be following another big monster. Then my eye is drawn up to the top of these sculptured pieces of rock, and what do I see? - a real live, very big bird with glints of gold. Oh Wow – I'm staring at a golden eagle - one of the largest birds of prey in North America!



Thank goodness the worst of winter hasn't hit yet and the slickrock is free and clear of snow. Even on the steepest grade the grip is secure as I walk on this up-and-down roller coaster course of a trail. Every once in awhile I drop into a sheltered hollow. And where there is fertile dirt, the small dish gardens grow - a profusion of pinyons, junipers, snakeweed, oaks, Indian rice grass, yucca, prickly pear and Mormon tea.

A mile farther, there's another split in the trail, and again I go left. Not long after that at the tippy top of a rounded mound of slickrock, I reach the end of the loop where I stop for a hunkered-down break. How can I pass up this unbeatable view that stretches from 4500 feet to over 12,000 feet - a leap in elevation



from high desert mesas to the alpine peaks of the La Sals – an expansive wilderness that can easily gobble you up and cast a spell that never lets you go - a place where the possibilities of exploration are endless.

I have this magnificent scene all to myself, and the rare silence that comes with the solitude of the season. Savoring this special interlude of winter, however, I haven't been paying close attention to a change in the weather. To my dismay I suddenly realize the clouds have bunched up to change the sky to a milky-white curtain. Now with all chance of some sunshine and warmth suddenly gone, and



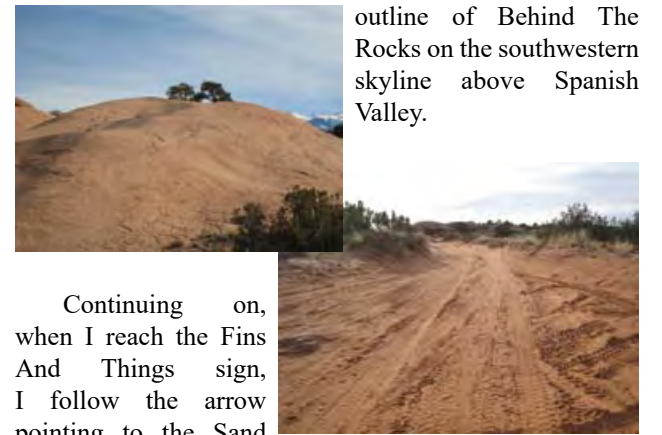
no place to hide from a nagging breeze, I've had enough. It is definitely time to leave!

Heading back I continue past the alternate route, and at the next fork I swing



left to hike the upper trail rather than follow my original route back. In other words, I've taken the low road in, and now I'll follow the high road out.

At a high point next to a turtle-shaped rock, I can't resist another quick break to absorb the full-screen picture of castle-like formations on the northern horizon. As I look the opposite direction the panorama rolls on with the jagged



outline of Behind The Rocks on the southwestern skyline above Spanish Valley.

Continuing on, when I reach the Fins And Things sign, I follow the arrow pointing to the Sand Flats Road to the intersection from where I started. Now retracing my footprints before long I reach the welcome shelter of my vehicle ending an invigorating 2.6-mile loop hike!



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PHOTOGRAPHY HAPPENINGS

Photographing the Red Rocks Country

By David L. Brown

Take Your Photos for a Walk on the Wide Side

Look at most photographs and you will see a rectangular shape framing an image that simulates what you would see in front of you if you were at the actual site. But reality is a little different. Our eyes are most attuned to the field of view in front of us, but thanks to our peripheral vision we actually see a wide sweeping field from the far left to far right, up to 110 degrees in each direction.

To capture this vision in pixels, or in the past on film, is the art of panoramic photography. A panoramic image, or “pan,” can capture this wide view of the world that our eyes see all the time.

A pan image can be simply a wide-angle view cropped or captured in a format ranging from a ratio of 1 to 3 or more. In the days of film, cameras were available to make pans on 35mm or 120 roll film.

When I did landscape photography full time in the days of film I used a panoramic view camera called the V-Pan to produce 6x17 cm transparencies (about two and a quarter by seven inches). I used view camera lenses ranging from 47mm to 720mm in focal length. For a time I also used a 6x17 pan camera made by Fujifilm that had special interchangeable lenses, and I also had a 6x17 roll film back custom-fitted for my 5x7 inch view camera.

In **Fig. 1** is an example of a picture I made with the V-Pan camera, capturing a wide view of the Three Gossips and The Organ in Arches National Park. The image was made on Fuji Velvia film using a Nikkor view camera lens (probably a 90mm or 75mm which are fairly wide angle lenses for that format).

Even more “wideness” could be captured with rotating pan cameras in which the camera itself or the lens assembly actually turned during the exposure to capture the wide field. I used a camera called a Noblex that had a 25mm rotating lens in which the exposure was made by a moving slit that passed over the film. This produced transparencies measuring about 2 by 5 inches on 120 film. The Noblex covered a field of view of 140 degrees and created very interesting effects, especially when pointed up or down since the horizon line would then become curved.

Fig. 2 shows this effect in a Noblex picture I made of a field of sunflowers in Kansas. The curved horizon gives the picture an “edge of the world” look that accentuates the masses of flower heads greeting the morning sun.



Fig. 1



Fig. 2



Fig. 3



Fig. 4

Fig. 3 illustrates the ability of the Noblex to capture wide fields of view, in this case the entire expanse of Newspaper Rock.

Nowadays it's a lot easier to make pan images, thanks to digital cameras and the ability to “stitch” multiple images together in Photoshop. In its early versions the image stitching software didn't work too well and the camera had to be absolutely level. By version Photoshop 5, however, Adobe had worked out the bugs it's now easy to make a series of handheld exposures that stitch together seamlessly.

For **Fig. 4** I linked a series of five frames made with a Canon t3i camera to create a pan image in Arches National Park featuring the Moon over Balanced Rock and with the La Sal mountains as a backdrop.

Here are a few tips on how to make a series of digital exposures to be stitched together:

- Turn off the autofocus on your camera to prevent the focus from changing between exposures. Make sure the scene is in proper manual focus and don't change it.
- Turn off auto exposure functions and use manual exposure. Set your exposure from the middle of the scene and use that setting for all exposures in the series.
- In most cases you will want to hold the camera close to level during the exposures. However, by pointing the camera up or down it's possible to get the “edge of the earth” effect illustrated in Fig. 2.
- Overlap each exposure by about one-third to give Photoshop plenty of pixels to match together.
- Make sure to use a wide enough lens to allow plenty of room to crop the final stitched image.

Next time you're out with your camera, practice visualizing panoramic compositions. It's fun and can result in some dramatic shots for your collection of images of the Red Rocks Country.

David L. Brown is a long-time landscape photographer who lives in Moab, where he leads photo workshops and tours. He is a life member of the American Society of Media Photography. Thousands of his photographs have appeared in print. You can learn more about him at www.imagequest.photo.

Why Lie?

Since the days of film, photographers amateur to advance have been trying to capture the essence of interrelation among living things. We want to understand all the elements of nature from flora to fauna. Through a lens we learn to look at detail and while outdoors, listen to a new system of communication. Our environment provides evident lessons to be learned and how to incorporate them into our own lives.

The lessons are traced back to Mr. Charles Darwin and his Model of Language Evolution. The evident parallels between emotional human and animal behavior vs. intentional human and animal behavior are fascinating yet familiar.



Humans are fond of intentional behavior, merely due to our link between culture and language. For example, we can lie and bluff employing deliberate, off-putting facial expressions or using an overabundance of exaggerated body movement.

A bear will lie and bluff by huffing and puffing, or using a long face with a square shaped lip, a swat and a charge or by making a variety of mechanical sounds to reduce its chances of being wounded. Like the bluff or lie of a human the bear's is also a deliberate attempt to achieve distance from its confronter or get something that it wants. “Creatures rely on threats most when they are weakest”! ~Eldridge Adams.

We want to know when in a tight spot; do animals as do humans, “lie” to their own kind to get what they want?

A group of University of Rochester N.Y., biologists, “have long thought that such widespread bluffing wasn't possible in a stable communication system. If weak animals use threats deceptively, they reasoned, threats would become so common that the communication system would quickly break down because other animals wouldn't pay attention to any threats, whether real or deceptive. Adams and Mesterton-Gibbons have shown that a system can remain stable even though some

members bluff successfully.” ~”Do Animals Lie?” <http://www.rochester.edu/news/show.php?id=1421>

The article may have presented some refreshing reassurance but after countless studies describing animal's engagement in deception or deliberately misleading another, dishearteningly, according to researchers, we can conclude one thing; only humans are wired to deceive both themselves and others.

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HEALTHY HAPPENINGS



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Vegetable Coconut Korma

For a Moonflower Community Cooperative free class, Jon Olschewski's made Vegetable Coconut Korma at the MARC and showed us what comes of hard work and dedication to the food one loves.

And Jon loves good food that is good for you. "The thing about cooking," Jon said, "is you're only as good as your produce."

Growing up with vegetarian parents Jon frequented the Bombay House in Salt Lake City. This is when he learned the earthy flavors of Indian food and found a favorite dish with Korma.



Jon began to recreate the dish himself four years ago and after many trials and errors was able to adapt his own interpretation of the dish from his childhood.

The class was given the recipe to follow along as he chopped his way through the ingredients. He demonstrated proper cutting technique with his fingers flat while cutting the bite size pieces of potatoes and carrots.

Jon put emphasis on making the toasted Garam Marsala. You can buy it premade at Moonflower, but the flavors will never be the same as making your own, he said.



"It is like buying peeled garlic," he said. It is convenient, but doesn't carry the same potency.

He toasted the mixed Garam Marsala ingredients on the stove top; cumin, black pepper, mace, cardamom, cinnamon, coriander, cloves, and fennel. The almost sweet chai smell enveloped the room. Then he put the toasted Garam Marsala into the mortar and pestle and passed it around the group to help work it until pulverized.

The mortar and pestle was a gift to Jon and he said if it was ever broken he would immediately run out and buy a new one.

If your smell memory is good you will notice the difference in the Garam Marsala, he said about the store bought versus from scratch.

More cooking tips included: If you don't like the raisins, put them in the blender; the finer you cut the garlic and ginger the stronger it will be; instead of blanching your tomatoes try an easier method and broil halved tomatoes and the peel just slides off; light coconut milk is a scam because they just add water.

In addition to cooking tips, he explained some sociology of the regions people and the food they eat. In this case, Indian Buddhists do not eat alkaline foods and wouldn't eat the garlic in this dish.

After showing the audience the proper way to dice an onion, Jon said, "Onion is key, brown it until it is dark and don't be afraid of high heat; all the flavors come out when the onion is brown."

When Jon Olschewski was traveling in Thailand he met a woman who said something that still resides with him, "We don't know recipes—we know ingredients."



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13th Annual Community Health Fair

On Saturday, February 20th, 2016, Moab Regional Hospital will host the 13th annual Community Health Fair at the Grand Center in Moab. The Health Fair is a unique opportunity for community members to connect with local healthcare organizations, professionals, and other health-oriented businesses and learn how to prioritize personal health and wellness. The various departments of Moab Regional Hospital such as Imaging and the Emergency Department will also provide informational and interactive booths at the fair. The Health Fair will be open to the public from 10am to 1pm.

One of the major components of the Health Fair is the low cost blood



draw service available at Moab Regional Hospital preceding the main Health Fair event. The fee for the screening is \$60, which



covers an array of blood tests, including: Complete Blood Count; Complete Metabolic Panel; Lipids; Thyroid Stimulating Hormone; and A1C blood glucose. The blood draw is an ideal opportunity for individuals to get a comprehensive baseline read of their health at an affordable price; typically, this array of blood panels costs \$300-500 out-of-pocket.

For the first time, blood draw participants will be able to access their lab results online using the hospital's online Patient Portal. The Patient Portal is a secure online website that gives patients easy 24-hour access to personal health information. Participants have the opportunity sign up for the Patient Portal at their scheduled blood draw

appointment, and can expect their individual results to be posted online around a week afterwards. The link to the

Community Health Fair continued on page 15A.

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HEALTHY HAPPENINGS

“Du-ing” it the Moab Way!

Moab’s second annual Off-Road Duathlon and Spring Trail Run will be on March 5th and 6th, 2016. The trail run is either a ½ Marathon (13 miles) or 8K (5 miles) The duathlon consists of an 8k trail run followed by a 13k (8 mile) mountain bike ride. Participants can race as a solo, where they ‘du’ both the run and the bike, or as a team where one person runs and then tag-off to their team’s biker.

Moab has long been a destination for both runners and bikers for its stunning and unique scenery. In the past, bikers and runners had to share the trails with motorized vehicles. A few years ago the Grand County Trail Mix began building superb trails for non-motorized use. They put Moab even higher on the “must-go” destination list for endurance athletes. The Off-Road Duathlon is a match made in heaven for these folks. The race features trails in the North Klondike Bluffs area. Local race director and multisport athlete Danelle Ballengee expects to see the race grow quickly and potentially become a championship event.



The run course features the Dinosaur Stomping Ground Track; a foot-travel only trail that goes by an actual dinosaur track site. This trail combined with the ‘Mega-Steps Trail’ were built by Trail Mix and our local chapter Paleontology Members and the Sierra Club. The area is what paleontologists call the “Dinosaur Dance Floor”. We expect participants will enjoy “dancing” on this beautiful and unique trail! The bike course features the “Newab” or New-Moab style trails: super-fun singletrack mixed with slickrock, red dirt, and scenic views. This course has the scenery that has put Moab on the map combined with the superb new trails!

These scenic and fun trail races are a great way to ‘thaw out’ and start off the season.

Those interested in participating or volunteering are invited. Participants may find more info or sign up at www.TrainingRX.com. Those interested in volunteering can call or email Nellie at 970-389-4838 or danelle22@msn.com. Volunteers may also participate in

exchange for a discount entry fee. Come on out and “Du it!”



Community Health Fair continued from page 14A

Patient Portal is available on the MRH website’s main landing page. For patients who opt out of signing up for the portal, lab results will still be made available at the Laboratory booth at the Health Fair.

Once again, the diverse Moab health care community will be represented at this year’s event. Mountain Land Physical Therapy will host a booth and answer questions pertaining to the benefits of physical therapy services. Grand County Hospice staff and volunteers will provide the community with information on Advanced Directives. Hospital professionals will be available at several booths to discuss diabetes education, review the importance of mammography, and provide information about services at the hospital. Many alternative medicine practitioners offer services in Moab and will be available to answer questions and help you understand

naturopathic medicine and healing body therapies. Thanks to our local massage therapists, there are always free massages available

throughout the fair. Attendees will also have the opportunity to register for a raffle of health-inspired options.

If you are interested in hosting a booth at the health fair, please contact Sarah Shea at (435) 719-3683 for more information. If you would like to register for the Low Cost Blood Draw, please call (435) 719-3500 to schedule your appointment. We look forward to seeing you at this year’s Community Health Fair!



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THE GIANTS ARE AWAKE!

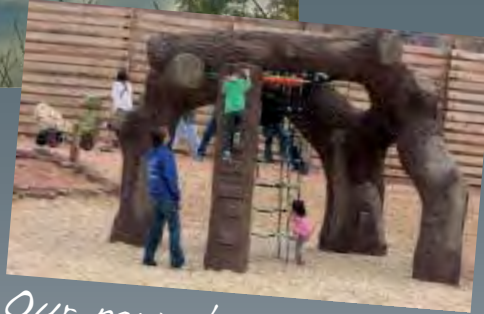
...AND THEY HOPE TO SEE YOU

Hibernation is over, and Moab Giants is REOPENING FEBRUARY FIRST! Low winter prices for the month of February. Come visit before the crowds and heat!

Michelle Corbin Photo



Giants Cafe will be ready and waiting for you. Try some of our new menu items, or pick up something to take along on your travels.



Our new playground is open. The views are great from the treetops!



"As a Moab resident, I've already been to our new dinosaur museum twice, and I think it is fantastic."
- A Moabite



We're located 9 miles north of Moab, at the corner of Hwy. 191 and Rt. 313, the turnoff to Dead Horse Point State Park. 435-355-0288. www.moabgiants.com Facebook: Moab Giants



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Moab, Utah 84532
(435) 259-8431



MILEAGES TO MOAB

Distances used on this chart are based on main numbered routes from point to point. Shorter distances may be available using different routes.

MILEAGE CHART

	Albuquerque, N.M.	Arches	Blanding, Utah	Bluff, Utah	Bryce Canyon N.P.	Canyonlands N.P.	Canyonlands Needles	Canyon Rims	Capitol Reef N.P.	Cortez, Colorado	Dead Horse Point	Denver, Colorado	Durango, Colorado	Goosenecks	Grand Canyon N. Rim	Grand Canyon S. Rim	Grand Junction, CO	Green River, Utah	Hovenweep	Lake Powell Halls Csg.	Lake Powell Hite	Las Vegas, Nevada	Los Angeles, CA	Mesa Verde N.P.	Mexican Hat, Utah	Moab, Utah	Monticello, Utah	Monument Valley	Natural Bridges	Newspaper Rock	Page, Arizona	Phoenix, Arizona	Price, Utah	Salt Lake City, Utah	Zion National Park
Albuquerque, New Mexico		367	329	355	608	398	359	353	487	249	396	444	218	389	535	407	430	415	291	419	416	587	805	278	382	362	307	324	376	335	456	449	548	730	575
Arches National Park	367		81	107	361	31	62	80	244	119	29	356	165	142	499	325	110	49	116	171	168	447	722	149	134	5	60	159	129	58	285	480	110	230	404
Blanding, Utah	329	81		26	279	113	58	74	158	83	111	446	130	56	322	242	196	130	45	90	87	358	630	99	52	74	22	77	47	47	199	393	192	321	322
Bluff, Utah	355	107	26		301	139	84	100	180	82	137	477	152	30	296	220	222	152	35	110	107	332	604	125	26	103	48	51	65	74	173	367	214	343	296
Bryce Canyon National Park	608	361	279	301		310	347	353	100	361	418	553	406	331	219	159	308	221	320	282	192	205	477	390	323	356	301	277	232	327	151	378	280	324	86
Canyonlands National Park	398	31	113	139	310		109	86	275	151	2	377	196	169	435	359	142	80	158	203	200	478	750	180	165	36	91	190	150	89	316	506	142	362	435
Canyonlands N.P. Needles	359	62	58	84	347	109		70	230	106	107	434	151	114	380	314	188	126	113	148	145	524	746	135	120	73	46	145	115	20	271	451	188	308	390
Canyon Rims Rec. Area	353	80	74	100	353	86	70		236	112	84	411	157	130	396	320	165	103	119	164	161	501	773	141	126	50	52	151	121	50	277	467	165	285	396
Capitol Reef National Park	487	244	158	180	100	275	230	236		244	273	422	289	209	319	259	177	75	199	161	71	336	608	273	202	239	184	227	111	209	353	509	134	257	217
Cortez, Colorado	249	119	83	82	361	151	106	112	244		149	421	45	139	405	324	204	158	47	172	169	566	838	29	128	105	60	159	129	85	285	475	220	359	404
Dead Horse Point	396	29	111	137	418	2	107	84	273	149		375	194	167	433	367	127	78	156	201	198	392	664	178	163	34	89	188	148	87	314	504	140	260	433
Denver, Colorado	444	356	446	477	553	377	434	411	422	421	375		339	462	750	681	246	346	468	536	533	758	1031	550	490	361	416	519	493	414	638	826	408	512	764
Durango, Colorado	218	165	130	152	406	196	151	157	289	45	194	339		183	450	337	170	271	92	220	217	575	847	54	143	160	105	168	174	130	294	520	333	404	413
Goosenecks	389	142	56	30	331	169	114	130	209	139	167	462	183		266	261	252	186	65	138	135	439	711	168	8	101	78	32	92	188	158	348	248	377	277
Grand Canyon North Rim	535	499	322	296	219	435	380	396	319	405	433	750	450	266		214	505	404	277	404	401	237	509	434	270	396	344	236	361	370	123	347	466	413	127
Grand Canyon South Rim	407	325	242	220	159	359	314	320	259	324	367	681	337	261	214		417	372	255	324	321	283	555	357	194	320	268	169	287	263	139	217	434	583	297
Grand Junction, Colorado	430	110	196	222	308	142	188	165	177	204	127	246	170	252	505	417		101	241	286	283	510	782	233	247	115	170	248	243	168	395	590	163	285	493
Green River, Utah	415	49	130	152	221	80	126	103	75	158	78	346	271	186	404	372	101		175	220	217	398	664	197	184	53	108	203	177	106	329	519	62	182	241
Hovenweep	291	116	45	35	320	158	113	119	199	47	156	468	92	65	277	255	241	175		127	124	491	763	76	61	122	67	86	84	92	210	402	237	366	331
Lake Powell Halls Crossing	419	171	90	110	282	203	148	164	161	172	201	536	220	138	404	324	286	220	127		90	562	838	201	134	164	112	155	43	137	281	471	171	411	400
Lake Powell Hite Marina	416	168	87	107	192	200	145	161	71	169	198	533	217	135	401	321	283	217	124	90		559	831	198	131	161	109	152	40	134	278	468	96	408	397
Las Vegas, Nevada	587	447	358	332	205	478	524	501	336	566	392	758	575	439	237	283	510	398	491	562	559		272	595	432	451	506	307	525	512	281	287	460	419	121
Los Angeles, California	805	722	630	604	477	750	796	773	608	838	664	1031	847	711	509	555	782	664	763	838	831	272		867	704	717	779	579	797	784	553	376	602	691	393
Mesa Verde N.P., Colorado	278	149	99	125	390	180	135	141	273	29	178	550	54	168	434	357	233	197	76	201	198	595	867		163	144	89	188	158	115	314	504	259	388	433
Mexican Hat, Utah	382	134	52	26	323	165	120	126	202	128	163	490	143	8	270	194	247	184	61	134	131	432	704	163		129	74	25	91	99	151	341	240	373	270
Moab, Utah	362	5	74	103	356	36	73	50	239	115	34	361	160	101	396	320	115	53	122	164	161	451	717	144	129		54	151	120	53	280	475	115	235	294
Monticello, Utah	307	60	22	48	301	91	46	52	184	60	89	416	105	78	344	268	170	108	67	112	109	506	779	89	74	54		99	72	28	225	415	168	299	344
Monument Valley	324	159	73	51	277	190	145	151	227	159	188	519	168	32	236	169	248	203	86	155	152	307	579	188	25	151	99		118	125	126	316	265	394	245
Natural Bridges Natl Monument	376	129	47	65	232	150	115	121	111	129	148	493	174	92	361	287	243	177	84	43	40	525	797	158	91	120	72	118		94	244	432	136	368	363
Newspaper Rock	335	58	47	74	327	89	20	50	209	85	87	414	130	188	370	263	168	106	92	137	134	512	784	115	99	53	28	125	94		231	440	168	334	370
Page, Arizona	456	285	199	173	151	316	271	277	353	285	314	638	294	158	123	139	395	329	210	281	278	281	553	314	151	289	225	126	244	231		272	391	420	119
Phoenix, Arizona	449	480	393	367	378	506	451	467	509	475	504	826	520	348	347	217	590	519	402	471	468	287	376	504	341	475	415	316	432	440	272		663	645	382
Price, Utah	548	110	192	214	280	142	188	165	134	220	140	408	333	248	466	434	163	62	237	171	96	460	602	259	242	115	168	265	136	168	391	663		123	281
Salt Lake City, Utah	730	230	321	343	324																														



SHOPPING
DINING

MOAB HAPPENINGS

LODGING
EVENTS

Volume 27 Number 11

Section B

February 2016



Were Dinosaurs the Original Love Birds?



It's February, a time to celebrate love. It seems only appropriate that we spread the news of one of the latest paleontological discoveries about the prehistoric language of love! At the forefront of the discovery are scientists who have contributed much to the research in the Dinosaur Diamond area and beyond, including their direct involvement in the new Dinosaur Park and Museum, Moab Giants, in Moab, UT. In fact, this museum is the only place you can see the dinosaur's "displays of affection", well, displayed. What the evidence suggests is that these ancient creatures performed mating rituals, like many modern birds.

We know some dinosaurs had flamboyant head gear: horns, frills and crests. Add the evidence that many had feathers and were related to birds, and a new vista of possibilities opens about their courtship and mating activity. Like birds, some of their closest cousins, the carnivorous 'theropod' dinosaurs may have engaged in compelling displays.

Where is the evidence? Dr. Martin Lockley, one of the Moab Giants paleontologists said, "We've found several large areas where tracks of carnivorous dinosaurs are found along with dozens of large scrapes, some the size of bathtubs."

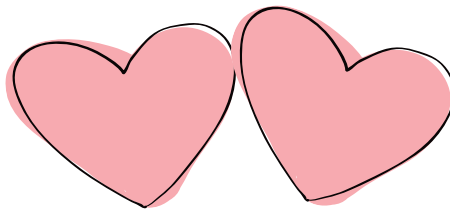
Lockley notes that many modern birds engage in scraping "sample nests", perhaps to show possible partners that they're eager to mate and raise young. Scientists call these "display arenas".

Lockley said the largest dinosaur arenas have more than 50 scrapes, covering areas that probably extended for several acres. "These are the first sites with evidence of dinosaur display rituals ever discovered, and the first physical evidence of courtship behavior." The most likely candidate for the courting, scraping dinosaur is a big meat-eater, says Dr. Lockley.

We can imagine these large dinosaurs, with feet up to 18 inches long, and bodies 20-25 feet, scraping sandy soils near the shores of the ancient gulf known as the Western Interior Seaway.



Reconstruction of theropod dinosaurs engaged in sexual scrape ceremony display behavior. Based on display arena scrape sites in 100 million year old Cretaceous sandstones from Colorado.



To confirm the research, "We explored other possibilities," Lockley said, explaining that digging for water or food by carnivores was unlikely, since water was abundant in these environments. Likewise, these would not be actual nest sites because there are no eggshells or bones of hatchlings, and in any case sitting in a nest for long periods would smudge out the very clear scratch marks.

Modern birds using scrape ceremony courtship usually do so near their final nesting sites. This means that finding the right type of scrapes could mean a nearby nest colony.

The scrape evidence is a clue that dinosaurs congregated here in the spring breeding season and may have then nested nearby. They were probably not only excited, but impressively vocal. Males either competed for females by driving off weaker rivals, or females selected the most impressive male performers as mates.

This new research gives us an amazing window into dinosaur behavior, apparently much more complex than previously thought. To learn more about this new discovery visit www.moabgiants.com.



Dinosaur trackers Martin Lockley (right) and Ken Cart pose beside giant, 100 million-year-old scrapes made by theropod dinosaurs during mating display rituals.



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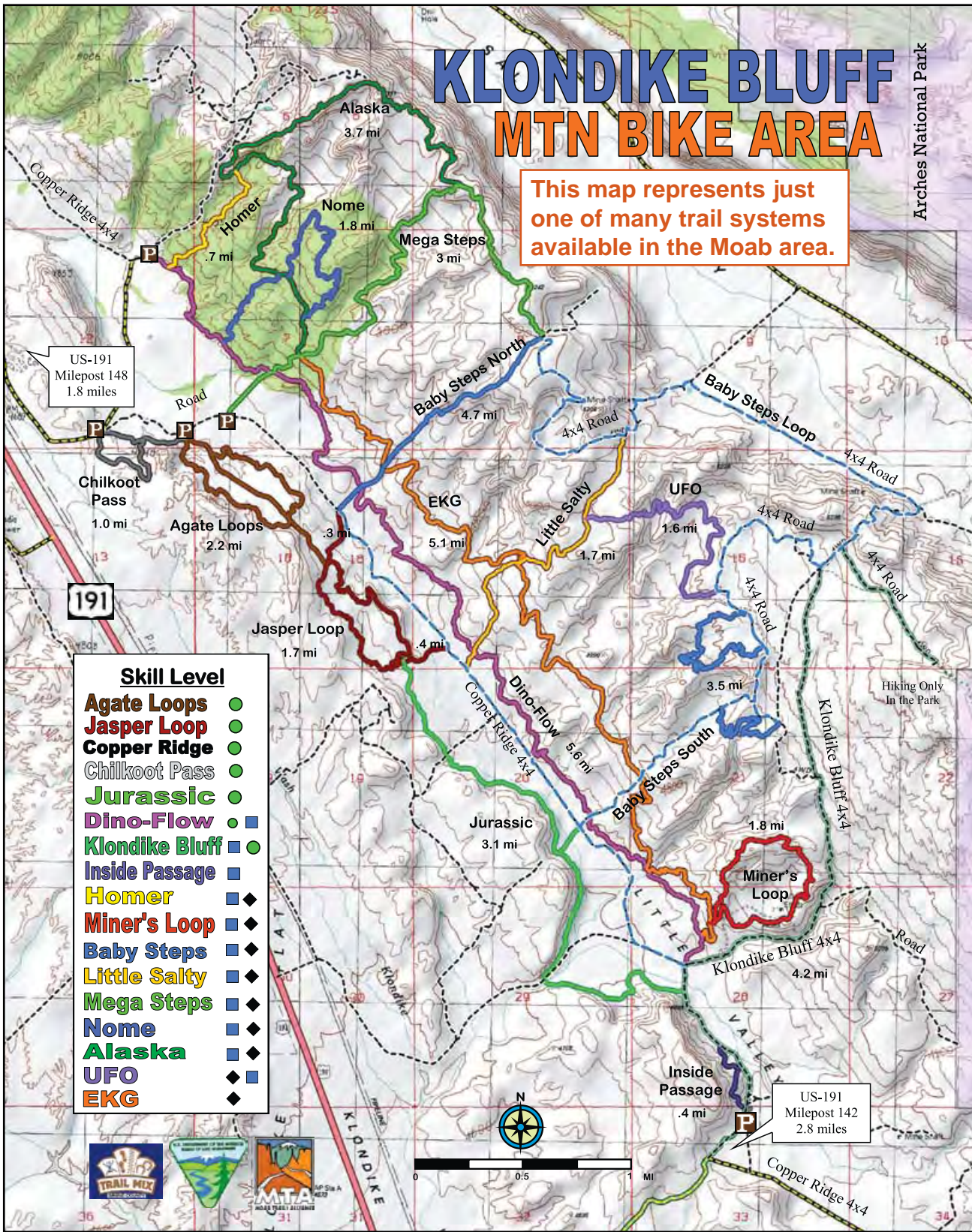
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ROAD & MOUNTAIN BIKING



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 11-13, 2016.** 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.

• **MOABSKINNYTIREFESTIVAL-ROADCYCLING TOUR - March 12-15, 2016** Four days of road cycling along the Colorado River, Dead Horse Point State Park, and the coveted ride through Arches National Park. This event benefits the two room cancer treatment center at the Moab Regional Hospital and other cancer survivorship programs and research. For more info visit skinnytireevents.com or call 435.260.8889.

• **OUTERBIKE SPRING April 1-3, 2016.** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your 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.

• **5th ANNUAL GRAN FONDO MOAB, May 6-7 2016.** 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.

• **UTAH HIGH SCHOOL CYCLING LEAGUE MOUNTAIN BIKE RACE, September 2016** - come support the future of mt. biking & cheer on your local Moab Red Devil team at the Brands Trails!. 60 high school teams will meet to race out at the Moab Brand Trails. Many teams are traveling from the Salt Lake area & will be out in that area pre-riding the course. We will be using the entire parking area, plus a few more in that area. We usually see around 1500 spectators to the races. Volunteers needed <http://www.utahmtb.org/volunteers/#volunteermain> or for more info call 435-260-6001. For event info visit utahmtb.org or call 801-710-7560.

• **OUTERBIKE FALL September 30-October 2, 2016.**

• **MOAB ROCKS MOUNTAIN BIKE STAGE RACE, October 2016,** 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.

• **MOAB CENTURY TOUR - Landscape Worth Training For! October 1, 2016.** Utah's most scenic road cycling routes with 40, 65, and 100 mile options. Ride along the scenic Colorado River for 40 miles or challenge yourself with a 60 mile ride to the edge of the earth—Dead Horse Point State Park overlooking the Colorado River 2000 feet below. Or combine both and make this your century ride! Enjoy weekend of fabulous roads, cycling icons, delicious food, superior support staff in route vehicles and at water and food stations. For more info visit skinnytireevents.com or call 435-260-8889. This annual event benefits the Moab Cancer Treatment Center and the Lymphoma and Leukemia Society.

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 27-30, 2016.** 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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TRAIL HAPPENINGS

Stairmaster or Bench Stroll: Two Hiking Trails

by Sandy Freethey

Feel like a real hiking workout? The Stairmaster Trail is a good match for you. Not into a vigorous hike, but you want to take a leisurely stroll and enjoy some good scenery, then try the Poison Spider Bench Trail. Both of these trails have been marked and identified by the BLM and the Grand County Trail Mix Crew in 2015.

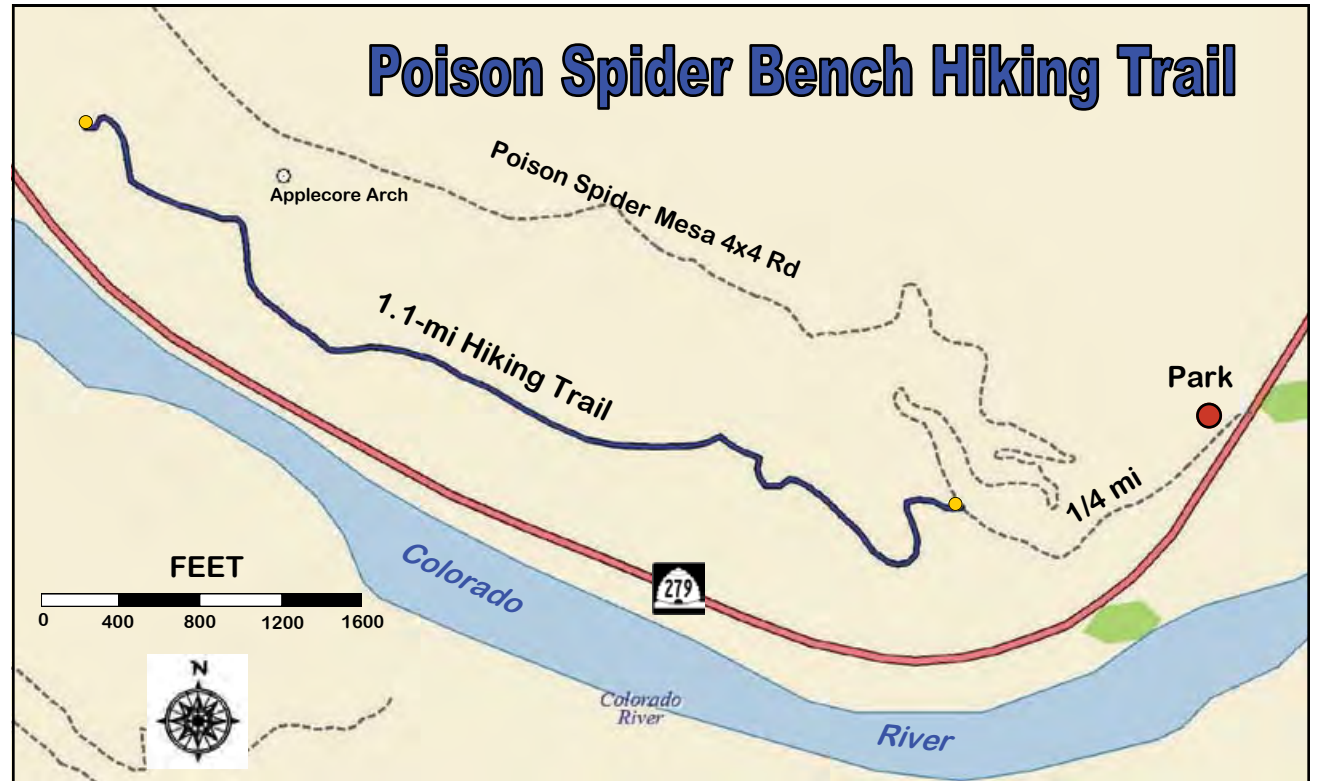
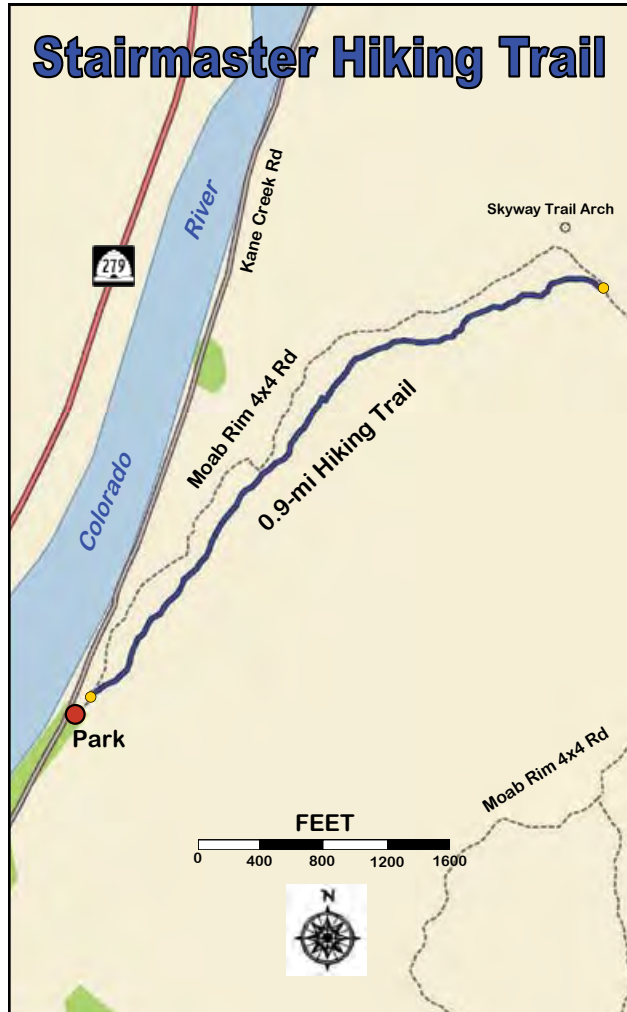
The Stairmaster Trail is located off the Kane Springs Road at the Moab Rim 4x4 Trailhead and parking area. Parking is limited, so hike early or late or mid week to catch a parking spot. There is a trail map on the Kiosk.

mention since this article will be read in February. Bring plenty of water in any season.

The Poison Spider Bench Trail is located off of the Potash Road, (Hwy 279), starting at the Poison Spider 4x4 Trailhead. There is a trail map on the kiosk. Parking is limited, so plan your hike in the middle of the week or "off" season if possible. This is a really good hike to consider in the winter months since it has southern sun exposure and the snow melts quickly. The Poison Spider Bench Trail is also a good choice for bringing your dog along for an

Behind the Rocks are outstanding! Start your hike at the parking lot, walk up the 4x4 road around the bend for a quarter of a mile, look to your left for the map sign on a post that marks the beginning of the trail.

About the author: Sandy Freethey is the Chair of the Trail Mix Committee. She is the chief organizer working with various agencies and individuals to help create and maintain the hiking, biking trails around Moab. She enjoys searching for rock art, road trips and international travel, and watching the Denver Broncos.



Start your hike by following the 4x4 road for about 100', a short distance. Watch for a sign on a post that indicates the start of the one mile, (one way), Stairmaster trail. Generally speaking the trail parallels the Moab Rim 4x4 jeep route. Hikers will appreciate being off the road and separated from the jeeps. It is kind of fun to watch the 4x4 vehicles negotiate some incredibly difficult spots. Meanwhile back to your workout hike, are you timing yourself? No need to do that, just enjoy the incredible scenery, the view of the Colorado River below you, and the magnificent Navajo Sandstone cliffs and domes while you are hiking on the Kayenta Formation, (all part of the Glen Canyon Geologic Group). With 900 feet of elevation gain this is most definitely should get your heart rate going, and building those leg



muscles, hence the name "Stairmaster". Many locals use this 2 mile round trip trail as a weekly hike, or as a morning or lunch exercise warm up outing. Since the majority of the trail is in the Behind the Rocks Wilderness Study Area trail markings are limited. Please follow the lined and cairned route and avoid making multiple trails. Sometimes the route may seem obscure. Once on top, either turn around, or follow the 4x4 road to extend your hike or trail run. The scenery is exceptionally beautiful! This route can be hazardous with snow or ice present in the winter, which I

outing. The mellow "trail" is really a closed spur road off of the Poison Spider 4x4 Road. Since it is a wide "trail" it is great for walking side by side with friends or loved ones, making it easy to talk to each other as you walk. This is an easy hike with just a few gentle hills. Well, maybe one steeper short hill of any note. Be sure to keep going beyond the hill to the end of the trail/road where you will be rewarded with an excellent view of the Colorado River while standing on some interesting rocks. Watch your step... the river is a long way down there. Another reason to go to the end of the road is to look for Apple Core Arch off to your right on the skyline almost at the end of the trail. The road may have been built originally to dig a few test holes for gold. You may notice a hole and a pile of river rocks dug alongside the road at one spot. The closed road/trail is 1.1 miles one way, but add add another quarter mile from the parking lot. So the total hike will be about 2.75 miles. The nearby cliffs are beautiful and the scenery on your return trip with views of the slickrock fins of



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Trail Mix is an advisory committee to Grand County in the development and maintenance of non-motorized trails. The committee represents non-motorized users including bikers, hikers, equestrians, and skiers. Many government agencies and private citizens make up the "mix" that makes this group work so well. Come join us on the 2nd Tues. of each month from 12-2 at the Grand Center (500W. 182 N.). Everyone is welcome.

Contact Sandy Freethey 259-0253 or find us online at www.grandcountyutah.net/223/Trail-Mix-Committee. You may also reach us at moabtrailmixinfo@gmail.com.




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DEAD HORSE POINT HAPPENINGS

The Audubon Society Christmas Bird Count Results

By James Wells

On January 2, local volunteers joined the staff of Dead Horse Point State Park in participating in the 116th Audubon Society Christmas Bird Count. In all, 580 counts took place across the Western Hemisphere during the holiday season, discovering more than 16 million individual birds! Birds found in and around Dead Horse Point totaled approximately 250. Here is some information about a few of the most numerous species discovered:

The Dark-Eyed Junco dominated our count hands down. At eighty-three accounted for, these birds outnumbered any other two species combined! Part of the sparrow family, juncos are generally migratory birds that prefer open areas in mixed forest habitats: anything from suburban yards, to recently burned mountain slopes, to the sagebrush and pinyon pines of Dead Horse Point. Utah is one of the few locations in which dark-eyed juncos are known to live year-round. The birds are capable of flight, but avoid larger avian predators by both nesting and foraging on the ground, looking for tasty seeds or insects to eat.



Dark-eyed-Junco

Horse Point. Ravens are among the most intelligent of bird species, and have adapted to survive year-round in a

wide variety of climates. Opportunists by nature, a raven's diet can consist of almost anything. Berries, insects, small rodents, and even smaller birds are all on the menu, as are decaying carcasses and of course man-made waste. Ravens



Common Raven

work as a team in order to locate potential food sources, as small flocks in their youth, and then mated pairs in adulthood. Raven nests are often found on exposed cliff edges, of which Dead Horse Point has plenty, out of range of most predators.

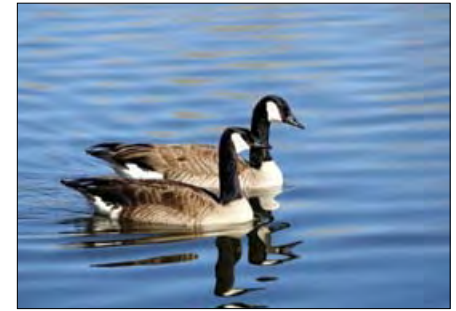
Numbering twenty-five, Pinyon Jays were a welcome find during the Christmas Bird Count. As its name implies, the pinyon jay is a species that is tied closely to the pinyon pine as its primary source of food and shelter. With their range therefore limited to specific elevations within the American West, these birds are somewhat more vulnerable than others found during the park's survey. In order to ward off predators



Pinyon Jay

and increase foraging efficiency, pinyon jays are known to group together in flocks that can reach populations of several hundred. Such teamwork allows for the caching of hundreds of thousands, sometimes even millions, of pinyon and other pine seeds for survival during the winter months. The caching activity also helps the pine trees, as their seeds will be spread across several miles of terrain.

Christmas bird counts are conducted inside circles measuring fifteen miles in diameter. At Dead Horse Point,



Canada Geese

this meant the inclusion of the Potash Road along the Colorado River – a much different environment than that found on the mesa top. A survey of this riparian zone led to the discovery of thirty Canadian Geese. Famous for their distinctive, V-shaped migratory formations that cover North America each year, these birds come to southern Utah to spend the winter. Along the banks of the Colorado, they are able to feast upon fish, insects, and grasses. Their aggressive nature makes them unattractive prey to most predators, and they have adapted well to human environments...even begging for food at popular water recreation sites.

Big Horn Gallery Photo Exhibit

The Bighorn Gallery at Dead Horse Point State Park has extended the exhibit of images by Utah photographer Chad Dutson. The exhibit, 'Moments in Nature' features both popular and unique perspectives of diverse landscapes discovered throughout the United States and Caribbean: desert, forest, and coastal scenes. The artwork will be on display through February 29th, 2016 and includes more than twenty-five images.



Dutson is a Utah-based wilderness photographer whose admiration for nature grows with each photographic adventure. He has spent all but three years of his life living in the West, providing him incredible opportunities to enhance his self-taught craft. He has an insatiable desire to wander the wild, seeking solitude and serenity away from the bustle of city life. His deep passion for photography pushes him to extremes to capture the right shot. After each excursion he shares his experience with others, hoping they may fall in love with nature as he has. Dutson philosophizes that "quality photographic moments require three elements: the right experience, the right tools, and the right moment," but the artist also

admits that "the right moment is often nothing more than good luck." According to Dutson, "Some say they lose themselves in one thing or another; however I find myself through photography, losing only the sense of time."

Dutson has been published in USA Today, Popular Photography, and recently was featured with an Editor's Choice award by the prominent photographic website, 500px.com. During the exhibit, each image is available for purchase as well as smaller matted prints. To learn more about the artist visit www.chaddutson.com.

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 9 a.m. to 5 p.m. Park admission is \$10. For more information, contact the park at 435-259-2614.

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At the beginning of the new year we opened a new OHV shop in town located at 854 South Main Street behind Farm City and Utah Eastern Credit Union. The shop is called Moab Side X Side Garage. We focus on side x side and UTV repairs, service and upgrades for all name brands. We also do the same for your snowmobiles and ATVs. Most of these machines are clutch driven. With over 20 years of clutch driven machine tuning we can take your stock machine and put the power where it belongs; not wasted. We are also stocking parts and oils

for most machines on the market. We do factory service using factory oil or other name brands to fit your needs. We offer pick up and delivery of your machines in our enclosed trailer. Our focus is you and your machine to make your off-road experience the best it can be.

Come on by! We sell most of all of the top name brand parts and equipment offered online right here in Moab at the same price. Let us help you make the right choice to fit your needs. We look forward to seeing you and your machine at Moab Side X Side Garage for first class service and adventures.

Thanks from the happiest OHV center in town.
 See ad on page 4A and don't forget to mention that you read about it in Moab Happenings.



NATURE HAPPENINGS

Signs of Wildlife

By Damian Fagan

Winter season is a great time to hone your nature detective sleuthing skills. Muddy or snow-covered trails, sandy washes dusted with frost, even urban areas where animals tread, these are all great locations to search for signs of wildlife. Of course, wildlife signs can also help.

Although cold-blooded reptiles and amphibians are mostly absent from the winter landscape, the occasional warm spell allows for small side-blotched lizards to make a brief appearance. Their small bodies take less energy to warm up than the larger lizards or snakes, and their tracks and tail drags might show on sandy patches. Reptile “hibernation” is called “brumation,” their metabolic processes differ than mammals that hibernate. This state of suspended animation can change as the weather warms, but the lizards or snakes that do emerge might only take in water and not seek prey.

Two other good reasons to search for wildlife sign in the middle of winter is that there tends to be less human disturbance and some species herd up to search for food or avoid predators. This herding instinct increases the chances of finding tracks or scats, and the fewer people out means less disturbance and disruption of the tracking landscape.

Due to the nocturnal schedule or stealthy nature of desert wildlife, encounters may be rare or fleeting. Just as birdwatchers can identify birds by their songs, so too might the nature detective identify species of wildlife through the signs of their passing. Or maybe what they passed.



For instance, take raccoons. Active at night, we might see their eye shine in our car headlights or hear the clatter and crash of cans as they search for food. Though rarely seen, their unique track side-by-side front and rear foot patterns indicate their presence. I’ve seen tracks across a frosty deck or in the soft ground, but their passage was undetected by even our sleeping dog. These creatures might also leave their calling card, a small pile of scat that contains seeds or berries.

Although on the edge of town, the Moab Sloughs or Matheson Preserve is a good place to look for wildlife. This refuge on the edge of town provides cover and food for a variety of winter species, and sometimes the boardwalk, fresh with dew or frost, is a good substrate to observe tracks of small mammals, deer, coyotes or an elusive gray fox out hunting small rodents.

But going farther afield, out into Arches National Park or the Courthouse Uplands or the Cisco Desert offers opportunities to find mule deer, pronghorn, foxes, coyotes and maybe even a cougar. Of course, smaller prey like cottontails, jackrabbits and small rodents are out and about in these areas. The 7-pattern of the hare tracks is unmistakable, but sorting out the mice tracks is harder. There are numerous species out here, and the small 4-square track pattern betrays their presence.

Of course, if there is any scat on the ground, that is always worth a stop and second look. The poet Alison Hawthorne Deming described a naturalist as a person who was attracted to

A NATURAL HISTORY WRITER. 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



animal scat, not repelled by it. Shape, size and/or contents can lead to a determination of the originator – or not. Reading the signs, tracks and even the scat provides the sleuth will some clues about the wildlife that roams this landscape.



MOAB CLUBS & ORGANIZATIONS

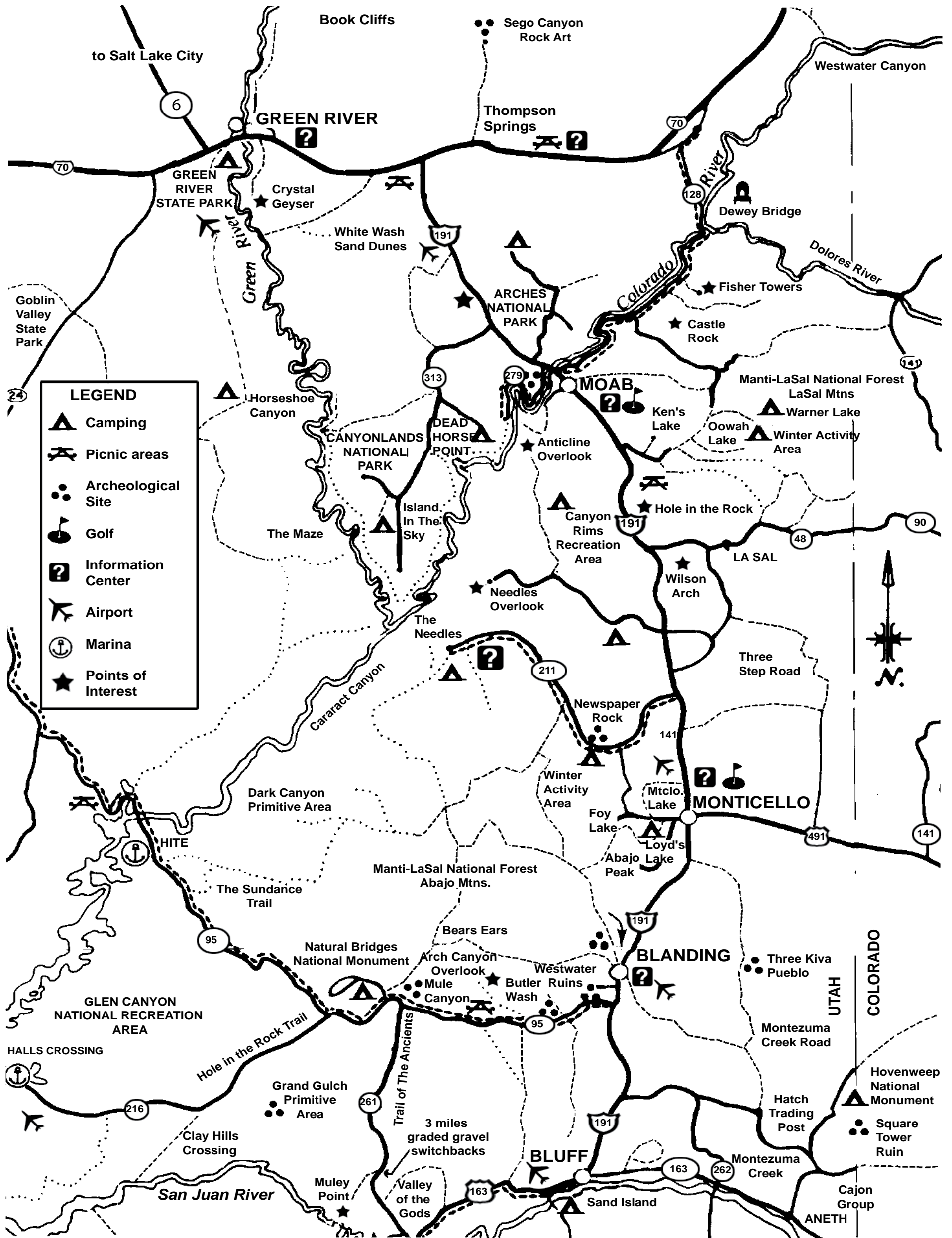
For a community to prosper and grow, its residents have to be INVOLVED. If you would like to participate in any club or organization, PLEASE CALL THEM. Many of these groups are always looking for a helping hand or two.

Alcoholics Anonymous sites.google.com/site/moabgroup	Moab Community Dance Band (Miriam Graham)(516) 376-8003
For Emergencies (24/7) 888-333-9649	Moab Community Theater (Kaki Hunter)(435) 259-8378
Alpha Rho Sorority (Bobbie Long).....(435) 259-6758	Moab Country Club (Rob Jones).....(435) 259-6488
American Legion Post (Ronald Irvin)(435) 719-4095	Moab Disk Golf Club (Rolf Hebenstreit).....(208) 720-1258
Arches Education Center (Trish Hedin).....(435) 260-8764	Moab Duplicate Bridge Club (Warren Ohlrich)(435) 260-1242
Arches New Hope Pregnancy Center (Debbie Nelson).....(435) 259-LIFE (5433)	Moab Family History Center(435) 259-5563
BEACON (Edith Sage)(435) 260-1143	Moab Free Health Clinic(435) 259-1120
Bikers Against Child Abuse -B.A.C.A.(John Taggart).....(435) 259-4756	Moab Friends For Wheelin' (Jeff Stevens)(435) 259-6119
Boy Scouts of America (Scott Major).....(435) 637-8059	Moab Garden Club (Tricia Scott).....(435) 249-4959
Boy Scouts of America Utah National Parks Council(801) 437-6222	Moab Half Marathon (Ranna Bieschke)(435) 259-4525
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Canyonlands Rodeo Club (Kirk Pearson).....(435) 260-2222	Moab International Film Festival (Nathan Wynn)(435) 261-2393
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Daughters of Utah Pioneers (Shirley Stewart 435-259-5229).....(435) 259-7793	Moab Rock Club (Jerry Hansen).....(435) 259-3393
Deadhorse Motorcycle Club (Ron Dickerson).....(435) 260-8213	Moab Roller Derby(Jessica O’Leary).....(575) 635-3898
Delicate Stitchers Quilt Guild (Murine Gray).....(435) 259-5514	Moab Rotary April Action Car Show(435) 260-1948
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Girl Scouts of The U.S.A. (Michelle Hill).....(435) 259-5884	Order of the Eastern Star (Fran Townsend).....(435) 259-6469
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Ladies Golf Club (Chris Corwin).....(435) 210-0599	Southern Utah Wilderness Alliance (Neal Clark).....(435) 259-7090
League of Women Voters (Cynthia Smith).....(435) 259-5306	Toastmasters (Jim Webster 435-259-8037) or (Daniel McNeil).....(435) 260-9646
Lion’s Club (Tom Warren).....(435) 259-7834	Trail Mix Committee (Sandy Freethey).....(435) 259-0253
Moab Aglow Lighthouse Fellowship (Murine Gray)(435) 259-5514	Utah Avalanche Center..... (888) 999-4019 or (435) 259-SNOW
Moab Arts Council (Theresa King)(435) 259-2742	Utah Conservation Corps (Sean Damitz).....(435) 797-0964 ext 1
Moab Arts Festival (Theresa King)(435) 259-2742	Utah Friends of Paleontology – Gastonia Chapter (Joel Nowak).....(435) 587-9968
Moab Arts & Recreation Center (Laurie Collins).....(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 (Jodie Hugentobler)(435) 259-7814	WabiSabi (Mel Gilles)www.wabisabimoab.org(435) 259-3313
Moab City Animal Control(435) 259-8938	Young Life Moab (Silas Rappe)(435) 260-0285
Moab City Recreation (Chad Wright)(435) 259-2255	Youth Garden Project (Delite Primus).....259-BEAN (2326)

VISITING ROTARIANS: Join us for Lunch every Monday 12 noon at Grand Center, 182 N. 500 W. Moab

VISITING ELKS: The Moab B.P.O.E. 2021 invites you up to the lodge Wed, Thurs, & Fri evenings. Up hill behind La Hacienda on North Main Street

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UNIVERSITY HAPPENINGS

Moab Professor Achieves International Business Certification Increases USU Moab Capability and Services

Cynthia Gibson has been awarded the title of Certified Global Business Professional from the National Association of Small Business International Trade Educators. This certification will allow her to provide international trade counseling and resources to USU Moab students and to the community and businesses of Moab.

Gibson's interest in international business stems from her many years of travel and teaching international business at colleges and universities in the United States and abroad, most recently within the USU system. Many of the classes she has taught focus on international business, including classes on international business management

UtahStateUniversity
MOAB

and marketing. In addition to teaching these subjects Gibson has lived and worked in foreign countries including Canada, China, and Singapore.

"I have seen first-hand the reality of international trade while I worked at the international level," noted Gibson. "I worked at brokering deals between companies in different countries. Exporting is a huge boon to the U.S. and Utah economies, and I'd like to help promote this business practice."

Having recently moved from USU's Brigham City campus to the USU Moab campus, Gibson has taken on the role as Grand County Economic Development Liaison in addition to her teaching responsibilities. Seeing that Moab did not have an office or position providing information on exporting she began working on her certification to assist in this area.

While her previous business experience provided more than a head start on the process, several additional steps had to be taken to receive the certification.

"I attended an intensive two-day bootcamp for training and preparation, and I studied several books on international trade for several months leading up to the exam," said Gibson. "I also visited several trade organizations' websites including the U.S. Department of Commerce, the State Department, and Homeland Security."



"After completing all of the preparations for the exam the certification is awarded upon completion of the exam, combined with a candidate's actual work and business experience."

The certification process taught Gibson much about U.S. exporting laws and regulations, which she may now share with the students and businesses in Moab. USU Moab offers courses in business and many other subjects, taught both in-person and through video broadcast.

For more information about classes and programs available in Moab visit moab.usu.edu.

The Moab Music Festival's Winterlude Concert: String-Playing Stars Big And Small Benefit Local Music Education Programs

Think of it as the prologue to the 24th season of the Moab Music Festival, the 2016 Winterlude Concert at 7pm on Friday, March 4 at Star Hall featuring internationally renowned violinists Hasse Borup, Kasia Sokol-Borup and the University of Utah Michie graduate string quartet, alongside Festival Music Director Michael Barrett on piano and Artistic Director Leslie Tomkins on viola. Tickets are FREE and available at the door only, with a recommended donation of \$10 per person.

As part of the Festival's Education Outreach program, all concert proceeds will offset the cost of sending three of Moab's BEACON Strings teachers to a two week masters course in strings education in the summer of 2016 (total cost nearly \$3000). In addition, in the week leading up to the concert, Festival artists will guest-instruct beginning and intermediate BEACON strings classes, and conduct daily two hour workshops for the BEACON Strings Orchestra.



This week of education outreach events is in keeping with the Festival's longstanding commitment to the Moab community, in particular to its music education programs in the Grand County School District. Throughout its 24 year history, the Festival has presented free annual assembly programs to all Grand County students grades K-12, aided local music teachers with curriculum, instrument repairs, and other classroom needs, raised funds to reinstate a certified music position at Helen M. Knight Elementary, developed MoabBandAid, an annual fundraiser for Grand County High School's marching band, and much more.

The Friday evening concert will open with students in the BEACON Strings Orchestra performing two short pieces with the visiting artists, followed by the String Quartet no. 4 by Béla Bartók and the Piano Quintet, Op. 44 by Robert Schumann, performed by the pros!

Tickets at the door. For inquiries please call the Festival Box Office, 435-259-7003.

ALUMNI HAPPENINGS

Miranda Black- Class of 2010

by Coya Pair



Miranda Black finds herself back in the halls of GCHS, six years after her graduation. Fortunately, for her, she is not taking classes anymore but teaching Family and Consumer Science instead, which includes foods and nutrition, clothing, teen living, childhood development, and interior design classes. This 2015-2016 school year is her first

as a staff member at the high school she grew up in. "I had such a great experience going to GCHS that I was thrilled to have the opportunity to come back," she exclaims.

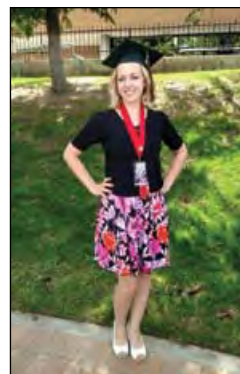
The summer after her graduation, Miranda Gill married her high school sweetheart, Cayden Black (GCHS graduate of 2009). The two newlyweds then moved to Cedar City to attend Southern Utah University where Miranda received a bachelor's degree of Fine Arts in Secondary Art Education and Cayden received a bachelor's in Science in Outdoor Recreation Parks and Tourism with a minor in Criminal Justice. "Cayden and I both made it on the Dean's list in college while raising two kids!" says Miranda. Their son Corbin is now 4 years old, and their daughter Presley is now 2 years old.

Along with taking 1st in Sterling Scholar under the category of Visual Arts, Miranda tells me that some of her fondest high school memories revolve around softball. "My favorite memory was taking state in softball my senior year," she says and then relates that her husband Cayden also remembers taking state in his sport, football, his freshman year.

Although high school was good to her, Miranda seems to hold the best memories for her years at SUU. "In college, I was recognized my senior year as an Outstanding Arts Education Student. I received a medallion to wear at graduation and I gave a speech to the College of Visual Arts students at SUU," she tells me.

Another one of her favorite college experiences was an internship she completed for the Arlene Braithwaite Gallery at SUU. "I worked with the Masters of Arts Administration students to develop a program for K-12 students who would visit the gallery in the fall. We developed activities for students to experience while looking at the art of Jim Jones and attending the science museum that is also located on campus. I had the opportunity to curate work for exhibitions as well as contact local schools to inform them about the program. I enjoyed getting to make connections with students at the college as well as people working in the school districts," the young artist recalls.

In November, 2014, Miranda and Cayden both moved to West Jordan, Utah, where Miranda spent several years working as both a Safety Manager Assistant and a Mine Laborer at Lisbon Valley Copper Mine and as an art teacher for 4th-6th graders at Monticello Academy in West Valley City. When Miranda and Cayden both found jobs here in their beloved hometown, Moab, they happily chose to move back. Now she enjoys her job as a high school teacher,



while Cayden works as an Assistant plant operator at Le Grand Johnson.

Miranda loves living in Moab because she is close to family. Her parents, James and Tiffany Gill, still reside here (Tiffany is a GCHS alumna as well), along with Miranda's younger brother, Cade Gill (age 17), who is currently enrolled as a junior in GCHS. Miranda also has an older brother, Dillon (age 25), and a younger sister, Cassidy (age 21), both are GCHS alumni. Dillon has

graduated from SUU with a bachelor's degree in Outdoor Recreation; he now lives in St. George and works for the city as parks maintenance manager. He also works for Red Cliffs State Park, located in Washington County. Cassidy is currently a student at SUU working on getting a degree in arts education; she hopes to be an art therapist someday.

Along with being near her family, Miranda says she loves being back in Moab for all of the outdoor activities. She enjoys hunting, fishing, paddle boarding, hiking, biking, camping, and mountain backpacking. "I have backpacked the highest mountain peak in Utah (King's Peak) and three 14,000 foot mountain peaks in Colorado. My goal is to summit all 52 fourteeners peaks in Colorado," she tells me.



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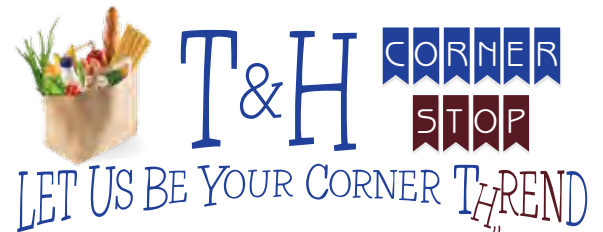


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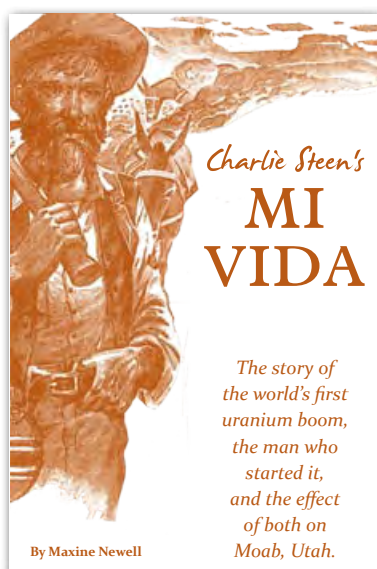
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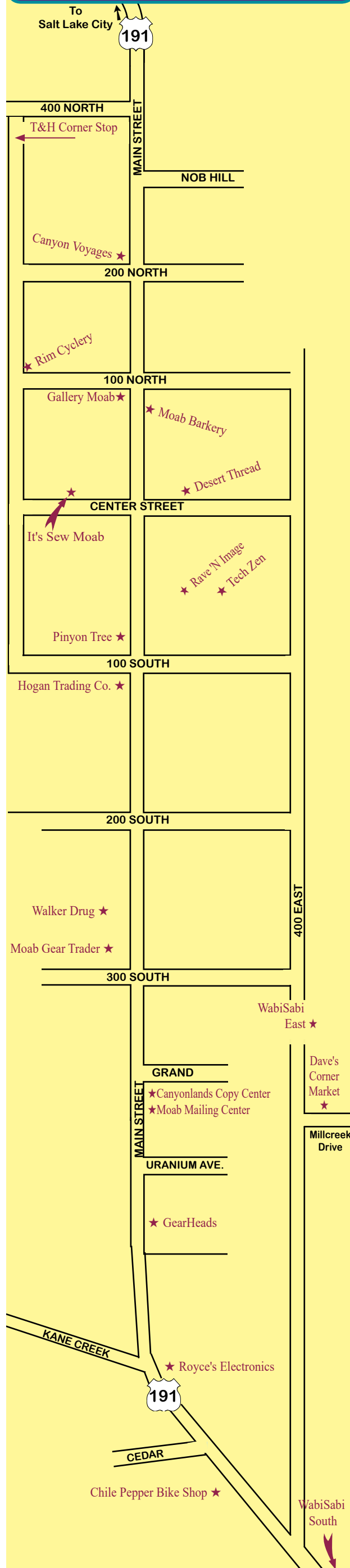


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ASTROLOGY HAPPENINGS

Your Horoscope for February 2016

By Victoria Fugit

Aspects for the first two weeks of February show favoritism toward Wall Street, big business, government and oligarchy in general, especially around the 5th. Jupiter is retrograde and beginning to revert to its cozy trine relationship with Pluto, forming an exact trine in March and then again for the last time in June.

Since drops in the markets occurred in January in mostly mutable signs, I would expect some shift in direction in early February when Mercury, Venus and Pluto line up in Capricorn and are supported by the trine with Jupiter.

Many of you have noticed a shift in relationships from about November of 2015 to now. As Saturn and Neptune do a dance of dissolving old, outworn structure and beliefs, while giving form and structure to new, compassionate concepts and ideals, relationships based on fear, constriction, long-suffering and loyalty from duty only, may begin to break down – giving way to a new feeling of confusing and possibly disorienting freedom. This aspect requires flexibility to flow with multiple changes. The end result however will be more nurturing and uplifting relationships -- not necessarily lost, just in the process of transforming.

The last part of February may see a tug-of-war between Saturn (stable plans, positive structure, and carry-through on innovative ideas) supporting Uranus (the common man or 99%, new concepts of the socio-political structure) and Jupiter (expansion, growth, caution, speculation) supporting Pluto (power, corporations, government, and dominance). This interaction, however, will be carried out on the global stage and will have less influence on day to day life.

Then, in September, Jupiter moves away from its support of the powers that be, and, for the next year, lends its weight to the creation of balance, change, equality and harmony for all of us.

Mar. 21 - Apr. 20



Aries— Uranus - for those born April 5th to the 8th - is pushing you to listen to your inner voice and follow your own path. Following through on your own unique ideas, innovations or unusual way of doing things combines the support of both Jupiter

in your house of work and Pluto in your sector of career to open up some surprising and positive opportunities or changes in your career.

Apr. 21 - May 21



Taurus—You rarely have temper tantrums, but later this month your frustrations may get the best of you. Whatever you say or do in anger this month can have lasting repercussions – be cautious. There is good energy for love and romance and it may seem fated. Make sure that you are not creating a fantasy.

May 22 - June 21



Gemini— Close relationships or long term partnerships may require that you take a closer look. Ask yourself if both of you are being nourished and growing as individuals or if one or both have put aside their needs or sense of well-being to be with

the other. You may have a desire to expand, remake, or even move from your present home – wait until September if you want to sell and until 2017 if you want to buy.

June 22 - July 22



Cancer— Cancers born from July 6th to 9th may be having difficulties with the changes your partner is experiencing as well as your own desire for change. This is a good time to follow your heart, create a positive lifestyle to support better health and be open to the optimism and guidance from your higher mind.

July 23 - Aug. 24



Leo—Take advantage of the positive financial opportunities that may present themselves. A new 12 year cycle is starting for you, ending or completing something you started 12 years ago. Sudden and possible exciting opportunities also may occur while traveling -- maybe stirring up an old philosophical, literary or idealistic passion or love. Vivid dreams could lead to greater self- knowledge.

Aug. 24 - Sept. 24



Virgo— Jupiter in your sign can give great optimism and good fortune this month, but Saturn could also create feelings of depression and Mars may cause you to express yourself more forcefully than usual

causing confusion to yourself and others. Neptune is still opposed your Sun, making it difficult to decipher just exactly who you are at any one time. Just go with the flow as gracefully as possible.

Sep. 23 - Oct. 23



Libra— Stay cool, calm and collected the first part of the month. Your nervous system may feel overloaded so minimize stress and sleep when your body asks for it. Mars move back into your 2nd house for a short time so put a little extra away for unexpected expenses. Many long standing beliefs are being challenged, so look closely and let go of whatever no longer is right for you.

Oct. 24 - Nov. 22



Scorpio— Mars is in your sign for most of February. Take advantage of the extra energy and motivation to put your unique ideas into form. Love and romance may show up for you this month -- use your intuition to determine if it's right for you. A musical or other creative endeavor may present itself. Any artistic pursuit you start will have positive effects and create balance in the rest of your life.

Nov. 23 - Dec. 21



Sagittarius—Discipline, hard work and structure will bring great results later in the year, especially in the creative areas of your life. Finances improve through June and getting out more with friends gives a brighter perspective. Your ruler, Jupiter, will be in good aspect to Pluto in your house of money, so let go of the habit of poverty which you may have acquired in the past few months and let the Universe bring the abundance you've worked so hard for.

Dec. 22 - Jan. 20



Capricorn— This month it's easier to "accentuate the positive and eliminate the negative". You have Mercury, Venus, Mars, Jupiter and Neptune all in harmonious aspect to your Sun. Sure, there is still that pesky Uranus creating unexpected and perhaps unwanted changes in hearth and home and then that dog Pluto is always howling for transformation and self-renewal, but just relax into February.

Jan. 21 - Feb. 18




Aquarius—Saturn is helping to create better structure to your friendships and you may be reuniting with friends you haven't interacted with in some time. Neptune in your 2nd house of money gives you the choice of ambiguity and confusion about finances and materiality or greater clarity around your priorities in this part of your life. Spontaneous short trips can bring new perspectives or changes in tired beliefs.

Feb. 19 - Mar. 20



Pisces— Planetary energies are there for you to remake your life in the way you choose it to be. Yes, it will require some self-discipline and a bit of "nose to the grindstone", but if you are going for what you want, love to do and have a passion for, what else would you rather be doing?





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About Victoria...

The passion I have for Astrology began when I was twenty-four. I had been traveling in Europe for months and was becoming more and more curious about the letters my mom was sending me. They were waiting for me in each city or town I went to and it was as if she had a spy following me. She seemed to know my every move. Then she started to give me advice about what was coming up and what to watch out for. Coming home, I was horrified to learn that both she and my dad (LT. Colonel in the Air Force) were involved in Astrology. I asked them how two well-educated and intelligent people could possibly believe a superstitious myth that was so lacking in any proof of its claims. My dad said he had no belief in it. It worked, so he used it, much like electricity – we don't believe in it, don't know exactly how it works, but are happy to turn on the lights with it.

So I set out to prove that they were deluded. After three years of study in San Francisco and taking a correspondence course from a school in England, I apologized.

Astrology has been part of my life ever since and has led to my involvement with researchers and teachers in the human potential movement, such as Jean Houston (Institute for Mind Research), Werner Erhardt (EST), Elmer Green (Duke University), Joe Kamiya (early researcher in bio-feedback), Swami Rama (Himalayan Institute) and others.

Sun sign astrology obviously doesn't give the depth of knowledge available in a full reading. Each chart is unique, like snowflakes. But it's fun and entertaining. Hope you get both from this column.

You can get in touch with Victoria at 435-259-9417 or vfugit@ctv.net

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MOVIE HAPPENINGS

Stunts, Stars And Legends

Behind the scene story

Jock Mahoney

When we had the Hall of Fame open on the Mojave Airport back in the early 1980s, I had a stunt school called Stunts Galore Academy, in which I taught students the basics of stunt work for the movies, including fight routines, high and low falls, stair falls, car hits, acrobatics and camera angles, and a few other things that would be helpful should any of the students continue to carry on their ambition to be a stunt performer.

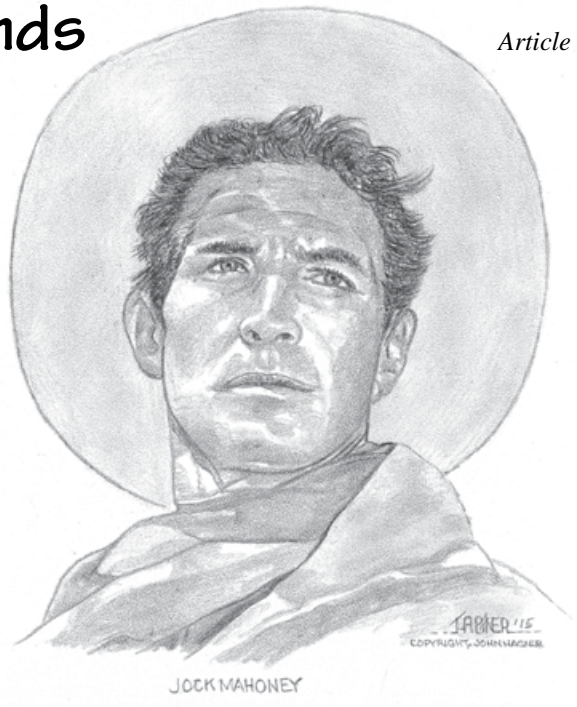
On occasion, we would have a visit from a few of the Legends of the Stunt World, such as Yakima Canutt, Ted Mapes, Hubie Kerns and Jock Mahoney.

One day, I was showing the students how to do a kick to the face... and in a short while, who should drive up but Jocko.

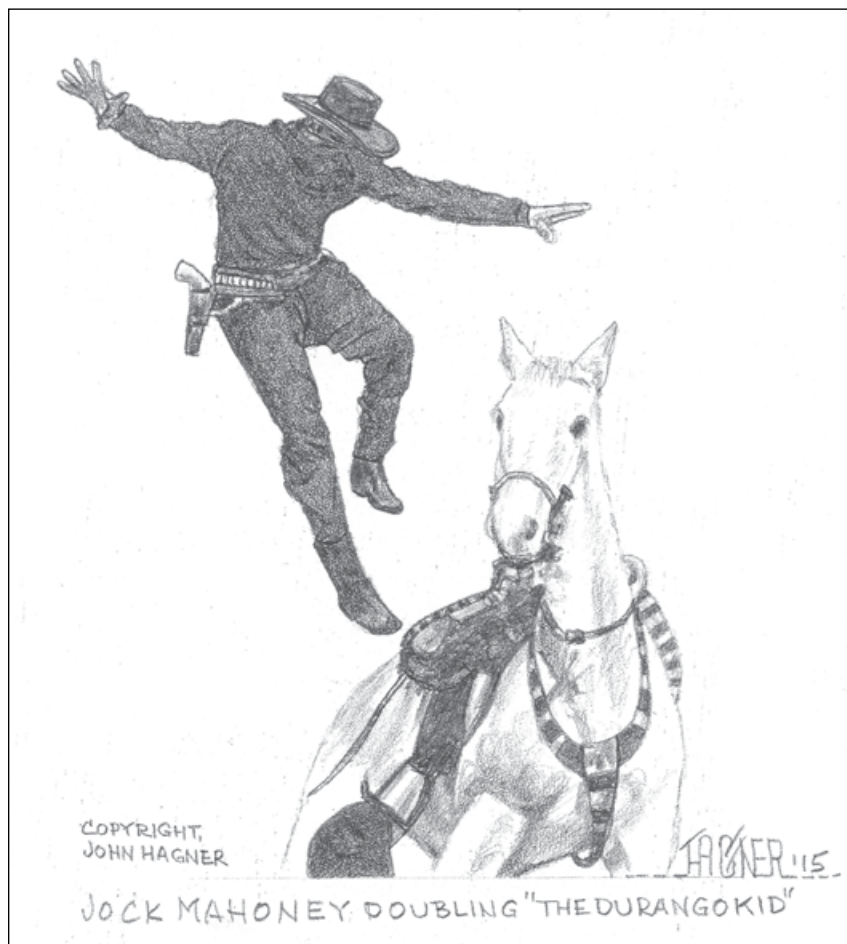
He walked over to us and I introduced him to the group. He said, "Hi Johnny, what are you working on with your friends?" I told him I was showing them how we do a kick to an opponent. I continued and asked him if he would show them how he did it. He said, "Of course... I need a volunteer." One of my students raised his hand and came up to Jocko. Then, Jocko explained to the student that he would throw a punch to him and he would fall down... then start to get up to his knees... then Jocko would walk up to him and kick him in the face. The student quickly said to Jocko... "What?" Jocko told him when you get to your knees, put your hand out in front of your face but a little lower from your jaw and that's what he would kick... then he said, "Then, you fall backwards and we'll see how that goes."

They went through the instructions and Jocko kicked the student in the hand and he fell backwards... It went great and the other students applauded Jocko for taking time to do this.

That is what kind of guy Jocko was ... always ready to give a hand to an aspiring stunt enthusiast.



Article and drawings by John Hagner



Films Made in the Moab Area

- 1939 - Stagecoach
- 1949 - Wagon Master
- 1950 - Rio Grande
- 1950 - The Battle At Apache Pass
- 1953 - Taza, son of Cochise
- 1958 - Warlock
- 1959 - Ten Who Dared
- 1961 - Comancheros
- 1963 - The Greatest Story Ever Told
- 1963 - Cheyenne Autumn
- 1964 - Rio Conchos
- 1966 - Wild Rovers
- 1966 - Fade In
- 1967 - Blue
- 1975 - Against a Crooked Sky
- 1982 - Spacehunter: Adventures in the Forbidden Zone
- 1984 - Choke Canyon
- 1985 - MacGyver
- 1987 - Nightmare at Noon
- 1988 - Sundown: Vampires in Retreat
- 1988 - Indiana Jones and the Last Crusade
- 1990 - Thelma and Louise
- 1992 - Knights
- 1992 - Slaughter of the Innocents
- 1993 - Geronimo: An American Legend
- 1993 - City Slickers II: The Search for Curly's Gold
- 1993 - Lightning Jack
- 1994 - The Great American West
- 1995 - Larger Than Life
- 1995 - Riders of the Purple Sage
- 1995 - The Sunchaser
- 1996 - Breakdown
- 1996 - Con-Air
- 1997 - Lost Treasure of Dos Santos
- 1998 - Chill Factor
- 1998 - Galaxy Quest
- 1999 - The Adventures of Joe Dirt
- 1999 - Mission Impossible II
- 1999 - Vertical Limit
- 2000 - Nurse Betty
- 2001 - Touched by an Angel
- 2002 - Austin Powers 3
- 2005 - Don't Come Knocking
- 2008 - Star Trek
- 2009 - The Canyon
- 2009 - Remember I'll Always Love You
- 2010 - 127 Hours
- 2010 - John Carter of Mars
- 2013 - After Earth
- 2013 - The Lone Ranger
- 2014 - Need for Speed
- 2014 - Transformers: Age of Extinction

Movie & Western Memorabilia Museum at Red Cliffs Lodge

Red Cliffs Lodge, on the banks of the mighty Colorado River, is home to the Moab Museum of Film & Western Heritage. The lodge is built on the old George White Ranch, a key location for nine of the big westerns including *Rio Grande*, *Cheyenne Autumn*, *Ten Who Dared*, *The Comancheros*, and *Rio Conchos*.

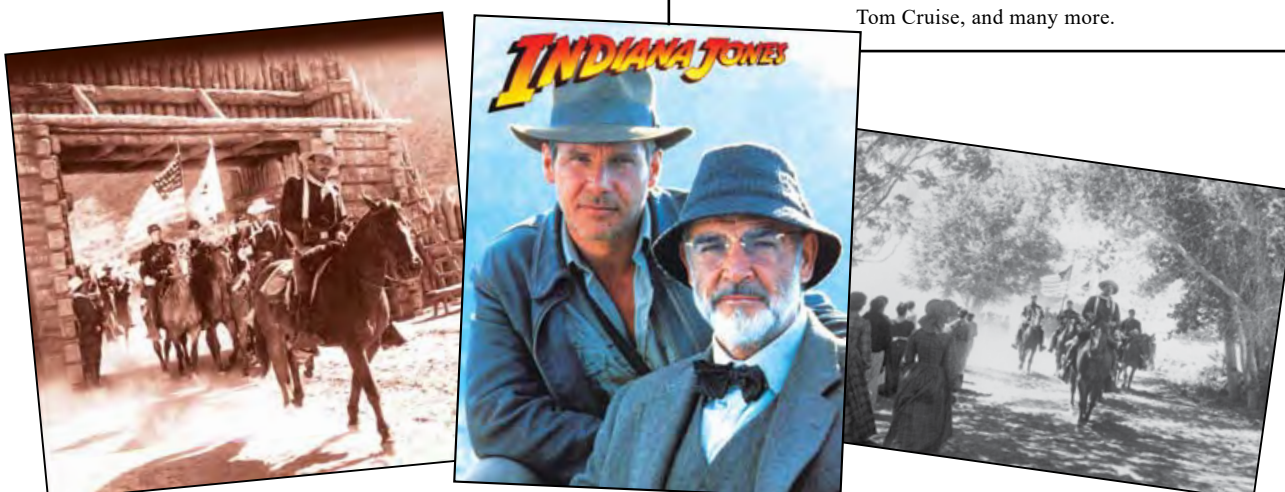
The late George White was founder of the Moab to Monument Valley Film Commission, the longest ongoing film commission in the world.

In the museum one can learn more about film locations, how the sets are built, and how the filming process is managed on nature's own sound stage. On display in the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about the western ranching heritage. For information, call Red Cliffs Lodge at 259-2002.

Through the magnificent landscapes of southeastern Utah, writers have been inspired and stories born here. Zane Grey, the famous western novelist, traveled through the area in 1912. His visit inspired him to write his book *Riders of the Purple Sage*. The book was made into a movie starring Ed Harris and Amy Madigan, and filmed on locations around Moab.

A partial list of stars that have made movies in Moab

John Wayne, Maureen O'Hara, Henry Fonda, Lee Marvin, Rock Hudson, Jimmy Stewart, Richard Boone, Anthony Quinn, Mickey Rooney, Shirley Temple, Kris Kristofferson, Billy Crystal, Robert Duvall, Gene Hackman, Bill Murray, Jack Palance, Susan Sarandon, Geena Davis, Ted Danson, Tom Cruise, and many more.



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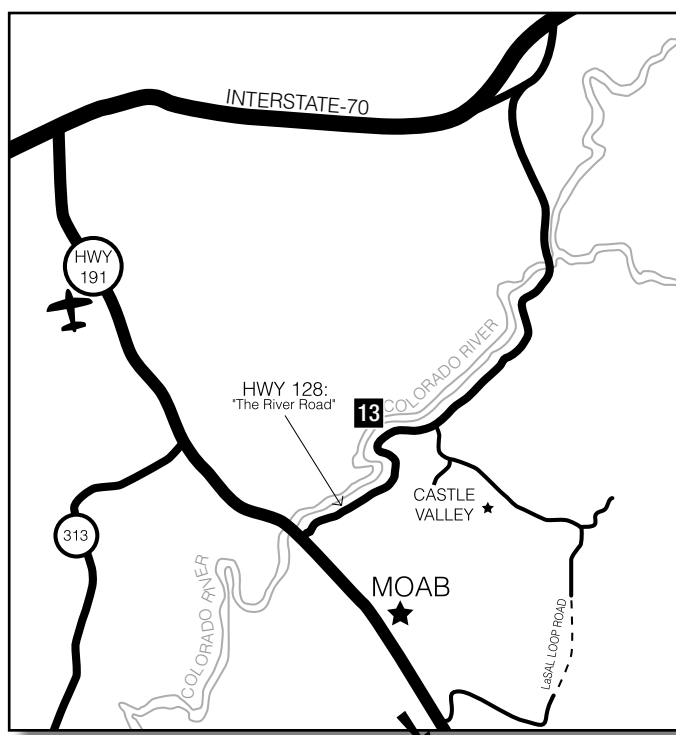
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Highway Map for Hwy 128 "The River Road" and Castle Valley

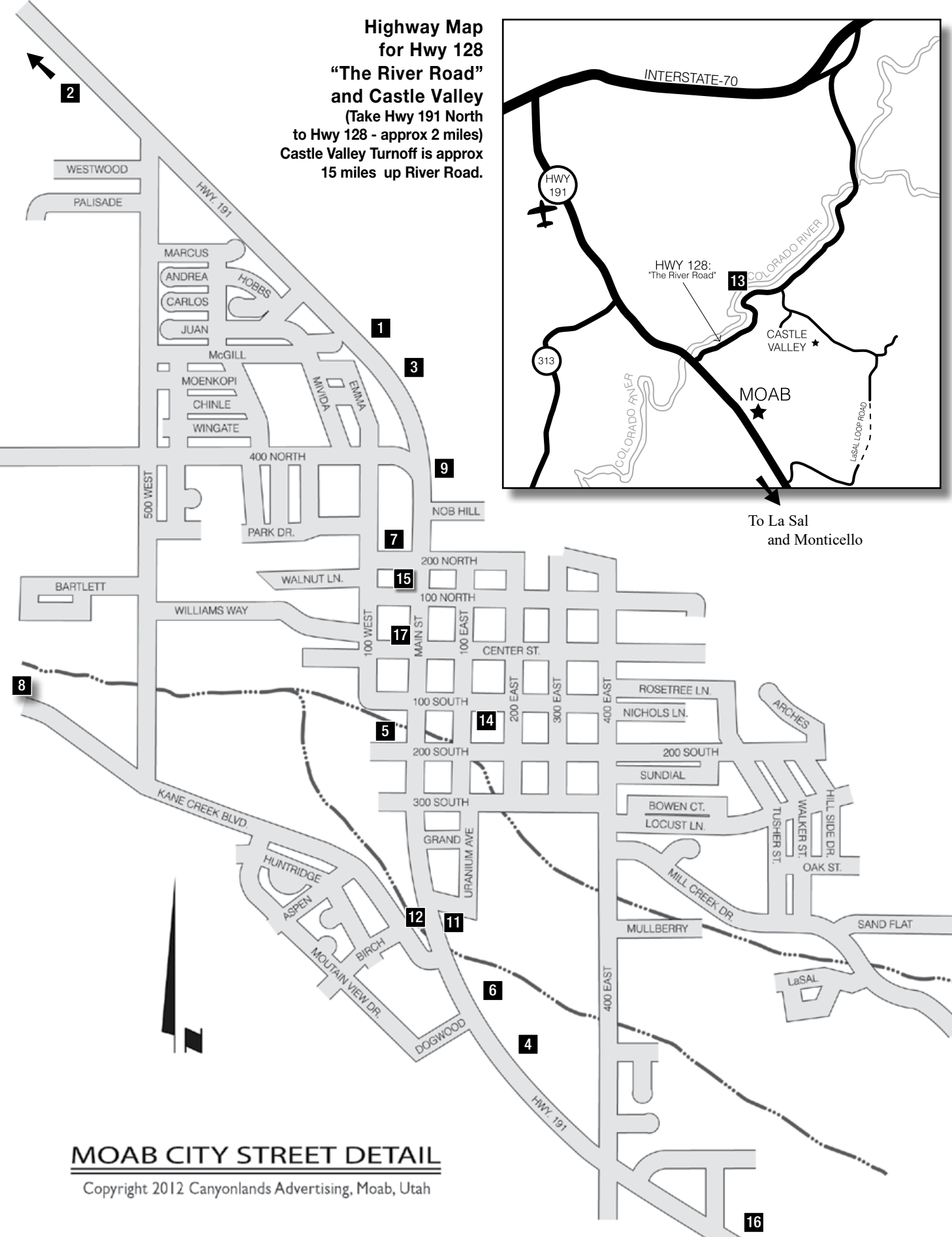
(Take Hwy 191 North to Hwy 128 - approx 2 miles)
 Castle Valley Turnoff is approx 15 miles up River Road.



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2	Holiday Inn Express	435-259-1150	www.HIExpress.com/moabut
3	Hampton Inn	435-259-3030	www.hampton.com
4	La Quinta	435-259-8700	www.lq.com www.lq.com/moab
5	Gonzo Inn	435-259-2515	www.gonzoinn.com
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7	Tangren House Luxury Inn	435-355-0367	www.downtownmoabinn.com
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13	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
14	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
15	Bowen Motel	435-259-7132	www.bowenmotel.com
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Moab Church Services Directory

Assembly of God 1202 South Boulder Avenue	435-259-7747	Friends in Christ Free Lutheran Church 1240 South Highway 191	435-259-4378
Bahá'í Faith	435-650-5778	Grace Lutheran Church 360 West 400 North	435-259-5017
Canyonlands Fellowship 111 East 100 North	435-260-2434	Jewish Interfaith Beit Moabi	435-260-0241
Church of Jesus Christ of Latter-Day Saints First & Second Wards 475 West 400 North	435-259-5566	Moab Baptist Church 356 West Kane Creek Blvd.	435-259-8481
Third, Fourth & Fifth Wards 701 Locust Lane	435-259-5567	Quaker Worship Group 81 North 300 East	435-259-8178
Community Church 544 MiVida Drive	435-259-7319	River of Life Christian Fellowship 2651 East Arroyo Rd.	435-259-8308
Episcopal Church of St. Francis 250 South Kane Creek Blvd	435-259-5831	St. Pius X Catholic Church 122 West 400 North	435-259-5211
First Baptist Church SBC 420 MiVida Drive	435-259-7310	Seventh Day Adventist 4581 Spanish Valley Drive	435-259-5545
		The Church of Christ 456 Emma Boulevard	435-259-6690

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BIG HORN LODGE

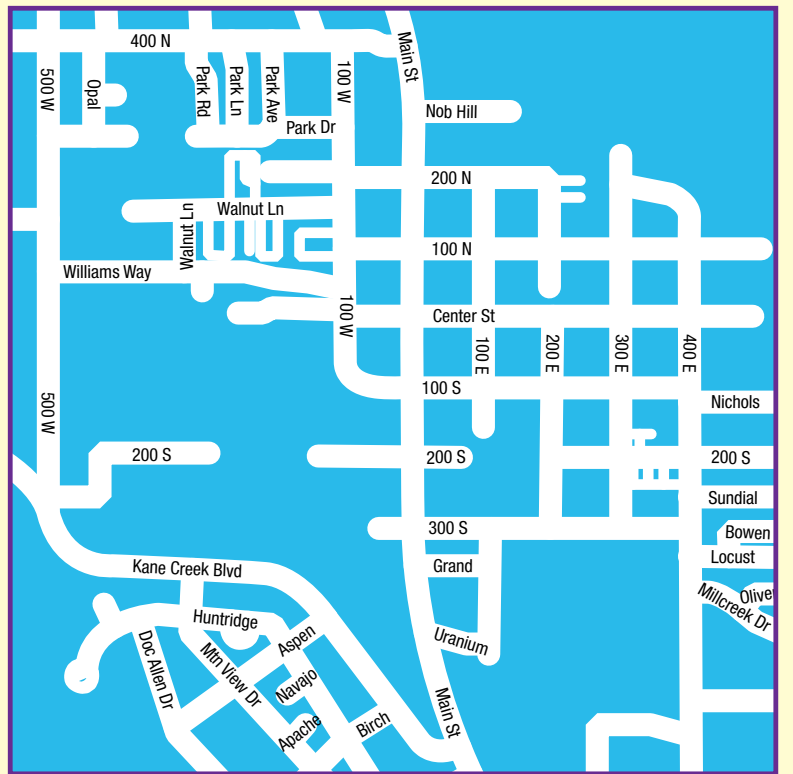
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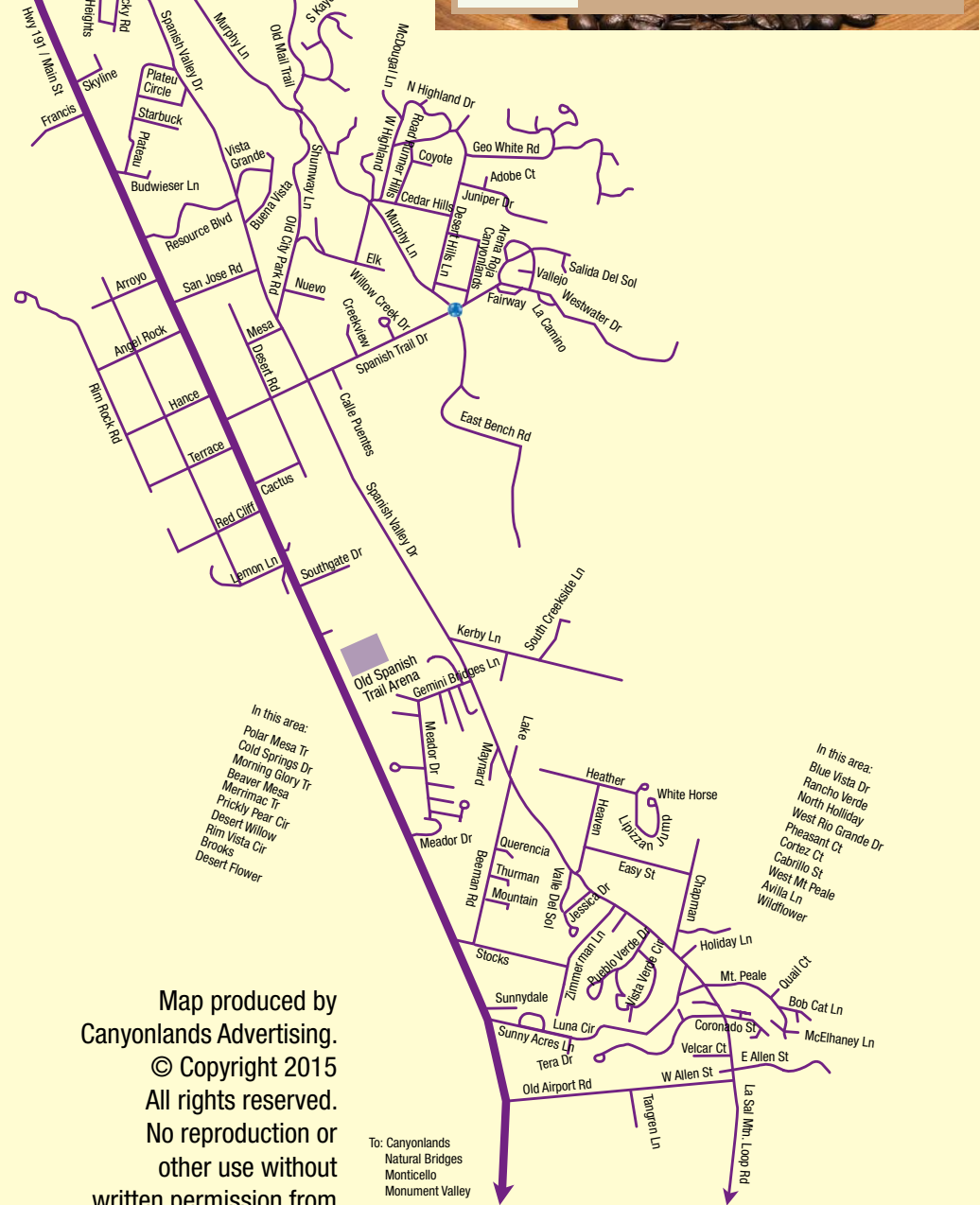
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PET HAPPENINGS

Frequent (or) Funniest Asked Questions at the Moab BARKery

By Jessica Turquette – co-owner of the Moab BARKery

Can I use a muzzle to stop my dog from barking?

The answer is not easy. There are two types of muzzles; one is a slip-on that keeps their mouth shut completely. Although this will stop your dog from barking, it will also keep them from being able to pant, and if a dog can't pant they will overheat. The second type of muzzle is a basket muzzle; this will not keep your dog from barking at all. Basket muzzles are designed to prevent a bite but allow the dog to resume all other normal dog activity, like drinking water taking treats, and panting if they are hot. Slip-on muzzles are designed to keep your dog's mouth shut for safety, and they should be used under supervision only. We use them occasionally in grooming if the dog indicates that they are uncomfortable with a procedure (like nail trimming), and they are never on the dog for more than a few minutes.

Although it's tempting to use a muzzle for something like barking, it is far better to address barking behaviorally. Find out why the dog is barking first. Are they bored?



Do they bark at the door when someone knocks? Do they bark at you for treats, food, toys, etc.? Once you've started answering some of these questions, you can move forward with teaching them not to bark. Barking is a strong instinct in most dogs, but excessive barking is not normal so it should be addressed. In my own dogs, they are very reactive to what is going on outside our fence. We want our dogs to alert when someone comes in our yard, but we don't want them barking more than necessary. We worked with a trainer to allow a few barks, and then suppress anything beyond 3 or 4 woofs. It was a lot of work and we still need to refresh the training periodically but it worked and was worth our efforts. If you are looking for a solution for barking we have many other recommendations, muzzles are not one of them.

If I feed my dog Chicken (or any other small prey) flavored dog food, will they develop a taste for it and want to chase/or kill Chickens?

No, your dog is a predator by nature. If they do want to chase and or kill these small prey animals it has nothing to do with the flavor of their food, but rather their natural instincts. We get this question often and we can assure you that if you pick rabbit flavored dog treats or a fluffy stuffed toy bunny your dog is no more likely to want to chase rabbits, they would have done that anyway regardless of what they are fed or what toys they are given.

Unique proteins are becoming all the rage in dog food, some because of allergies dogs can have to certain proteins (chicken and beef are the most common, but still it's a very rare thing to be allergic to proteins) and others for a pure novelty. Personally we like to feed venison to our own dogs, it's a lean protein and it's less likely to be raised with antibiotics. Neither of our dogs is allergic to proteins, we just like the stuff but you will never see my Dachshunds chasing down a deer because we fed them venison. Feed your dogs whatever healthy foods they like!

Why does my dog eat grass?

There are a few reasons dogs eat grass. The most common reason has to do with their tummy being upset. It is a dog's natural instinct to try and throw up if they have tummy upset, and most grass is indigestible (insoluble fiber) so they use it to throw up. The one thing you need to be aware of is that if you fertilize your lawn, do not let your dog even nibble on that grass, the chemicals that make it a nice pretty green are toxic or even fatal to your dog. Make sure if you want a pristine fertilized lawn your dog is not inclined to eat the grass. We use fish poop to fertilize many of our plants and lawn, and our dogs love to eat it. It's organic but still NOT ok for the dogs to eat.

If your dog eats grass and occasionally throws up it's not a big concern, but if they do it more than once a month there may be something else you need to address. Dogs will also seek out greens as a digestive aid. If they are not eating enough to throw up, but you see them

chewing on greens regularly they may need some digestive assistance. In this case you can add prebiotic and probiotics to their diet and it should help them curb the need to seek out greens. It's far better to supplement their diet with digestive aids then allow them to eat random greens with who know what sprayed on them.

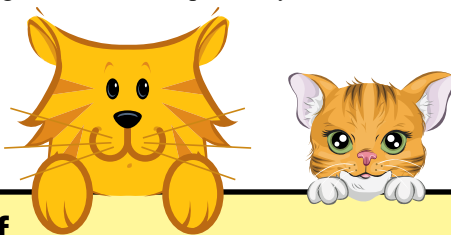
My dog drags their butt on the carpet, do they have worms?


There are two common but different reasons why dogs scoot their butt all over your carpet. The first and mostly likely answer is they are having trouble with their anal glands. This is far more common in small dogs, but all dogs have anal glands so it can be a problem for any size dog. When your dog scoots, their anal glands are most likely impacted and need to be expressed. Since your dog doesn't have the ability to squeeze their glands they try and use their body weight



against a soft surface to take care of it. Expressing glands should be done by someone who knows what they are doing like the vet or a groomer, but can also be done at home with training. We highly recommend doing it during bath time for easy clean up, as it can be a downright disgusting thing to do and it smells pretty bad. If a dog has chronic problems with their glands we suggest more soluble fiber in their diets. The glands are expressed each time a dog eliminates, if their poop is not solid enough it can lead to problems and adding fiber can help or even eliminate the problem.

The second common reason your dog scoots on the carpet is indeed they have worms. A fecal sample and diagnosis by the vet is the only way to determine the problem. You do not want to regularly deworm your dogs as the medication is harsh on the digestive tract and should only be used if necessary. Dogs usually get worms from eating scat or feces from an animal that is infested with worms. They can also get the worms directly from eating the animal or any part of an animal carcass. Since hiking is a common thing to do with your dog in Moab, digestive parasites are a pretty common problem here as well. There are other less common reasons for your dog to scoot their butt so if it's a chronic problem, please consult your vet.





Humane Society of Moab Valley

435-259-4862 • www.moabpets.org

February 2016 Events

Feb 6 - Cat Adoption Day at the Moab BARKery from 11am - 1pm	Feb 20 - Cat Adoption Day at the Moab BARKery from 11am - 1pm
Feb 13 - Dog Adoption Day at City Market from 11am - 1pm	Feb 27 - Dog Adoption Day at City Market from 11am - 1pm

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

The Bark Park - Off-leash Dog Park



Location: 100 E 300 S

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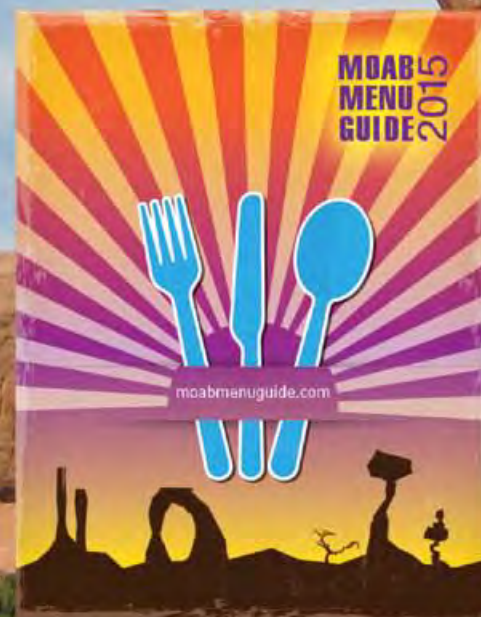
contact us: www.kzmu.org

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	Native Spirit (First Nations)	EARLY MORNING		Art of the Song	EARLY MORNING		Desert Diva (dance, pop)	7:00	
8:00		Native News 7:55am						8:00	
9:00	DEMOCRACY NOW							9:00	
10:00	Jah Morning (reggae)	Moab Mamas/ Morning Blend (everything)	MOAB MORNING BLEND			Blue Plate Special (blues/rock)	Shine Time (children, eclectic)	Wayward Wind (alternative, americana, oldies)	10:00
11:00			Amarillo Highway (alt. country, alterna-twang)	Tilted Park (Americana classic rock)	Rocketship Radio (indie, eclectic)				11:00
Noon	Grass is Greener (bluegrass, folk)	The Skye's the Limit (rock, blues, unreleased)	Radio mmm... (classic indie)	Horizon Line (modern chill)	Tangled Roots (early R&B, soul)	The Trading Post (call-in Buy/Sell)	Ain't Live Grand? (rock, pop)	Noon	
1:00								Entre Las Piedras Between the Rocks (Norteno New Mexico rock & roll)	MojoMondays (rock, pop)
2:00	Snap Judgment (storytelling w/ a beat)	This Week in Moab (Interviews / Calendar)	Pirates & Poets/ Twang Thang (americana)	Moab Drive Time (new, alternative, indie)	Thursday Drive Time (pop, rock)	Fire on the Mountain (dead, jam)	Belagaana Review (fruit and nuts)		
3:00								Inflection Point (news/talk)	DEMOCRACY NOW
4:00	Kokopelli Coffeehouse (acousitc, folk)	Big Swing Face (big band jazz) The Watering Hole (blues)	Big Rock Candy Mountain (eclectic)	Thin Edge (jazz)	Rock Wasteland	Rainbow Room (LGBT dance)	Ill Beats Radio (hip Hop)		4:00
5:00								Hardwired (hard techno chill)	Operation Punk Subversion (Punk Vinyl)
6:00	Southeast Utah REAL ESTATE Happenings	Conscious Party (ska, punk, native, rock, dub)	Liberty Jam americana, live, rock)	Ear Rooster (radio obscura)	Moab Menu Guide 2015	2016 Easter Jeep Safari MOAB UTAH	38 TRAILS 9 DAYS		
7:00								KZMU OVERNIGHT	
8:00								8:00	
9:00								9:00	
10:00								10:00	
11:00								11:00	
12:00								12:00	

www.moabhappenings.com

Check for events added online throughout the month.

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