MOAB HAPPENINGS
Volume 24 Number 9
DECEMBER 2012

COME VISIT US AT 225 S. MAIN STREET

RIVER ADVENTURES

FULL-DAY RIVER ADVENTURE
World-famous scenery and a backyard lunch rafting the Colorado River. 8:15am - 4:00pm (min age: 5)
$85 $65

COLORADO RIVER A.M. HALF-DAY
Raft from Fisher Towers to Takeout. Includes BBQ lunch along the river. 11:00am - 4:00pm (min age: 5)
$54 $44

COLORADO RIVER P.M. HALF-DAY
Raft from Takeout to Moab, includes BBQ lunch in this unique Canyon. 7:00am - 6:00pm (min age: 10)
$65 $55

WESTWATER CANYON FULL-DAY
Enjoy exciting whitewater rapids and lunch in this unique Canyon. 9:00am - 5:00pm (min age: 10)
$169 $169

TWO-DAY RAPT & CAMP
All meals and camping equipment provided, rafting moderate rapids, revel into the scenery. (min age: 5)
$255 $185

FLIGHTS & HORSEBACK

HOT AIR BALLOON RIDES
Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours)
$259 $259

CANYONLANDS SCENIC FLIGHT
See all 4 districts of Canyonlands NP in just one hour with a bird's eye view! Depart 9am
$165 $165

CASTLE VALLEY HORSEBACK RIDE
2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am & 4pm (min age: 8)
$80 $70

MOUNTAIN BIKING

HALF-DAY MOUNTAIN BIKING
Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)
$85 $65

CANYONLANDS SUNRISE DOWNHILL
Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary. (5 hrs)
$100 $85

ARCHES N.P. TOURS

ARCHES FIERY FURNACE HIKE
Explore a maze of astounding hidden chasms with one of our guides on this unique hike. 7:30am - 12:30pm
$81 $61

ARCHES SUNSET TOUR
Relaxing park tour and easy walk at the perfect time of day in amazing red rock landscapes. (4 hrs)
$71 $48

RESERVE 3 OR MORE ADVENTURES AND SAVE 10%
“Moab Happenings” is published by Canyonlands Advertising Inc of Moab, Utah and is provided free throughout the Moab area as a visitor information guide.

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

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Mill Canyon Dinosaur Trail – A Big Step Back In Time

If I could climb into a time machine and zoom back 150 million years, I would be shocked to discover that the canyonland country where I live doesn’t exist anymore! Instead I am hopelessly lost in a tropical rain forest of conifers, cycads and ginkgoes, which shade an undergrowth consisting largely of ferns. Nothing looks familiar, and as I wander around in this alien world, I make certain I don’t lose sight of my time machine!

In this era referred to as the late Jurassic, I am incredible to see dinosaurs roaming freely as they travel over a soggy, featureless landscape dotted with lakes, criss-crossed by sluggish rivers and saturated with swamps and bogs filled with horsetails and succulent plants. Even though I am fascinated with this foreign, long ago capsule of time, I can’t help feeling hopelessly out of place in an environment of unaccustomed humidity and strange habitat. When my time machine zooms me back to the 21st century, I am very happy to return to the world I know!

Climate change to a dryer colder environment and the contributing factor of a meteorite impact more than likely caused the extinction of dinosaurs. Unable to adapt, they died out. But the proof that this Jurassic Park really happened between 144 to 155 million years ago, is found in the Morrison Formation - a complex series of clays, shales and sandstones - an excellent setting in the low lying wet areas to record the fossilized remains of numerous dinosaurs.

The dinosaurs in Mill Canyon lived along a large, slow moving river, and when they died their bones were probably deposited along a river bend. A covering of sand preserved them, and over cens of time the bones transformed into fossils. In more recent times water erosion dissected this desert area uncovering a lost world in the form of fossils. Allosaurus, a large, bipedal meat-eating dinosaur, was the dominant predator in our area. The vegetarian, plant-eating dinosaurs were: Camarasaurus, who weighed in at 20 tons - the moderately sized nimble-and-fast Camptosaurus - and the odd-looking Stegosaurus, characterized by a double row of large alternately spaced plates that ran down it’s back ending with large spikes at the tip of it’s tail. On a breezy 20 degree morning in late October, as I anxiously wait for the sun to rise, I am glancing over the comments in the trail register. “A fantastic place for six to eight year old kids,” is right on, but I would add that it is also a fantastic place for anyone who is curious about the natural history along this half-mile trail, which has a treasure chest of dinosaur bones imbedded in the rock. Since most of these bones are purple, they are easily distinguished from the surrounding bedrock.

But there is plenty more: petrified wood, a description of the riparian environment in the wash, and river channel cross-bedding, which is a build up of sandstone layers from sediment deposits that have been carried down a course of water. A packrat midden can also be observed, and I have learned that these hoarders collect everything within 200 yards of their den. A midden may preserve its contents for up to 50,000 years, building up many layers, which are studied by scientists looking for time and climate change indicators.

At the end of the trail I cross the wash to access the remnants of the old copper mill for which Mill Canyon was named. The copper ores exposed along the Moab fault were only briefly mined and processed in the late 1800s; limited quantities of ore and fluctuating prices must have made the venture economically unfeasible. Two sides of the mortared stone walls still remain as a testament to a miner’s dreams of striking it rich.

Back in the wash I hang a left to continue my walk in a southerly direction, rather than returning to my vehicle, as the loveliness of the canyon beckons me on to indulge in the warm sunshine. With every step I cherish that special flavor of fall - the pregnant seed harvest – the poignant golden colors of the cottonwoods – the bustling of fall - the pale yellow fluttering leaves of willows – the warm sunshine. With so much moisture I find myself traipsing through a bumper crop of taller-than-me rabbitbrush and sagebrush.

Pausing for a break, I study the curvaceous image of Determination Towers, a popular rock-climbing destination, strikes a dramatic pose, and west of them is aptly named Big Mesa. The further I stroll along this old mining road, which is now the well-traveled Monitor and Merrimac bike trail, it will get until the water puddles up into pools that sometimes spills over, and then the clear cool waters flow. With so much moisture I find myself traipsing through a bumper crop of taller-than-me rabbitbrush and sagebrush.

Days are short now and I know I should not daily any longer. With the sun hanging low on the horizon I reluctantly retrace my steps as I savor this special day, a unique blend of natural history going back millions of years to the dinosaurs, the mining years of yesterday and the more recent joys of today’s hike through time.

The Mill Canyon Dinosaur Trail, an explanatory self-guided walking tour, is an outdoor natural history museum and a guided walking tour, is an outdoor natural history museum for kids,” is right on, but I would add that it is also a fantastic place for anyone who is curious about the natural history along this half-mile trail, which has a treasure chest of dinosaur bones imbedded in the rock. Since most of these bones are purple, they are easily distinguished from the surrounding bedrock.

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CRIMINAL DEFENSE
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Martin Luther King, Jr.

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225 South Main

Canyonlands Jeep Adventure
now offers GEAR!!
DECEMBER
Nov 30 & Dec 1 MARC’s Holiday Arts & Crafts Fair
Friday Nov 30th 4-8pm & Saturday Dec 1st, 10am-5pm @ The Moab Arts and Recreation Center (MARC). 111E. 100N., Moab, Utah. The MARC’s 2012 Holiday Arts & Crafts Fair displays and sells ALL handcrafted goods. No mass produced, pyramid scheme things, yard sale cast offs, manufactured, imported or sales that require a ‘representative’. MADE BY YOUR NEIGHBORS. With over 50 local & regional artisans, bakers & crafters displaying photography, paintings, ceramics, textiles, sculpture, jewelry, glass work, woodwork, metalwork, candles, soaps, salves, baked goods & more. Bring the kiddos-Santa will swing by from the North Pole for pictures on Saturday! Go for the creative & unique this holiday season! Find us on Facebook, call(435)259-6272 or email marcinfo@moabcity.org for further information. Happy Holidays!

1 Boom Boom Room - Light Parade Electro Dance Party. DJ’s John G and Thatcher provide the soundtrack for the season’s best party!! 8pm. House, electro, breaks. Frankie D’s. $4 cover.

5 Live Music at the Blu Pig - Bridget Otto and Friends

6-7 Live Music at the Blu Pig - Bob Greenspan

7 The Last Myth: A Conversation with Mathew Gross and Mel Gilles at Star Hall at 7:00 p.m. Free tickets will be available starting November 12th at the Grand County Public Library. The 2012 Moab Reads book selection is The Last Myth: What the Rise of Apocalyptic Thinking Tells Us About America. Copies are available for checkout at the Library.

12-13 GREASE presented by Simply Dance Co. featuring the GCHS Devilettes. 7pm at the Grand County High School (GCHS) Auditorium, 608 Soutoh 400 East. $8 Adults, $4 kids (ages 4-12) kids 3 and under free.

12 Second Wednesday Book Club - The Happiness Project by Gretchen Rubin from 6 to 8pm. Maggie Corson is the contact person at 259-8178.

Discussions are held at the Grand County Public Library in the board room.

12 Live Music at the Blu Pig - Bridget Otto and Friends

13 Free Film: BIDDER 70 - The Grand County Public Library and Utah Film Circuit: Moab present BIDDER 70. This film tells the story of Tim DeChristopher, a young man who disrupted a controversial BLM Oil and Gas leasing auction in 2008. 7pm @ Star Hall (159 E. Center St.) Call the library for more info 435-259-1111 or visit moablibrary.org

13-14 Live Music at the Blu Pig - Bob Greenspan

15 3rd Annual Christmas Bird Count at Dead Horse Point - see article on pg xx

16 First Annual Moab Community Christmas Choir Concert at the Moab Community Church (544 MIVida Dr) at 7:00 p.m. The concert is free and open to the public, with a free-will offering of non-perishable foods and personal hygiene items to be donated to the Moab Food Pantry. For info call Nanci Flesher 719.237.3702 and see article on page 5.

17 3rd Annual D-I-Y Gingerbread House Construction Party! We provide all the tools, candy, icing and most importantly, you walk away from the mess & we clean up. Gingerbread houses are the architectural wonder of the baking world! Some have Tootsie Roll mailboxes, shredded-wheat roofs, and gumdrop bells. These are just a few of the possibilities for building materials for you & your fellow architect. Plan on getting sticky & having lots of FUN! Call to reserve your spot! 5:30-7:30pm $20 or $18 for MARC members. $30 or $27 for 3 kids or more. Scholarships Available! Call & let us know what you can afford. Don’t let the money stand in your way of creating a Gingerbread House!!!

25 Christmas Day

January
1 New Year’s Day

5 Christmas Bird Count, Moab Bird Club, contact Marcy Hafner marcymoab@yahoo.com or 435-259-6197 for information

19 Moab Midwinter Mayhem II - Moab Roller Derby presents a triple header exposition comprised of two black & white scrimmages and a full-length bout. Saturday, from 6pm-10pm. Exact location to be announced. Tickets will be $10. Other skating events will be held throughout the weekend. For more info visit moabrollerderby.weebly.com/events.html or call 435-260-8257.

21 Martin Luther King, Jr. Day

February
16 Moab’s Red Hot 55k/33k - This event, hosted by GrassRoots Events, was inspired by a run on Steel Bender with accomplished runner Ian Torrence. Throughout the run the sun’s rays illuminated the covered sandstone spires, creating the illusion of hot embers glowing. Thus, Moab’s Red Hot 55k/33k was born. For more info visit GrassRootsEvents.net or call 435-260-0886.

18 President’s Day

Have your event at the Arena!
We do Horse Shows, Dance, Fashion Shows, UTV Rallys...
ANYTHING is possible!!
Sound System • Conference Room
Concession • Climate Controlled
for year round comfort.
Call 435-259-6226

DEADLINE for JANUARY Events Calendar: DECEMBER 20, 2012

Visit our exotic zoo and feed the animals
Located in the heart of Canyonlands Country
12 Miles South of Moab, Utah, on Hwy 191

moabhappenings.com

Activity Booking Center
Fitness Center • Lap Swim
Aquatic & Aerial Tours
• Water Aerobics
• Group Cycling Classes
• Child Care

www.MoabTourismCenter.com

For more information please call the Edge of the Grand Center!
RSVP Volunteers are selling stick Ponies during the Gift Fair Fundraiser, come pick yours out from the corral.

**MARC HOLIDAY ARTS & CRAFTS FAIR**

**Friday, November 30th**
Chamber Silent Auction at the Gift Fair
4:00pm - 8:00pm at Grand Center
MARC Arts & Crafts Fair, 4:00pm - 8:00pm
Tree-lighting Ceremony with Hot Chocolate, Cookies, and Santa!
5:00pm at Swanny City Park, Caroling with the Valley Voices, GCHS Choir & Band, and Charter School Taiko Drummers

**Saturday, December 1st**
Chamber Silent Auction at the Gift Fair
9:00am - 3:00pm at Grand Center
MARC Arts & Crafts Fair, 10:00am - 5:00pm
Winter Sun 10K, 10:00am
Electric Light Parade with Grand Marshals, Citizen of the Year, and Business of the Year, Main Street at dusk

Special THANKS to our sponsors and 3-Arch members

**KICK OFF THE HOLIDAY SEASON WITH DOUBLE THE FUN**

**TWO HOLIDAY CRAFT FAIRS**

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Electric Light Parade with Grand Marshals, Citizen of the Year, and Business of the Year, Main Street at dusk

Special THANKS to our sponsors and 3-Arch members

**The Café will be serving all your favorites**

Navajo tacos  Hot dogs  Assorted chips  Chili dogs  Frito Pie
Assorted Pie selection  Assorted pop selection  Chicken noodle soup

The Center’s famous cinnamon rolls and sticky buns...yum

Santa will be here Saturday 11-2pm

A variety of vendors for your holiday shopping needs, fun and food.

RSVP Volunteers are selling stick Ponies during the Gift Fair Fundraiser, come pick yours out from the corral.

**Bring the kiddos - Santa Claus will stop at the MARC for photos Saturday 10-4.**

**Hand Spun Yarn**

**Soap & skin care, hats & yarn, wreaths, jewelry, artography, scarves, pottery, Fido treats, wood crafts, stone crafts, paintings, goat cheese jars & jellies, plants, aprons, peanut brittle, warm food, ALL HANDMADE**
Moab\'s Christmas Bird Count

This year represents the 113th annual Christmas Bird Count (CBC), one of the longest running citizen science projects in the United States. The count started as a non-consumptive alternative to a traditional Christmas Day activity where participants blasted away at birds and mammals in a terrible waste of wildlife. Frank Chapman, then the editor of Bird-Lore magazine, proposed a different type of Christmas Day outing that focused on counting live birds. The CBC was born.

For the 112th count last year, 37 participants counted 90 species in Moab. The 15-mile diameter count includes the entire Colorado River, the Spanish Valley and east into Castle Valley. Teams were assigned to cover sections of the circle to avoid double counting. Of course, birds tend to move and large flocks or particularly unusual species were recorded as to time and location, especially if they were moving across the valley. Later on the teams could determine if they observed the same groups or not.

Worldwide for the 112th CBC, there were 2215 counts: 1714 in the United States, 394 in Canada and 107 in Latin America and the Caribbean. Nearly 65 million birds were recorded totaling 646 species; quite a difference between the 20 species observed on the first count in 1900.

So what types of birds can one expect during the count? Depending upon the area of the Moab circle, waterfowl, raptors, woodpeckers, jays, wrens, sparrows and finches make up the majority of the species sighted. It is amazing the diversity of birds that occur in neighborhoods and urban spaces in town.

Great horned and western screech owls also ended up on last year\'s list, but other years\' counts have turned up barn, northern pygmy and northern saw-whet owls, as well. Though the owls are hard to find, other diurnal raptors like northern harriers, bald eagles and red-tailed hawks are easier to locate.

So what does the CBC indicate? The count provides a regional or national snapshot of winter bird populations. Researchers who look at the data have discovered some interesting declines and increases for species over the years. In Moab, the proliferation of Eurasian collared-doves is revealed through increased numbers over the years. These birds, native to the Caribbean and southeast, have extended their ranges across the country. In addition to the collared-doves, white-winged and mourning doves were also observed. In my years of participating on the Moab CBC, finding a wintering mourning dove was a big event, while the other two species were non-existent.

So how does one go about participating in the Moab CBC? First off, you don\'t need to be an expert birder to join. The count organizers mix and match teams so that novices don\'t go alone or in fledgling flocks. Each group has a team leader who knows the area and where to look for different birds.

After the count, on January 6, there will be a wrap-up potluck brunch held at The Nature Conservancy office on Kane Creek Boulevard. Besides a late breakfast, teams turn in their count forms and compare notes. The rundown also provides an opportunity to look for \"count week\" species, those that were missed on Count Day. To participate, contact organizer Marcy Hafner at marcymoab@yahoo.com or 259-6197 and enjoy the birding!

3rd Annual Christmas Bird Count at Dead Horse Point

A flash of blue catches our eyes to the left, a familiar glint. Then it begins, more blue flashes and the sound of a bird call much like old friends gathering at the table and having a good laugh. The brilliant blue flock has just arrived in the pinyon next to the count group. Pinyon Jays are social birds that tour around in flocks of twenty or more. Each one of these birds will cache thousands of pinyon seeds around Dead Horse Point State Park each year. The truly amazing thing is, that they can remember where they have stashed 95 percent of the seeds they cache. This mutualistic relationship benefits both bird and tree, as the 5 percent of pinyon seeds left sown in the soil, ensure a new generation of pinyon pines. The Pinyon Jay is one of several species of bird counted last year during Dead Horse Point State Park\'s Christmas Bird Count.

Each year, during the later part of December into the beginning of January, National Audubon Society sponsors a Christmas Bird Count. Audubon and birding groups around the United States set a date for participation within the open timeframe, usually a two-week period. The groups then invite their local citizens to assist in the physical bird count. Regardless of the weather, the count will go on. Birders and non-birders alike join in the search for all birds life found within the group\'s circle within a 24-hour period. The Christmas Bird Count (CBC) and the Great Backyard Bird Count (GBBC) are two examples of National Audubon Society based citizen science endeavors. Programs such as these allow scientists to gather an extensive amount of information in a short period of time, and connect participants with the deeper meanings found within the natural world. This data helps scientists follow a variety of bird species through their annual migrations and track population sizes, to compare with past historic data. For the participants, the projects present the opportunity to get out into nature, to assist your local community, to help out scientists across the nation and to meet new people with similar interests. The majority of these citizen science projects are free to participants and an excellent way to rub elbows with naturalists in your area.

Find the birding activities in the Moab area please contact Marcy Hafner (435) 259-6197 or marcymoab@yahoo.com. A post count potluck brunch will be held on Sunday January 6th at 10 a.m. at the Nature Conservancy Office, 860 Kane Creek Blvd. Those participating in the count are invited to attend.

Moab locals will receive 10% off items in Dead Horse Point State Park\'s gift shop during December and January.

Sponsored by the Cortez Board of Realtors

Parade of Lights in Cortez

December 1st on Main Street

For more info call Gayel at 970-564-4095

Annual

By Damian Fagan
How To Get A Drink...

...In Moab, Utah

Recent changes to Utah Liquor Laws have made it less confusing and easier to get an alcoholic drink. You can now go to some restaurants and without ordering food, you can order a drink. Some restrictions may still apply as to where you can sit in a particular establishment when consuming alcohol. For example, Zax has an adult atmosphere in the Watering Hole where you can order a cocktail and watch your favorite sporting event on their 13 TVs, with or without ordering food. This locally owned full-service restaurant serves their entire menu in both the Watering Hole and restaurant. However, if you sit in the family dining restaurant, you need to order food to consume an alcoholic beverage.

Moab Brewery, Moab’s only on-site microbrewery, offers a variety of locally brewed beers in their bar, as well as their beer being available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area. Also new is the addition of two upscale lounges in Moab. Vista Lounge located inside Buck’s Grill House and The Ghost Bar, upstairs at Jeffrey’s Steakhouse. Both locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

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

The Utah State Liquor Store is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South and is open from Monday through Saturday (11:00 am to 9:00 pm - May 1st to November 1st and from 11:00 am to 7:00 pm - November 1st to May 1st). They are closed on Sundays and Holidays.

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.”
Sorrel River Grill Restaurant

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

Pancake Haus

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

Pantele’s Desert Deli

98 East Center
Mon-Sat 11-4  Closed Sunday
Locals favorite. Greek style deli with old family recipes. Fresh made desserts and salads. Big sandwiches. Soup of the Day. Order box lunches to take with you on your adventure. Ask for early morning pick-up, Catering available.

Paradox Pizza

702 South Main St  259-9999

Friday & Saturday 3-10pm At Paradox Pizza, everything is made in house, from our pizza dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly.

Pasta Jay’s

1 South Main  259-2900

Peace Tree Juice Cafe

20 South Main  259-0101

Pizza Hut

265 South Main  259-6345

Sun-Thur 11am –10pm  Fri-Sat 11am –11pm

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

Portal Grill at Moab Regional Hospital

450 West Williams Way

Quesadilla Mobilla

available for events and catering 260-0289

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

Red Rock Bakery & Net Cafe

74 S. Main Street  259-5941

Breakfast • Lunch

Sunset Grill

900 North Highway 191  259-7146

Dinner

Susie’s Branding Iron

2971 South Highway 191  259-6275

(3 miles south of Moab)

Open 11am – 10pm
Welcome to our ranch cookhouse. Come in, take off your hat, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. Tres orders are welcome. Backdoor Bar - Now Open.

Sweet Cravings Bakery & Bistro

550 North Main  259-8983

Breakfast • Lunch
Wed-Fri 8am - 5:30p  Sat-Sun 8am – 3pm

A yummy, fun little restaurant, offering baked goods, cookies, pies, etc. with delicious breakfast burritos and build your own panini’s for lunch. Stop for breakfast and grab lunch to go along with a treat for later! Now delivering. 

Szechuan Restaurant

125 North Main  259-8984

Village Market

702 South Main  259-3111

Wake and Bake Cafe

59 S. Main 80, Mckiffls Plaza 259-2420

Wendy’s

260 North Main  259-2595

Wicked Brew Drive Thru

132 North Main
Open at 7 am Daily

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

Zax

96 South Main Street  259-6555

Lunch • Dinner • Family Dining
We have it all! We offer an extensive menu that includes the best burgers in Moab, sandwiches, pastas, salads, seafood and our famous All-You-Can-Eat pizza buffet and salad bar. Dine inside or out on our all-weather covered patio. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TV’s throughout the restaurant. Featuring a full liquor license, Open 7 days a week. Locally owned and operated.© 2012 Moab Menu Guide

Moab Menu Guide 2012

The Moab Menu Guide is also online at www.moabmenuguide.com
RESTAURANT GUIDE

EklectiCafe  
Wicked Brew  
La Hacienda  
Sweet Cravings  
EklectiCafe

Broken Oar  
Broken Oar

Jailhouse Cafe  
Jailhouse Cafe

Miguel's  
Miguel's

Slickrock Cafe  
Slickrock Cafe

Peace Tree  
Peace Tree

Red Rock Bakery  
Red Rock Bakery

ZAX  
ZAX

Desert Bistro  
Desert Bistro


take-out

Closed the Season

36 South 100 West
Open Tuesday - Sunday 5:30 pm - 9:30 pm
Closed Monday
Reservations Highly Recommended
259-0756  FULL LIQUOR LICENSEE

Subway

Located inside Walker’s Convenience Store
Buy a 6 Inch Sandwich and a Medium Drink and get a 6 Inch Sandwich (of equal or lesser value) FREE.
Expires January 15, 2013
Coupon valid at your Moab Subway
299 South Main • 259-SUBS

Milt’s

Established 1984

Located at 400 East and Mill Creek Drive on the way to the Slickrock Trail.

Open Tues - Sun 11 am - 8 pm
Closed Monday
www.miltsstopandeat.com

Take In or Take Out: 435-259-7424

Pick up a copy of the 2012 Moab Menu Guide at many businesses around town. It can help you choose a place to eat or order your meal for take-out. The Moab Menu Guide is also online at www.moabmenuguide.com
Red Cliffs Lodge and WabiSabi are offering a free community Christmas Dinner on Tuesday, December 25, from 2:00 to 8:00 p.m. at the Grand Center. The dinner is made possible by generous donations from the community. Everyone is invited to attend or volunteer at the event.

This is the seventh year WabiSabi has offered its Hands Up community meals. “This is a tough time for everyone, and whatever we can do to help people out, we want to do it.”

“Plus,” she adds, “we don’t want to see anyone spend the holidays alone.”

Dinsmore says a broad cross-section of the community attends the Hands Up meals each year, from schoolteachers and business owners, to the unemployed and homeless. And while all appreciate the free meal, it’s more about building the bonds of community than helping people through lean economic times.

WabiSabi is currently seeking volunteers to help with meal setup, serving and cleanup. Anyone interested in getting involved can contact Mandy Turner at 259-2553 or programs@wabisabimoab.org. Unfortunately, WabiSabi is unable to accept food donations from individuals. Everything served must be prepared in a commercial kitchen. However, financial contributions to the event may be mailed to WabiSabi, 1030 S. Bowling Alley Lane, Moab, UT 84532.

As always, generous community involvement is vital to the success of the event. “It’s amazing to see how many people jump in and help out with these meals,” says Dinsmore. “We are so fortunate to live in a community where everyone wants to get involved and help one another out. It’s truly an expression of the holiday spirit.”

“Hands Up is a chance for the individuals, nonprofits and businesses of Moab to unite in sustaining area residents and the community at large,” she adds. WabiSabi is an integral part of the Moab community, supporting its eclectic sense of identity and the diversity of residents that comprise it. To learn more, visit www.wabisabimoab.org.

After a quick round of phone calls to a variety of restaurants in Moab, I’ve come to the conclusion that restaurant schedules vary greatly as to who is open and when. But the good news is that there are more restaurants continuing to remain open for a longer time each season and some who are adapting their menu selections and taking the plunge into staying open for business all year round.

So here’s a brief listing of some holiday dining choices...However, don’t hesitate to pick up the phone and call ahead to check on hours. See restaurant guide on pages 7, 8, 9, 10 and 11 in section A of this issue for more details about location and type of cuisine...

Here are a few choices to consider if you’re looking to dine out on:

CHRISTMAS EVE
- Denny’s, Eklecticafé, Frankie D’s,
- Leger’s Sandwiches, Moab Diner, Pantele’s
- Paradox Pizza, Pasta Jay’s, Pizza Hut, Red Rock Bakery, *Sorrel River Grill,
- Szechuan Restaurant,

CHRISTMAS DAY
- Denny’s, Frankie D’s, Leger’s Sandwiches,
- *Sorrel River Grill, Szechuan Restaurant,

NEW YEAR’S EVE
- China Cafe, Denny’s, Eklecticafé, Fiesta Mexicana,
- Frankie D’s, Hogi Yogi, Jeffrey’s Steakhouse, Leger’s Sandwiches,
- La Hacienda, Moab Diner, Paradox Pizza,
- Pasta Jay’s, Pizza Hut, Red Rock Bakery,
- Rio Sports Bar & Grill, Sabaku Sushi, *Sorrel River Grill,

NEW YEAR’S DAY
- China Cafe, Denny’s, Fiesta Mexicana,
- Frankie D’s, Leger’s Sandwiches, Moab Diner, Paradox Pizza,
- Pasta Jay’s, Pizza Hut, Red Rock Bakery,
- Rio Sports Bar & Grill, *Sorrel River Grill,

Red Cliffs Lodge and WabiSabi, Offers Free Christmas Dinner to the Community

Holiday Dining Guide
The Sky for December 2012

The Milky Way spans the northern sky from west to east studied with brilliant stars in Cygnus, Cassiopeia, Auriga, Orion, Gemini, Canis Major and Minor. The long neck and broad wings of Cygnus the Swan takes on the appearance of a cross as it dives towards the western horizon. Andromeda the Galaxy appears high above—a faint fuzzy glow off the northeast corner of Pegasi in the constellation Andromeda.

**SUNRISE AND SUNSET TIMES FOR DECEMBER**
(The time of sunrise and sunset assumes a flat horizon. Actual time may vary depending upon the landscape.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Sunrise</th>
<th>Sunset</th>
</tr>
</thead>
<tbody>
<tr>
<td>27</td>
<td>4:50am</td>
<td>5:45pm</td>
</tr>
<tr>
<td>28</td>
<td>4:51am</td>
<td>5:46pm</td>
</tr>
</tbody>
</table>

**MAJOR CONSTELLATIONS OF DECEMBER**

- **Overhead:** Andromeda, Aries, Perseus, Cassiopeia, Triangulum, Cepheus, Ursa Major, Ursa Minor
- **Northward:** Cassiopeia, Cepheus, Ursa Major, Ursa Minor
- **Eastward:** Canis Minor, Gemini, Orion, Taurus
- **Southward:** Aquarius, Canis Major, Cetus
- **Westward:** Cygnus, Lyra

**DAYLENGTH**
The period of daylight continues to shorten until December 18 when the length of the daylight period levels off at 9 hours 28 minutes for the next four or five days. By December 24 the days are lengthening but only average a gain of one-half minute per day through the end of December. Civil twilight adds about one-half hour of usable light at dawn and dusk. During the next half hour—astronomical twilight—residual light at dawn and dusk. During the next half hour—nautical twilight—residual light at dawn and dusk.

**WINTER SOLSTICE**
Winter begins in Moab on December 21 when the sun appears at its southernmost point in the sky at 4:12am as seen from the northern hemisphere. The sun appears overhead at 23.5 degrees south latitude which is marked on geographical maps as the Tropic of Capricorn because the sun was in the constellation Capricornus at solstice time when the maps were made. Today, due to precession of the equinoxes which is caused by the wobble of the earth’s axis, the sun is at the same latitude but appears farther west in the constellation Sagittarius when the winter solstice occurs.

---

**MOON HAPPENINGS**
Dec 6 – Last Quarter Moon rises soon after midnight.
Dec 18 – New Moon occurs at 1:42am.
Dec 19 – First Quarter Moon sets in the early am hours.
Dec 28 – Full Moon occurs at 3:28am. Watch it rise on the 27th (4:50pm) and the 28th (5:45pm).
(The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

**METEOR HAPPENINGS**
One of the year’s best meteor events—the Geminid Meteor Showers—is active from December 6 through December 18. Peak activity coincides with the new moon this year on the night of December 13/14. With clear skies, viewers can expect to see up to 60 meteors and fireballs per hour between 1:00am and 5:00am. Debris from an asteroid—rather than a comet—produces these multicolored meteors.

- **The Delta Arietid and the Ursid Meteor Showers** occur later in the month, but good viewing will be obscured by a waxing gibbous moon. Meteor activity for the Arietids (constellation Aries—just west of Jupiter) peaks on the night of December 20/21. The Ursids peak on the night of December 22/23. Consider viewing in the pre-twilight hours of the morning after the moon has set.

**VISIBLE PLANETS**
- **Saturn** – The “star” of the morning sky rises a little later each day which keeps it close to the southeastern horizon throughout the month. It’s in the constellation Scorpius. The spectacular morning event mentioned above continues on December 13 with a very thin waning crescent moon above Saturn and with Venus and Mercury below. Magnitude -0.6
- **Mercury** – The innermost planet is never easy to see, but those who care enough to try may find it in the morning sky during the first two weeks of December. Look for it in Scorpius less than 10 degrees below Venus in the eastern sky. On December 4 Mercury reaches its greatest apparent distance from the sun which can improve its visibility. (Magnitude -0.3)
- **Venus** – On December 14 look for the red planet in the evening twilight to right of a very thin waning crescent moon. Both Mars and the moon may be easier to find on December 15 when the planet appears below a slightly larger moon. Mars begins the month in Sagittarius and moves into Capricornus before month’s end which keeps it very low on the western horizon. (Magnitude -1.2)

**Jupiter** – Brightest of the evening planets this December. Jupiter reaches opposition on December 3. At opposition the giant planet reaches its closest position to the earth for this year. Look for it in the constellation Aquarius on December 9 and 10 with a waning crescent moon. Both Jupiter and the moon may be easier to see, but those who care enough to try may find it in the morning sky as evening twilight fades and remains visible into the early morning hours near the constellation Taurus. It reaches opposition on December 3. At opposition the planet is on the opposite side of Earth from the sun which makes it to its closest position to the earth for this year. On December 25 Jupiter rises just ahead of a waxing gibbous moon. They appear less than two degrees apart. (Magnitude -2.8)

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Movies Made in Moab

This is the 4th in a series of articles by John G. Hagner (Founder and CEO of the Hollywood Stuntmen’s Hall of Fame), a Non-profit organization that is dedicated to preserving the history of the stunt profession and to honoring stunt people the world over.

CHEYENNE AUTUMN (1963)
FIlmed in 1963 in the Moab area at White’s Ranch, Castle Valley, Professor Valley, Colorado River, Onion Creek, Arches National Monument, Monument Valley and Mexican Hat.
Cast included Richard Widmark, Carroll Baker, James Stewart, Edward G. Robinson, Ricardo Montalban and Gilbert Roland. Stuntmen were Chuck Robinson, Chuck Haven, Dean Smith, Berg Johnson and Jack Williams.
Story: A novel by Mari Sandoz, it was directed by John Ford and typically shows the Indian outlook of American history. It is an action-packed movie set in the 1860s.

RIO CONCHOS (1964)
Starring Richard Boone, Stuart Whitman, Edmond O’Brien and Football Star, Jim Brown. Filmed at White’s Ranch, Castle Valley, Professor Valley, Locomotive Rock, Arches National Monument and Dead Horse Point State Park... all based in Moab.

The Cheyenne Indians were forced to relocate to another place over 1,000 miles from their ancestral land. They are protected by the U.S. Government, but it falls short of their obligation to have enough food and shelter to survive. Consequently, many Cheyenne people do not survive and die from disease and starvation. Afterwards, they decide to go back to their homeland regardless of the government.

In 1996, Gary narrowly escaped being killed while riding his motorcycle on his way to get a cup of hot chocolate... Then a car accidently ran him off the road. In the early 1950s, he was living in a home for boys in the San Fernando Valley at the McKinley Home for Boys. The movie “East of Eden”, starring James Dean was filmed there. Gary was fortunate to watch the filming for about a week. He really wanted to be a part of working in the movies. At the time, Dean Martin and Jerry Lewis came there to do a film for Director Hal Wallis entitled, “The Three Ring Circus”. Co-starring was Jeanne Crain. In the early 1960s he met Hal Needham. Hal was very helpful and soon afterwards, he started working in western movies. Gary had experience riding broncos in rodeos. He was raised near the Sunset Stables. His interest in stunt work was such that he bought a horse and trained it in doing falls. Hal started taking Gary on the films he was working, including the John Wayne classic action in, “War Wagon”. Duke really liked Hal Needham’s style of stunt fighting and brought him into coordinate some of the fight scenes. It was then that he introduced Gary and put him and some of the other fellas and they dig a big barroom brawl in that movie.

Gary worked on six Wayne pictures: “The War wagon”, “Hell Fighters”, “The Undefeated”, “Chisum”, “McQ” and “Rooer Coghern”.

In this “Boy’s Life” which was filmed in Moab, starring Robert DeNiro, Gary was hired to drive an out-of-control truck down a mountain road, turn it over and crash down the mountain. He accomplished the very dangerous stunt, but it was cut from the movie.

In the movie “McQ”, Hal Needham was seriously injured performing a cannon-roll stunt, so Gary was called in to complete the sequence. This was up in Washington, on an Indian reservation. He did the turnover with a car on the beach at a speed of about seventy-five or eighty miles an hour. It was the first time a cannon was used to flip a car.

Gary McLarty is an inductee in the Hollywood Stuntmen’s Hall of Fame and was footprinted in cement at the Hall of Fame website: www.stuntmen.org
Moab Happenings features stories and art work by Hagner every month.

Look for Movies Made In The Moab Area and another article entitiled, Stunt Stars and Legends. Mailing address for anyone wishing to make a tax-deductible donation to the Hollywood Stuntmen’s Hall of Fame, is 81 W. Kane Creek Blvd. #12, Moab, Utah 84532.

STUNTS STARS AND LEGENDS: Gary McLarty

owed to the land of their ancestors.

The Cheyenne cause is taken up by Captain Archer when he goes to Washington, D.C. and pleades their case.

The Secretary of the Interior finally agrees with Archer and the few remaining Indians are allowed to return to the land of their ancestors.

JOHN G. HAGNER – Founder/CEO of the Hollywood Stuntmen’s Hall of Fame

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The Secretary of the Interior finally agree...
First Annual Moab Community Christmas Choir Concert

The first Moab Community Christmas Choir will present the first Annual Christmas Concert at the Moab Community Church, 5430 Vida Drive, on Sunday, December 16 at 7:00 p.m. The concert is free and open to the public, with a free-will offering of non-perishable foods and personal hygiene items to be donated to the Moab Food Pantry.

The Moab Community Christmas Choir is made up of singers and musicians from Moab churches. The choir is directed by Mr. Ryan Morrill, 5th LDS Ward, and Mrs. Nanci Flesher, St. Pius X Church. Also directing will be Mr. Don McGuire, 1st LDS Ward. The choir was the inspiration of Mr. Morrill who recognized that, since the former years of the Moab Messiah performances, many singers and musicians still desired the opportunity to participate in a quality, choral concert. Music performed for this concert will be of mostly sacred nature. The 40+ Choir members are from the Moab Community Church, all five LDS Wards, the Seventh Day Adventist Church, St. Francis Episcopal Church, and St. Pius X Roman Catholic Parish. Mr. Morrill, the former band director for Grand County District, is the elementary/vocal music teacher at HMK Elementary. Mr. McGuire is the new band director for Grand County District. Mrs. Flesher, the teacher for the new BEACON Moab Strings Program, is a retired public school, elementary/vocal teacher and recent, former Director of Music in a large Catholic parish, in Colorado Springs.

The concert will include performances by a Brass Ensemble from the Canyon Winds, and percussionists from the community. The Brass Ensemble will play carols from the balcony prior to the beginning of the concert. The concert will include traditional English, French, German, Austrian carols, and, also carols from Appalachia, West Africa (Cameroon) and West Indies. The final portion of the concert will include audience participation in singing with the choir and instrumentalists. Following the concert, there will be a Holiday reception in the Fellowship Hall. The members of the First Annual Moab Community Christmas Choir warmly invite everyone to come enjoy some of the best music and fellowship of the Christmas season here in Moab.
Mt. Peale: A most fascinating and beautiful place by Doug Freed

Venture out from Moab around to the Colorado side of the La Sal Mountains, 14 miles from Utah Highway 191 on Utah Route 46, to discover the untrammeled side of the La Sal Mountains and a lodging company and animal sanctuary engulfed in abundant peace and quiet that defies definition.

It is, all at once, a lodge, rental cabins, a massage therapy center, and an animal sanctuary. A most fascinating and beautiful place indeed.

What started as a more traditional tourist-oriented lodge in the early 1990s, founded by Lisa Ballantyne and Teague Eskelsen, has become a healing place for humans and for the special needs animals at the sanctuary. The animal sanctuary is only two years old but already is home to several special needs horses, a pack of lovable hounds, and cats in every size, shape and description.

“We’ve had to evolve,” explained Teague Eskelsen about the varied nature of the lodge. “We don’t plan things, we’ve just evolved.”

It was in that vein that Eskelsen and Ballantyne two years ago decided to adopt a critically crippled colt suffering from a disease that basically was eroding the animal’s joints. In most instances, a colt suffering from such an affliction is put down, but Eskelsen and Ballantyne adopted the colt, taking on the costs of extensive medical treatments as well. To do so, the couple had to agree to let the colt’s mother accompany the colt back to Mt. Peale until it could be weaned. The owner agreed and the colt was named Lucky Boy. To see the horse today is to think Lucky Boy may be the most aptly-named horse in America.

Following extensive medical treatments, Lucky Boy remains hobbled by the disease but no longer is completely crippled. He gets around with a limp on disfigured legs, but has absorbed enough love over the past two years to readily share it with other horses or humans.

Today, Lucky has a variety of equine friends at Mt. Peale. Once Lucky found a home, other special needs horses began to find Eskelsen and Ballantyne. One is blind, others are suffering various stages of crippling diseases or horrifying abuse at the hands of previous owners. All of them are loved unconditionally and cared for in the most tender of ways by hired hand Ryan Stewart, Amy Eskelsen and the two owners. With the horses came the dogs who otherwise may have been put down, and even the special needs cats. The animals at Mt. Peale are not living in what one might consider a traditional sanctuary or kennel arrangement. Every one of the critters at Mt. Peale is treated like a pet. The love and attention they receive is truly apparent.

A peculiar thing happened on the way to creating the sanctuary, Teague said. Caring for the animals is very expensive and a potential drain on the traditional massage therapy and lodging business at the lodge, but Teague said as the focus shifted to the animals, good things started to happen for the humans. “When we focus on the animals, everything else seemed to work out for everybody, including us,” she said.

While caring for the animals can be very expensive, Teague said the animals give back ten-fold what they receive. For some reason, explained Teague, “These guys bring joy back into people’s lives.” She will gladly recount story after story of how the horses, dogs and cats at the sanctuary have helped various guests through difficult times. “The animals allow people to grow beyond their limits,” she explained.

It was in that vein that Eskelsen and Ballantyne found a location for a pet-friendly, off-leash dog park.

The Bark Park - Off-leash Dog Park

Location: 100 E 300 S

Open at 10am DAILY
82 N. Main
435-259-8080
www.moabbarkery.com
Self-Serve Dog Wash starts at $10

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

Don’t forget to get your 2012 Humane Society Membership. The membership card offers free items or discounts with 18 different local businesses. To purchase a membership please stop by our office at the City Shelter or visit the website at www.moabpetso.org

Purina Beneful and Iams are filled with corn, by-products and dangerous preservatives. Feed your dog better for less money too! We carry Diamond Naturals starting at $33.19 for 40 lbs. Better ingredients for less at the Moab BARKery. Knowledgable and friendly staff too!

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

December 1st - Christmas Light Parade
December 8th - Dog Adoption Day at City Market from 11am - 1pm
December 15th - Cat Adoption Day at the Moab BARKery from 11am - 1pm
December 22nd - Dog Adoption Day at City Market from 11am - 1pm

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

The Bark Park offers Sled dog tours out of the lodge into the La Sal Mountains. This winter, Amy Eskelsen will offer sled dog tours out of the lodge into the La Sal Mountains. Call 435-868–2284 for advanced reservations.
Canyonlands Copy Center features many of Moab’s locally produced unique gift items… from Sore No More, rock art, magnets, Saucy Lisa’s Hot Sauce pepper packs, to local books, calendars and greeting cards. You are sure to find a Made in Moab gift for the Holidays!

Greeting Cards by local artists include Melinda Redd, Catherine Holmburg, Serena Supplee, Bruce Hucko, Patrick Paul René, Pete Apicella, Jacci Weller, Diane Trevett, Bret Edge and more!

435-259-8431
375 S. Main Street
Moab UT 84532

Open for shopping Monday - Friday 8-6 Saturday 9-5
The American Heritage Encyclopedia of the United States summarized the Steen story in a concise tribute:

“In 1952 a young Texas geologist, Charles A. Steen, discovered uranium in the Big Indian section of San Juan County, some 30 miles from Moab. In the next eight years Moab’s population quadrupled and San Juan County became one of the wealthiest in Utah. The uranium boom brought prosperity to many and led to major discoveries of oil and the development of large potash beds, but perhaps its greatest gift was the opening up of the wilderness. In their frantic search for uranium, prospectors built rough roads and mapped previously uncharted land. For the first time, some of the grandeur of the Canyonlands was made accessible to more than the occasional cowboy and adventure seeker.”

“Steen has done more than accumulate great wealth,” stated True Magazine. “He’s done a king size favor for the country by unearthing a huge deposit of uraninite.”

“Mi Vida was a decided turning point in the history of mining,” the Atomic Energy Commission declared.

And Charlie said...

“I’ll probably be prospecting until I’m dead. Then they’ll realize I started the biggest uranium boom in history. That’s what I want the history books to say.”
Moab has become known worldwide as a mountain biking mecca. The canyon country around Moab offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. One of the most famous and popular is the Slickrock Trail. This trail is 12 miles of moderate-to-difficult riding on Navajo sandstone, located a few minutes from Moab. There are many other trails and old jeep roads in the area which provide a complete variety of mountain biking challenges. Several companies in the area can provide rentals and information.

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

• **MOONSHADOWS IN MOAB** May, 2013 Enjoy this fully supported 44 or 60 mile ride by the light of the (almost) full moon. As you gain 2700 feet in climbing elevation the moon has risen and illuminates the desert sagebrush casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the outdoor Mooshadows Cafe overlooking the Colorado River. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to the Start/Finish area then enjoy post-event revelry at Frankie D's Saloon.

• **3RD ANNUAL GRAN FONDO MOAB** May, 2013 The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates.

• **MOAB CENTURY TOUR** September, 2013 This annual event is a weekend packed with road cycling benefiting the Moab Cancer Treatment and Resource Center and other cancer survivorship Programs. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. Rolling and Climbing Routes ranging from 42 to 100 miles on this fully supported road cycling tour. Visit www.skinnytireevents.com or 435.259.2698.

• **OUTERBIKE** October tba, 2013 Outerbike is a chance for you to test ride next year’s bikes on world-class roads and trails in Moab, Utah. For three days, the world’s best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year’s innovations, pick a bike you’d like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your $150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

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

The Mill Creek Rim Trail is a great winter hike or jog. You'll get aerobic exercise and warm up as you climb up to the rim above Mill Creek Canyon. Your cheeks will be rosy when you return home, and you will have earned that extra Christmas cookie.

Once you are on the rim, the scenery is superb, fantastic, and inspiring! You'll be glad that you live in Moab and have this great hike in your backyard. If you are a guest in Moab and find this hike, you are indeed fortunate. Don't forget to bring your camera because the red rock cliffs that border Mill Creek when combined with the snow-covered La Sals Mountains are a photographer’s dream.

Along with your camera, bring binoculars to view an amazing rock art panel that can be seen by taking the spur trail road to the left, off the main trail, which takes you to the junction of North Fork and Main Mill Creek Canyons. Follow the .4 mile spur road to the dead end. Then look straight ahead to orient yourself. Follow the wide, rock-lined path to the colorfully painted pump house. The Mill Creek Rim Trail angles to the right, away from the wide main trail and heads uphill. The trail is not marked, but starts out with rock lining. Before you head up the hill, walk around the pump house to check out all the art panels, then detour over to the waterfall created by the Power House Dam.

As you walk along, take a moment to reflect on the history of this area. Portions of the trail were once used to carry mail and supplies to ranchers and miners on Wilson and South Mesas at the foot of the La Sals in the late 1800s and early 1900s. This was known as “The Mail Trail.”

Your cheeks will be rosy when you hike when there is hoar frost covering all the bushes and trees. What a magical sight! As always with winter hikes, wear layered clothing. You are guaranteed to be busy taking your jacket off and on. Don’t forget the hat, gloves, water, a snack, and a windbreaker. As you walk along, take a moment to reflect on the history of this area. Portions of the trail were once used to carry mail and supplies to ranchers and miners on Wilson and South Mesas at the foot of the La Sals in the late 1800s and early 1900s. This was known as “The Mail Trail.”

Continue your hike for 2.2 miles or as long as your time allows for this out-and-back hike. There are three designated trails that take you down into Mill Creek along the route, but save those hikes for warmer weather. The first designated creek access point is 1.4 miles from the pump house.

Mill Creek Rim Trail access: Turn off of Mill Creek Drive onto Powerhouse Lane, park at the end of the road. Check out the map on the kiosk to orient yourself. Follow the wide, rock-lined path to the colorfully painted pump house. The Mill Creek Rim Trail angles to the right, away from the wide main trail and heads uphill. The trail is not marked, but starts out with rock lining. Before you head up the hill, walk around the pump house to check out all the art panels, then detour over to the waterfall created by the Power House Dam.

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Hike review: Fantastic scenery, an aerobic workout, rock art viewing, great photography, and you can share all this with friends, family, and the dog on a historic trail. Except for the somewhat steep and rocky climb up to the rim, this is an easy hike.

About the author: Sandy Freethey is the Chair of the Trail Mix Committee and enjoys the variety of tasks that this position entails: working with people, solving problems, scouting and building trails. Sandy is a hiker and enjoys rafting and traveling and is passionate about watching the Denver Broncos football games.

Mill Creek Rim Trail Winter Hike Freethey

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Mill Creek Rim Trail Winter Hike Freethey
Step inside, take a deep breath and relax. As you enter there is an immediate sense of a calm, chic and welcoming atmosphere. The reception is friendly and the facility is stunning with turn-of-the-century tin ceilings, dark hardwood floors and soft neutral colors offset by a surprise splash of bright color. The walls are adorned by a gallery of gorgeous local paintings. This is where the healing arts meets the visual arts. Guests are encouraged to walk around and enjoy the art work; while sipping on warm tea or infused water.

Whether it’s relaxation, therapeutic recovery or searching for a perfect gift, Spa Moab is the place for you. A sampling of massage treatments offered include Hot Stone massage, Deep Tissue, Prenatal, and our signature Spa Moab Massage. New to the massage menu is “It’s Back”, a massage that’s just for your back. The service includes the use of hot stones, warm compresses and specific massage techniques that are focused on the back, shoulders and neck. Another new addition is the 60 minute Ultimate Pedicure. Take your feet on the ultimate journey with an aroma-therapeutic foot ritual that has been customized to meet your specific needs. A choice of vegan, non-toxic polish is included in the service.

Facials are customized for each individual and can treat sun damage, fine lines, acne and more. The experienced estheticians are enthusiastic about great skin care, and love sharing first hand knowledge about treating skin in this harsh high desert environment. Spa Moab offers two product lines, both are very high quality, professional and result driven. A neck, shoulder, scalp and foot massage with warm booties are included in the facials.

Spa Moab stocks an eclectic mix of gifts, jewelry, clothing, products and baby items that reflect their deep commitment to sustainability. You will also find handcrafted items with regional character or an innovative use of materials, like bags and wallets made from re-purposed bicycle inner tubes, glassware and candles made from old wine bottles, jewelry fashioned from recycled metals.

The helpful staff can create a thoughtful gift for someone you care about. Custom gift baskets are available, as well as gift certificates. Making Holiday shopping easy! Perfect for women, men, employees or business associates.

Spa Moab’s December Specials

Berry Beautiful Facial
As the seasons change we welcome the crisp days of winter with our exciting Berry Beautiful Facial. High in powerful antioxidants, vitamins, phytochemicals and nutrients, cranberries and pomegranates help to heal skin from our long summer.

50 minutes $75

Solstice Stone Massage
This treatment offers a total body experience by combining hot stones and fragrant aromatherapy oils in a nourishing and relaxing ritual. Massage of warm stones are used to stimulate circulation while enhancing the therapeutic effects of the essential oils, providing deep relaxation and leaving you feeling balanced and revitalized.

50 minutes $85 80 minutes $120

Grief and the Holidays

Holidays can be a difficult time if you are coping with the loss of someone you love and often changes how you feel about celebrating. Some people try to keep holiday rituals the same but find their heart just is not in it while some people try to do something completely different to escape the memories, but still find they are struggling with grief. If you are griefing this holiday season, here are some ideas to help you through this emotionally challenging time:

• Be gentle with yourself. You don’t have to meet anybody’s expectations. Decide what feels most comfortable or comforting for you and go for it. If that means you won’t have the whole family over for Christmas dinner or you won’t decorate the house this year – so be it. Not everybody will understand but that is okay.

• Take some time for yourself but don’t isolate yourself completely. Make space to write in your journal, to cry, to pray, to meditate. But also make an effort to be with others, find people who can listen and understand so you can share your story. If possible, include your loved one in your celebration. Light a candle for him or her; share a favorite memory when you say grace, hang a special ornament on the tree, or propose a toast in his or her honor. If you don’t feel like buying or even receiving presents, ask friends and family to make a donation in your loved one’s name, maybe to a charity that was close to their heart.

• Tell friends and family how they can help. People who love you want to do something for you but they often don’t know what you need. Asking for specifics (“please bring a dish for dinner”, “please come over and help me decorate”), or “please look at pictures with me and let me cry”) makes them feel useful and they are usually more than happy to do that for you.

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The Biggest Loser informational meeting will be held at South Town Gym on Thursday January 3, 2012 at 7:00 PM. From last year’s experience we know this to be an informational and highly motivational approach to weight loss and good health.

Last year South Town Gym hosted 50 participants for the 12 week program which included daily prescribed exercise routines in our facility and weekly educational experiences about nutrition and overall health. Session this year will include classes from experts in nutrition, wellness and healthy lifestyles. The program will also include last year’s favorite activities such as; sand hill climb, Canyonslands 5 mile run, weekly “last chance workouts,” and excursions and adventures to local outdoor attractions.

The major focus of the program is to encourage participants to establish a healthy lifestyle through exercise and proper food choices and foster camaraderie while encouraging weight loss. Last year as a group we lost a total of over 1000 pounds in a 12 week period. Participants challenged and encouraged each other to work hard, exercise regularly and eat sensibly. The monetary rewards of the program while substantial were not the most beneficial aspects of The Biggest Loser program at South Town Gym. All programs will be overseen by our licensed Athletic Trainer and programs will be led by experienced exercise personnel.

Last year participants expressed a high level of satisfaction with the program and many went on to better exercise habits and a healthier lifestyle routine. We look forward to working with another group of Moab citizens striving to reach personal wellness goals and a healthier lifestyle. We are confident that this program will help them attain that goal. The gym encourages all those who participated last year to join us and extend the experience and also invite anyone interested in better health and wellness to participate with us.

South Town Gym is now in our 3rd year serving the San Juan and Grand County community's needs for fitness training with a professional and friendly environment. As we approach our 3rd season we are mindful of the many friends and associations we have made over the past year. Many people have discovered the benefits of a lifestyle which includes fitness programs which are available at the South Town Gym. Our programs have encouraged and motivated many of you to opt for a healthier and more fulfilling lifestyle.

Our 2013 season will include many of the programs that we offered last year with some additional new offerings. We will continue to offer all of the following amenities:

- 22 State of the Art Cardio Fitness Machines
- A large selection of Free Weights and Cybes Strength Training Machines
- A Private Women’s Section
- Tanning Beds
- Functional Training area, Physio balls, Bosu balls, Pliometric, Stability and Agility equipment.
- Spinning Bikes
- 28 Flat Screen TVs
- Mixed Martial Arts Facility
- Dance Studio
- Lockers, Showers, and Dressing Room

To help our members maintain and improve their quality of life, we will continue offering a variety of cardio classes and activities which will help them in this endeavor. Class offerings that will be available include:

- Becky’s Dance Aerobics
- Spin Classes
- Cross Training Extreme
- Body Rock Classes
- Lunch Crunch w/Erin

We will continue to offer a functional Dance Studio where classes will be offered by “Simply Dance” for children from 3yrs-18yrs. Additional features at South Town Gym for this age group include kids Mixed Martial Arts.

Our daily, weekly, monthly, and annual memberships have not been increased and members can expect to find the same quality equipment and programs that were included in last year’s memberships. For those of you who are not yet familiar with our amenities we offer the following as part of our regular membership:

- Use of all exercise facilities (Main Gym, Private Women’s Section, Functional Training Area and Mixed Martial Arts Room)
- Tanning Beds
- Showers and Dressing Rooms
- A Personalized Training Program
- Keyfob (deposit required)
- Unlimited access 4am-12am
- Infra-Red Sauna
- Accurate Professional Scale

We would love for the community to come in and tour our facilities, meet the staff, and familiarize yourself with our programs. We are located at 1070 S. Highway 191 Moab, UT 84532. Office hours are Mon-Fri 9-5. We are on the web at: www.moabgym.com. You can contact us at msgr@frontier.com or 435-259-5775.
**Desert Thread**

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

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Our shop is filled with fabrics that call to you, inspire and reward you. Come in and check out our great selection of fabrics to suit your style. Patterns, books, notions, gifts and classes to suit beginners and beyond. Chairs for husbands! Check out our new website for classes on purses and pillows - www.itssewmoab.com

**It's Sew Moab Quilting Shop**

40 West Center St. 435-259-0739

Our shop is filled with fabrics that call to you, inspire and reward you. Come in and check out our great selection of fabrics to suit your style. Patterns, books, notions, gifts and classes to suit beginners and beyond. Chairs for husbands! Check out our new website for classes on purses and pillows - www.itssewmoab.com

**Walker Drug & General Store**

137 N. Main St. 435.259.5855
www.bretedge.com

2013 calendars are in stock! Visit The Edge Gallery on Main St. in downtown Moab to view dynamic fine art landscape photography by local photographer Bret Edge. Photographs are presented as a canvas gallery wrap or an archival plaque mount for a unique and durable alternative to conventional framing. Various print sizes are available and all orders of $200 or more ship for free anywhere in the United States, including Alaska & Hawaii. International shipping is available at low rates. We also carry affordable gifts including greeting cards, small matted prints, calendars and more! Dec. 16 until mid-February open by appointment only.

**Moab Mailing Center**

375 South Main
Corner of Main St. and Grand Ave.
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Walker Drug
290 South Main • 259-5959
Open everyday 7:30am
Walker Drug is not an ordinary pharmacy. With 17,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeepers, campers, river rafters, photographers, young & old alike, will find an endless variety of merchandise. From bathing suits, hats, fishing tackle, Knives, toys, housewares, shoes, spaghetti sauce to socks & underwear, Walker Drug has something for everyone.

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Present or mention this ad to receive a 10% discount! 
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“Hwy 128”
“Castle Valley Turnoff is approx 15 miles up River Road.”

MOAB AREA LODGING GUIDE

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Private Rooms: $26 and up
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Coin-op Laundry
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Behind A-1 Storage • 435-259-6057
www.lazylizardhostel.com
email: reservations@lazylizardhostel.com

We also feature
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School and Church Groups
Family Reunions
Sports Teams
Clubs
email The Lazy Lizard
for more info and reservations.

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.

If you are reading this ad, so are your potential guests! Advertise in the Lodging Guide and we’ll put a link to your website from www.moabhappenings.com
Contact Aaron Davies for info at 435-259-8431

1213 S. Hwy 191 - One mile South of Town
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www.lazylizardhostel.com
email: reservations@lazylizardhostel.com

We also feature GROUP LODGING HOUSES
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School and Church Groups
Family Reunions
Sports Teams
Clubs
email The Lazy Lizard for more info and reservations.

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MOAB AREA LODGING GUIDE

Key to Lodging Guide

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<td>18</td>
<td>Inca Inn</td>
<td>435-259-7261</td>
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<tr>
<td>19</td>
<td>Rodeway Inn &amp; Suites</td>
<td>435-587-2489</td>
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<tr>
<td>20</td>
<td>Days Inn</td>
<td>435-259-4468</td>
</tr>
<tr>
<td>21</td>
<td>Sorrel River Ranch</td>
<td>435-259-4642</td>
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</tbody>
</table>
Your Horoscope for December 2012

By Robert Wells

So, OK. Everybody has his or her predictions for this month. Here are mine. On the 21st the alarm clock will go off and you all will have to get up and go work. It will be the Winter Solstice and the First Day of Winter. On the 22nd, Amazon dot Com will be having a major sale.

On the 1st and 2nd romance is over the top. Then on the 3rd, Sun and Jupiter knock the ball out of the park and night for a party and don't forget your camera. You may be heavily involved with your church group this year and that will certainly have it's own rewards. Try to keep your outside activities out of the workplace during the first week or it'll get you into trouble. A romance could blossom on the third week of December, as it doesn't make any sense to do that. The holiday week of the month is really what you have been waiting for. Shine for you. It's a good time to just take care of things. The last week of December has you feeling testy and frustrated over the wants of a child. Don't let it get to you. The feeling turns around for the second week and tempers cool. The third week is work-a-day and uneventful for you. It's a good time to just take care of things. The holiday week is just glorious for you and yours. Your earlier efforts pay-off and you will feel blessed this year.

Hanukkah: Saturday the 8th to the 16th

Christmas: Sunday the 23rd through Christmas Eve, and that promises to be quite a bash.

Taurus: Stretching cash over this month will be your highest purpose. The first week of December has you feeling testy and frustrated over the wants of a child. Don't let it get to you. The feeling turns around for the second week and tempers cool. The third week is work-a-day and uneventful for you. It's a good time to just take care of things. The holiday week is just glorious for you and yours. Your earlier efforts pay-off and you will feel blessed this year.

Sagittarius: Happy Birthday, Sag! You have an interesting month ahead. First week try very hard to hold your tongue and keep any impulses to something rash under control. For the next two weeks life is everyday as it comes. Just be careful spending money and double check matters during that time. The fourth week comes with a new romantic interest; just don't lose your head. The holiday week is golden. Enjoy!

Capricorn: Take some time to rest this month. You've had a very busy year. Avoid shopping the 11th watch what you say, and don't believe everything on the 3rd. Sun and Jupiter knock the ball out of the park and night for a party and don't forget your camera. You could be planning a family holiday season. It'll be just GREAT!

Aries: You may be heavily involved with your church group this year and that will certainly have it's own rewards. Try to keep your outside activities out of the workplace during the first week or it'll get you into trouble. A romance could blossom on the job during the second week that could carry you through the holidays. The third week of December is low-key and uneventful. The last week of the month makes up for the one before, as it is filled with every Christmas goodie you can imagine.

Pisces: Your career has you center stage during the first week or it'll get you into trouble. A romance could blossom on the job during the second week that could carry you through the holidays. The third week of December is low-key and uneventful. The last week of the month makes up for the one before, as it is filled with every Christmas goodie you can imagine.

Aquarius: Having your dreams is where you are this month. Now is the time to visualize the coming year. Don't let friends try to spend your money or stampede you into something that isn't your own. The fourth, and holiday week of the month, truly will be glorious for you. Invite friends to visit every day and night for a party and don't forget your camera.

Scorpio: How solid you are, a flare-up between you and a co-worker could test you during the first week of the month. You two are back to being friends by the second week but the incident may have left your immune system weakened, so watch it. Just take care of what needs doing during the third week of December, as it doesn't make any demands and matters seem to flow smoothly. The last week of the month is really you have been waiting for. Shine so very brightly this year and have fun!

Cancer: Your partnerships have your attention this time of year. During the first week of the month, don't close yourself off or act rashly about the differences the two of you have. The second week, things are rosy again and you are both back to playing nicely together. The third week is just a week to shop, hang decorations, trimming the tree, and cooking, if that's what you have planned. The last week of December is going to be over the top memorable, so keep the camera handy and the Love Light and the tree lit.

Leo: Your romantic and creative attachments are highlighted this month and troubles over money or a difference of opinion can turn the first week of the month into a war zone. You get it all worked out and happy again by the second week. The third week of December is a time to just go get everything handled. Use this time wisely. The last week of the season will bring joy, romance, happiness and fun times with friends and family.

Libra: You are usually all over the holiday season by this time of year, but during the first week of the month the focus could be feeling pesky and put upon, and you're holding back letting everyone around you know. You'll get past during the second week, just hope you didn't offend too many people with your rants. You get back to the errands and the spinning and the jumping and the business of buzzing during the third week. The last week you pull out that award-winning smile as you greet friends and family for the season to truly remember so let the good times roll.

Virgo: You could be planning a family holiday get together and you could be feeling the pressure of that choice during the first week. Remember, you have a plan, now work it, and breathe. A lover, friend or child comes to your aid during the second week of the month, and this flows into, and through, the third week when everything seems to get easier. The last week is just wonderful and you are rewarded by the smiles and warmth of everyone who visits the holiday season.

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### KZMU - Moab Community Radio

**90.1 & 106.7 FM**

**P.O. Box 1076 • Moab, Utah 84532**  
**Studio 259-5968 • Office 259-8824 • Fax 259-8763**  
**contact us: www.kzmu.org**

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

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