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	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)	\$87	\$67
COLORADO RIVER A.M. HALF-DAY Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5)	\$56	\$45
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)	\$67	\$57
WESTWATER CANYON FULL-DAY Enjoy exciting whitewater rapids & lunch in this unique Canyon. 7:30am - 6:00pm (min age: 10)	\$175	\$175
STAND UP PADDLEBOARDING Transportation, board rental, instruction, guide, snacks and water are included. (min age: 10)	\$75	\$55

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)	\$81	\$49
GRAND SAFARI Further explore the backcountry in the world's most serious 4x4. Departure times vary by season. (4 hrs)	\$169	\$122
SUNSET SAFARI The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)	\$91	\$69

MOUNTAIN BIKING

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HALF-DAY MOUNTAIN BIKING Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)	\$95	\$95
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ARCHES FIERY FURNACE HIKE Explore a maze of astounding hidden chasms with one of our guides on this unique hike. 7:15am - 12:30pm	\$86	\$65
ARCHES SUNSET TOUR Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs)	\$73	\$49

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
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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)	\$269	\$269
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JETBOAT TOURS & MORE

	ADULTS (ages 4-15)	YOUTH
CANYONLANDS JETBOAT 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
DINNER & NIGHT SHOW 1 hr Dutch-oven dinner plus 2 hr light show on slow-moving boat ride on the Colorado River.	\$69	\$59

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MOAB HAPPENINGS

Volume 26 Number 11

FEBRUARY 2015



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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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Quilted Moab Retreat, 18th-21st 2015

Quilted Moab a quilt retreat, February 18-21, in Moab Utah. What is a quilting retreat?? A quilting retreat is the opportunity for mostly women to gather to quilt and sew for several days, generally at a destination spot such as Moab, Utah. The retreat participants bring their sewing machine, sewing supplies and materials for the classes that they have signed up to take. The retreat organizers will have classrooms set up and organized for the quilters to use.

Meals are generally provided for the quilters while they are at the retreat. Leaving a quilter more time for sewing and quilting. Sleeping to many retreat participants becomes optional, why sleep when the sewing and quilting cannot be interrupted by a quilter's normal life. Staying up late to sew becomes a game, who gives up and goes to bed first, who stays up the longest and who should go to bed because too many mistakes are being made?

Many retreat organizers invite a special guest be featured at their retreat. Someone who has published several quilts patterns and is recognized as an "expert"



in the quilting community. For the quilters attending the retreat, this is a great opportunity to be able to take a class or two from an expert. Besides the featured teacher classes, there are generally a wide variety of other classes offered to the quilters to choose from. These retreat classes can range from easy to difficult and be in a wide range of interests. A quilting retreat gives a quilter the chance to learn new techniques and quilting tricks from the expert, other teachers and other quilters at the retreat.

Prizes and Quilting Swag! A good retreat will have plenty of prizes and quilting swag for their quilting attendees! Play a game win a prize, eat a meal win a prize, and finish one of your quilts you started win a prize!! These prizes can be anything from fabric and patterns, to the latest quilting notions!

Even though this is the first year for the Quilted Moab retreat; the organizers have worked hard to make sure this is a fun full service retreat and plan on making this an annual Moab winter event. They would like to see the event become a recognized Utah Quilting retreat and grow more and more popular every year with in the quilting community. Quilted Moab registration is open and will remain open until the retreat is full. Please visit their web site at www.quiltedmoab.com for a class list and description, along with the mail in registration form.

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11th ANNUAL Community Health Fair

Saturday, February 21st
 10am - 1pm

at the Grand Center in Moab, Utah

Free Health Education and Screenings!

Pick-up your blood test results. Bring your photo ID.

For more information or to register as a booth call 435-719-4076



Low Cost Blood Testing only \$60 UNTIL Feb. 13th!

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Five different tests included:
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For accurate test results, do not eat 12 hours before draw

TRAIL HAPPENINGS

Jewel Tibbetts Arch Hiking Trail

By Sandy Freethey

Just a few miles from busy Utah Highway 313 is a spectacular arch in the head of Hell Roaring Canyon, the Jewell Tibbetts Arch. Despite its proximity to the highway, relatively few people visit this treasure, so it is a good place to avoid the crowds. The trail is fairly easy, but includes a few spots where maneuvering around rock obstacles occurs. Most of the trail winds through pinyon and juniper forest, with patches of black brush and cactus. The 2 mile hike is very scenic and the arch is quite dramatic.



Jewel Tibbetts Arch, be careful of steep drop-offs. After viewing the arch, return to the jct. sign, then continue the trail loop going to your right, counterclockwise. The trail goes gently up the hill behind the arch viewing area. The trail will take you back to the parking area on a higher ridge which affords views of the surrounding area.

Hell Roaring Canyon: When you reach the arch, you will be overlooking Hell Roaring Canyon. This canyon

Jewel Tibbetts Arch is named after a Moab-area woman who lived at the nearby Horsethief Ranch in the 1950's and 1960's with her husband, Bill Tibbetts. The Tibbetts' often took ranch visitors to see the arch at the head of Hell Roaring Canyon. The arch is named after Jewel, in her honor. Read more about the life and times of Bill and Jewel Tibbetts in the book entitled; *Last of the Robbers Roost Outlaws: Moab's Bill Tibbetts*, by Tom McCourt.

The Jewel Tibbetts Arch trailhead is accessed off Utah Highway 313 (the road to Dead Horse Point). Go approximately 9.5 miles up Highway 313. Turn right onto a dirt road, (this turn is located just prior to a cattle guard and a fence across Highway 313). There is a small BLM sign just after you make the turn. Proceed down the dirt road for 1.3 miles to a kiosk and parking area. Be sure to follow the arrows at route intersections to get to the parking area. The dirt road may require some vehicular clearance, but is a fairly good road. The Jewel Tibbetts Arch hiking trail starts from the parking area. Go through the pass-through in the fence and follow the dirt road, hiking south for a few hundred yards. Soon a sign directs you to leave the road and turn west down a dry slickrock wash. The recommended direction of travel is to walk the loop counter-clockwise, which is what you will be doing by turning right, entering the slickrock wash. You won't be in the wash very long, so be alert watching for a sign that indicates an exit to the left, heading south again. The hiking trail meanders through arroyos and over low hills until you reach a trail junction marked by a sign that says, "Arch", with a directional arrow. This trail spur leads you to the rim of the curiously-named Hell Roaring Canyon and to the view of Jewel Tibbetts Arch in the canyon.

The hiking trail is marked by cairns (small stacked piles of rocks) and a few posts with arrows. As you get closer to the rim of Hell Roaring Canyon and the view of

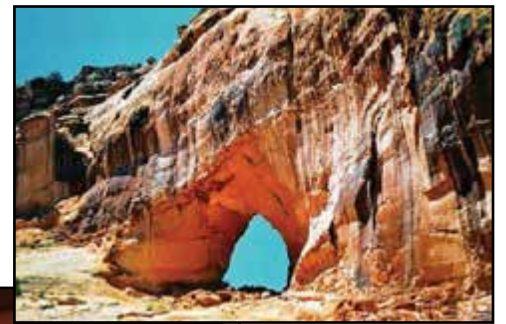
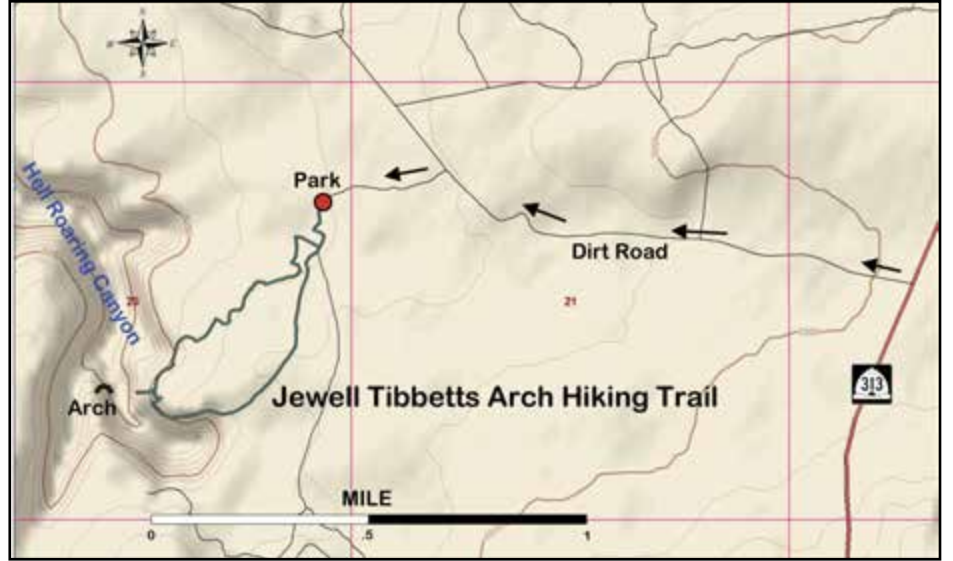
travels about 12 miles to the Green River. It does not have permanent water for most of the year, but it floods during severe rainstorms. These flashfloods carry a tremendous volume of water to the Green River. Hell Roaring Canyon has been formed through the endless forces of erosion, including the flooding that has repeatedly scoured the canyon over the ages.

Geology: Hell Roaring Canyon cuts through several layers of sandstone as it descends toward the Green River. The hiking trail is largely on the Kayenta Formation, which forms relatively flat surfaces. The cliff face in Hell Roaring Canyon is formed from Wingate Sandstone.

Hiking Safety Tips: Although the Jewel Tibbetts Arch Hiking Trail is a fairly easy two-mile walk, some simple concepts will ensure a safe trip:

- Watch for steep drop offs and cliff edges.
- Bring plenty of water, especially in summer (at least 2 quarts).
- Follow the route markings. If you lose track of them, return to the last marker and look hard for the next one. Look for the stacked piles of rocks called "cairns".

Jewel Tibbetts Arch makes a wonderful excursion on its own. The hike can also be combined with a trip to Dead Horse Point State Park or to Canyonlands National Park. There are many wonderful sights to see along Utah Highway 313, the Dead Horse Mesa Scenic Byway.



"Du-ing" it the Moab Way!

Moab's first annual Off-Road Duathlon will be on March 7th, 2015. The duathlon consists of an 8k (5 mile) 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 teams 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 match made in heaven for these folks. The race features trails in the North Klondike area. Local race director and multisport athlete Danelle Ballengee expects to see the race growing 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 participant 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!



In conjunction with the duathlon there will be a "Spring Trail Run" with the option of either an 8k or Trail Half Marathon. The run course follows basically the same route as the duathlon. This scenic and fun trail race is a great way to 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. A donation to a local non-profit of the volunteer's choice will be made by the race on behalf of each volunteer.

Come on out and "Du it!"

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MOAB AREA EVENTS CALENDAR

February Events



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TRAIL RIDES
Traditional Cowboy
Horsemanship
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Small groups

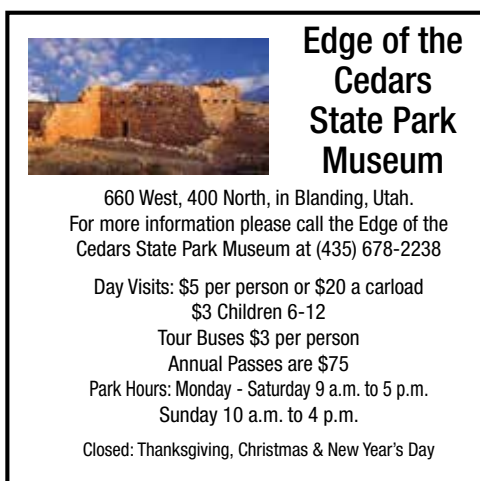
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Edge of the Cedars State Park Museum

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For more information please call the Edge of the Cedars State Park Museum at (435) 678-2238

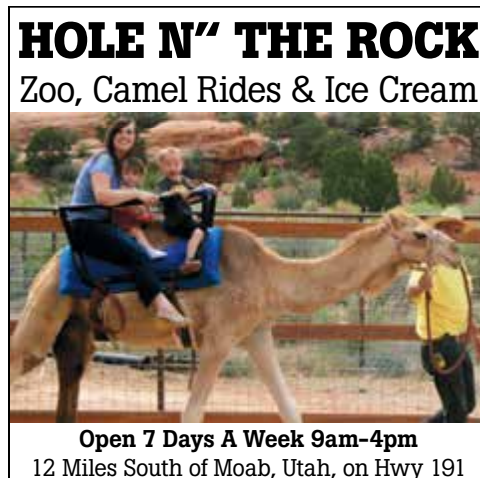
Day Visits: \$5 per person or \$20 a carload
\$3 Children 6-12
Tour Buses \$3 per person
Annual Passes are \$75
Park Hours: Monday - Saturday 9 a.m. to 5 p.m.
Sunday 10 a.m. to 4 p.m.
Closed: Thanksgiving, Christmas & New Year's Day

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Utah State University-Moab
is pleased to announce the 2015 schedule for the Entrepreneur Leadership Series. Ten world-renowned entrepreneurs will speak every Wednesday at 6 p.m. during the spring 2015 semester. The series is free and open to the public. It will be broadcast locally at USU-Moab, 125 West 200 South.
For more information, contact USU-Moab at 435-259-7432.

Feb 1 Wabi Sabi Brunch -10am to 12:30pm at Sabaku Sushi on Center St. Created to help locals through the lean winter season when many are laid off or on reduced hours. The brunches are free or by donation & open to the public. Wabi Sabi has served over 10,000 meals in the Moab community since 2006.

Feb 3 Heart Paper-Piecing class 12:30 pm. Free! Never fear paper-piecing! Heart block requires only (2) 1/4 yard pieces of fabric. One will be for the heart, and the other for the background. It's Sew Moab 435-259-0739.

Feb 4 Toastmasters Meeting- everyone is welcome. Noon in the basement of the Zions Bank building, 330 S. Main St. For more info call 435-220-0646.

Feb 4 USU Entrepreneur Leadership Series- Disrupting Business Norms To Create Social Change. 6pm. For info: 435-259-7432 .

Feb 5 Workforce Services Job Fair- matching good people with good jobs. 1-3pm at the Center Street Gym. Contact Kelly 435-719-2630 or kthornto@utah.gov.

Feb 6 An Evening with Kate MacLeod Singer/songwriter Kate MacLeod composes music for & about all of us. Whether in a song or on her violin, she captures the essence of history, our landscapes & our lives in the varied music that she creates. She will perform her original songs & more in an intimate setting with special guest Christopher Layer. Event begins at 7pm at Triassic, 7 North Main St., Moab. For more info visit moabmusicfest.org or call 435-259-7003. See ad pg 5

Feb 6-8 The Unity Church of Grand Junction Women's Retreat- presented by Stowe & Good, two Nashville award-winning songwriters & authors. "How Adored You Are" is the theme. Located at the Red Cliffs Lodge, Moab, Utah. WoWSpiritualRetreat.org for info or 970-260-9714.

Feb 6 Heart Scissors Keeper class- 6:00 pm & cost is \$5 for supplies. This takes just 3 different fat-quarters. It's Sew Moab, 435-259-0739

Feb 7 Strong Kids Expo- 10:00a-5:00p Being a kid is tough; being a parent can be even tougher. Enjoy a day at the Spanish Trail Arena where you can have the opportunity to ask expert panels all those tough questions you face as a parent every day. Lunch is provided as supply lasts. Please email for specific age group panel times. Tvansickle@fourcorners.ws

Feb 7 Kid's Only!!! Must be 6 years or older. Heart scissors keeper class 11:00 am & cost is \$5 for supplies. This takes just 3 different fat-quarters. It's Sew Moab, 435-259-0739

Feb 7 Christmas Mystery Quilt 2:00 pm & cost is \$60 for kit. Beautiful brown, blue, and cream mystery quilt filled with embroidery, piecing, and applique. This will be a large quilt, not a wallhanging. Look for weekly kids classes every Saturday starting at 11am. It's Sew Moab, 435-259-0739

Feb 7 11th Annual Robert Burns Tribute Concert - The sounds of the Scottish Great Highland Pipes, songs, poetry & the aroma of steaming haggis fill "The Great Hall" to celebrate the life and works of poet Robert "Robbie" Burns. Featuring host & musician Christopher Layer, Kate MacLeod, the Moab Community Dance Band, & the Grand County High School Choir. The event is free but donations are accepted at the door. Proceeds benefit the Moab Music Festival Educational Outreach Fund. Doors open at 5:30pm, event begins at 6pm at the Grand Center, 182 North 500 West, Moab. For info visit moabmusicfest.org or call 435-259-7003. See ad pg 5

Feb 8 Wabi Sabi Brunch -10am to 12:30pm at Sabaku Sushi on Center St. Created to help locals through the lean winter season when many are laid off or on reduced hours. The brunches are free or by donation & open to the public. Wabi Sabi has served over 10,000 meals in the Moab community since 2006.

Feb 10-12 Three Day Business Workshops- strategies for merchandising, marketing, customer service & business improvements. Presentation by small business consultant Marc Willson. 10am-Noon each day at USUMoab. Contact Kris 435-797-5111 or kris.marsh@usu.edu.

Feb 10 Delicate Stitchers' Guild meeting 6:30pm, social 7:30pm. Meeting at the Grand Center. All are welcome! It's Sew Moab, 435-259-0739

Feb 11 USU Entrepreneur Leadership Series- Impacting The WASY Top Consumer Brands Grown. 6pm. For info: 435-259-7432 .

Feb 11 Una Noche Caliente- at the World Famous Woody's Tavern, 221 S. Main St. 9PM Free bachata lesson taught by Hurricane Rita. Followed by One Hot Night of Dancing with DJ Kheylyta spinning salsa, bachata, & Latin rhythms. Must be over 21.

Feb 13 \$1 Bhangra Choreography Session- at South Town Gym (170 S HW 191). 8:15 AM Taught by Hurricane Rita in a fitness format. Learn an Indian inspired high energy dance choreography in a fitness format for \$1.

Feb 13 Unleashing the Light- Gallery Moab fundraiser 6-8pm, 87 N. Main 435-355-0024. See article pg 7

Feb 14 VALENTINE'S DAY

Feb 14 Red Hot 55K/33K- runners will have majestic views of the La Sal Mountains to the southeast and breathtaking views of Canyonlands National Park to the west. This event has sold out at 800 runners and we would love the help of the Moab community. If you can volunteer contact Chris Martinez. Email: Directormartinez@yahoo.com or call 435-260-0886

Feb 14 Puttin' on the Ritz; Enjoy an evening of exquisite dining, lively dancing, & enchanting company at the best party of the year to celebrate 25 years of community service with Seekhaven! Social hour 6pm; Dinner 7pm at the Grand Center, 182 N. 500 West. Call Jaylyn or Kari for details, 435 259-2229. See ad pg 5

Feb 14 Dance Moab's 2nd Annual Red Hot Latin Flavor: Fiesta en Rojo & Daddy Daughter Dance- come to the Moab Arts & Recreation Center 111E 100N. Doors open at 6pm with dinner & beverages available by donation. 6:15pm beginner salsa lesson for all ages. 7pm The real fun begins with performances & live salsa by Kokopelli Tropical. This is an event you don't want to miss! All donations benefit the community funded dance team, Salsa Picante. Red clothing is encouraged, not required. Email DanceMoab@gmail.com with questions.

Feb 14-16 National Park Fee Free Day - Arches & Canyonlands National Parks are joining national parks across the country in waiving entrance fees for several days in 2015 as a way to encourage people to get outdoors & spend time with their friends and family in the national parks. For more information visit nps.gov/findapark/feefreeparks.htm.

Feb 15 Wabi Sabi Brunch -10am to 12:30pm at Sabaku Sushi on Center St. Created to help locals through the lean winter season when many are laid off or on reduced hours. The brunches are free or by donation & open to the public. Wabi Sabi has served over 10,000 meals in the Moab community since 2006.

Feb 16 PRESIDENTS DAY

Feb 18 Toastmasters Meeting- everyone is welcome. Noon in the basement of the Zions Bank building, 330 S. Main St. For more info call 435-220-0646.

Feb 18 USU Entrepreneur Leadership Series- Franchising: An Alternative To The Startup. 6pm. For info: 435-259-7432 .

Feb 18-21 Quilted Moab- Moab's first quilting retreat. Lecture, classes & trunk show. Classes, games & give-a-ways to registered quilters. For info: Quiltedmoab.com or call 435-259-6283. See article pg 2

Feb 19 Fourth Annual Moab Adult Spelling Bee- Star Hall at 6:30 pm. Teams dress up in costumes. Audience enjoys the great costumes, trying to spell the words on their own, & lots of laughs. To participate contact Mel777@citlink.net or call 435-259-9797. Audience Admission \$5. See ad pg 16 & article pg 22

Feb 21 Moab Regional Hospital Community Health Fair- empower your health at Moab's 11th annual Community Health Fair from 10am-1pm at the Grand Center. Over 30 booths offering health screenings, nutrition tips, health strategies, chair massages, prizes and much more! For information or to register a booth call 435-719-4076. See ad pg 2 & article pg 8

Feb 21 Trashion Show 2015 - Join us at Woody's, 221 S. Main St, in your best fashion made from trash & recycled materials. Dance to Moab's finest DJs, show off your recycled style & support Canyonlands Community Recycling (CCR) at this energizing winter event! All proceeds will help support CCR's mission of enhancing sustainability by empowering the Moab community to reduce, reuse & recycle. Music starts at 8pm. Admission is \$10 with a costume & \$15 without. See you there!

DEADLINE for MARCH Events Calendar: FEBRUARY 20, 2015

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

MORE MOAB AREA EVENTS

Feb 25 USU Entrepreneur Leadership Series- Testing Tenacity: Building Businesses, Climbing Everest. 6pm. For info: 435-259-7432 .

Feb 25 Una Noche Caliente- at the World Famous Woody's Tavern, 221 S. Main St. 9PM Free bachata lesson taught by Hurricane Rita. Followed by One Hot Night of Dancing with DJ Kheylyta spinning salsa, bachata, and Latin rhythms. Must be over 21.

Feb 25-27 Wilderness Responder Recertification- a 3 day scenario based course for review & practice of evacuation & decision making guidelines in the wilderness medicine field. For info: 800-860-5262 or info@cfi.org.

February 26: Free film! The Grand County Library and the Utah Film Center present PUMP: A documentary that tells the story of America's addiction to oil, from its corporate conspiracy beginnings to its current monopoly today, and explains clearly and simply how we can end it - and finally win choice at the pump. 7 pm Thursday, February 26 @ Star Hall 159 E. Center St. For more info call the library @ 435-259-1111.

February 27 Moab Poets And Writers presents the first open mic of 2015 at the Wake & Bake, 57 S. Main in McStiff's Plaza, starting at 6:30 pm. All are welcome - locals, neighbors, relatives, friends and travelers. Read your poetry or short prose, or just listen to the voices of our local writers. Food & drinks are available for purchase. Call Marcy 435-259-6197 for info.

Feb 27 - Mar 1 DOCNA Dog Agility Dogs on Course North America will host a variety of obstacle courses, teeter totters, tunnels, jumps & zig-zag weave poles at the Old Spanish Trail Arena, 3641 S. Hwy 191. Friday 6pm-8pm, Saturday & Sunday 9am to 4pm. Spectators are welcome to watch for free, but they should leave their own dogs at home. For info: 970-261-2148

March Events

Mar 4 USU Entrepreneur Leadership Series- Pro Triathlete Who Revolutionized Women's Sportswear. 6pm. For info: 435-259-7432 .

Mar 6-8 Poison Spider THAW - Fun weekend of demo bicycles & industry events. The Thaw kicks off on Friday with a women's only group ride/skills clinic & continues throughout the weekend at the Moab Brand trails. Come join Moab's best bike guides & cycling personalities for a great time! For info visit poisonspiderbicycles.com or call 435-259-7882.

Mar 6-7 4th Annual Celebrate Cedar Mesa Day- First, join us on Friday for a service day on public lands & the premier of the film *Walking the Mammoth* on Friday evening. Saturday features the main presentations, archaeology updates & talks about visiting & protecting the landscape that is so important to us. Join us for dinner & to dance the evening away. Check our website for details & registration: www.friendsofcedarmesa.org.

Mar 7 Moab Off-Road Duathlon & Spring Trail Run Moab Off-Road Duathlon (3k run, 12k mtn bike, 6k run) and Spring Trail Run (6k or 17K options). Open to the public. Experience the awesome Moab trails in the North Klondike area! Participants will receive a t-shirt, meal, & awards. For info visit trainingrx.com or call 970-389-4838. See article pg 3

Mar 9-10 Banff Mountain Film Festival World Tour in Moab - The year's best films on Mountain Adventure & Culture. For info visit banffcentre.ca/mountainfestival/worldtour/ or call 435-259-4859.

Mar 13-15 Outerbike Spring 2015- Test out the all of the latest & greatest bikes on the world-class trails of Moab, Utah. For three days, the world's best bike & gear manufacturers will be set up at the Outerbike Expo site. You can walk through & see next year's innovations, pick a bike you'd like to try & take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun & easy to technical & gnarly. Your registration fee buys you access to the all the bikes, lunches, shuttled rides, prizes, movies & entrance to our evening parties. For info: Western Spirit Cycling 800-845-2453.

Mar 14 - 15: Quilting in the Red Rocks, 8th biennial quilt show, presented by Delicate Stitchers Quilt Guild. Location is the Grand Center, 182 N 500 W. Free Admission! Saturday: 9am -5pm.; Sunday: 10am-4pm. View traditional, antique & art quilts, as well as wearable art & quilted home décor. Vendors from Utah, Colorado & New Mexico. Merchandise will include batiks, hand-dyed fabrics, patterns, threads, books, kits, notions, & much, much more. A certified quilt appraiser will be on hand. For a fee, she will appraise your antique or new quilts. For more information, contact Marian Eason at 259-6447, or delicatestitchersquiltguild@yahoo.com.

Mar 14-17 Moab Skinny Tire Festival - celebrating Life & the Sport of Road Cycling. Four days of exhilarating road cycling in the spectacular red rock canyons, arches & mountains of Moab. This event is a fundraiser for

cancer survivors & research programs directly benefitting the Moab Cancer Treatment Center & regional cancer treatment programs. Get inspired & make a difference in the lives of those living with, through, & beyond cancer. Info: skinnytireevents.com or call 435-260-8889.

Mar 21 Canyonlands Half Marathon & 5 Mile- the scenic USATF sanctioned and certified course follows the Colorado River through a dramatic red rock canyon. Food, awards, raffle, beer garden & live music await you at the finish in downtown Moab. For info visit moabhalfmarathon.com or call 435-259-4525.

Mar 21-22 24 Hours of Utah - Team Relay, Solo Challenges, 6 Hour Nighttime Fun Run, 50K, 100K & 100 mile categories. It is a series of endurance races that brings out the sense of adventure, stubborn determination & fun in every competitor! This race is all day & all night where runners can participate in a number of distances or timed events. For info visit geminiadventures.com or call 303-249-1112.

Mar 25 USU Entrepreneur Leadership Series- Successful Author, Entrepreneur & Miss America. For info: 435-259-7432.

Mar 28-Apr 4 Annual 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 newspaper found in many locations around town. The official event is hosted by the Red Rock 4-Wheelers Inc. one of the the local four wheel drive clubs of Moab. www.rr4w.com.

Mar 31-Apr 3 Youth Rock Camp- a program of KZMU for youth 8-17. \$100 registration, scholarships available, lunch included. A finale performance on April 3rd at the Moab Arts & Recreation Center, 111 E. 100 North at 7pm. For info: youthrockcampmoab@gmail.com.

Apr 1 USU Entrepreneur Leadership Series- Shark Tank Night: Competing For An Article In Forbes. 6pm For info: 435-259-7432 .

Apr 8 USU Entrepreneur Leadership Series- Continuing A Legacy Of Entrepreneurial Excellence. 6pm. For info: 435-259-7432 .

2015 MOAB EVENTS

February 14 Puttin' on the Ritz
 February 14 Moab's Red Hot 55K/33K
 March 7 Moab Off-Road Duathlon/Spring Trail Run
 March 6-8 Poison Spider Bicycles Spring Thaw
 March 9-10 Banff Mountain Film Festival
 March 13-15 Outerbike Spring
 March 14-17 Skinny Tire Festival
 March 21 Canyonlands Half Marathon
 March 28-April 5.... Easter Jeep Safari
 April 24-26 April Action Car Show
 May 1-2 Gran Fondo Moab
 May 5 Cinco de Mayo
 May 23-24..... Moab Arts Festival
 June 4-6 Canyonlands PRCA Rodeo
 June 6 Thelma & Louise 1/2 Marathon
 July 4 Fourth of July Celebration
 September 3-14 Moab Music Festival
 September 5-6 Moab Studio Tour
 September 19 Moab Century Tour
 September 23-27.... Moab Skydive Festival
 September 24-26.... Red Rockin' Moab SxS
 September 25-26.... Moab Pride Festival
 October 2-4 Outerbike
 October 2-10 PleinAir Moab
 October 9-11..... Rock, Gem & Mineral Show
 October 10 Radical Reels
 October 15-17 Jeep Jamboree
 October 18 The Other Half
 Oct 29-Nov 1 Moab Ho-Down Mtn Bike Festival
 November 1 Dia de Los Muertos
 November 4-7 Moab Senior Games
 November 6-8 Moab Folk Festival
 November 6-8 Celtic Festival "Scots on the Rocks"
 November 7 Moab Trail Marathon
 November 20-23.... Moab International Film Festival
 December 4 Christmas Tree Lighting
 December 4-5 Grand Center X-mas Gift Fair
 December 4-5 MARC Holiday Gift Fair
 December 5 Winter Sun Run 10K
 December 5 Electric Light Parade



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29 East Center 435-259-8404

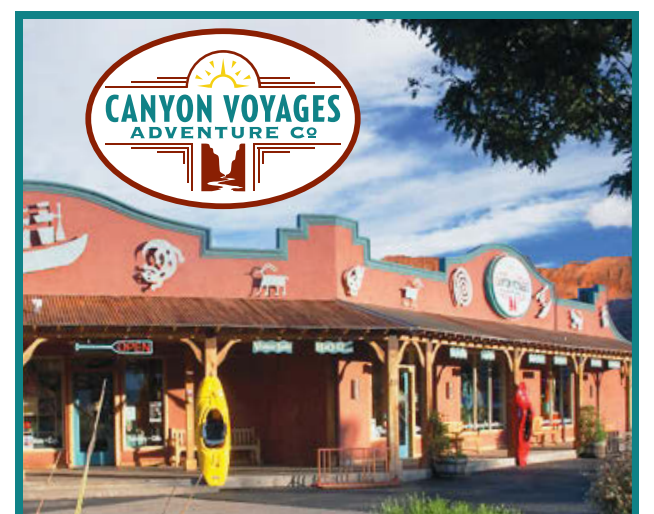
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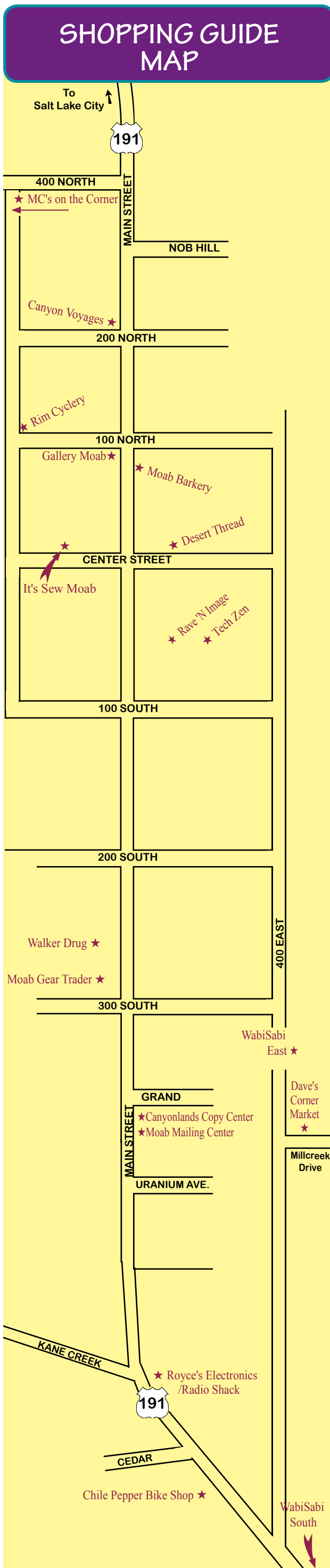
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Gallery Moab Fundraiser

by Sarah Hamingson

What do artists do when it gets cold and dark? Many of us spend additional time in our studios, creating light-filled works of art. Often, my studio paintings lag one season behind the calendar, so I'm painting fall leaves as the snow is falling, and ice on the Colorado River as it thaws outdoors. This winter, with its warm weather and good hiking, has been such a change from the last couple that I seem to be moving on to spring paintings already!



Phil Wagner

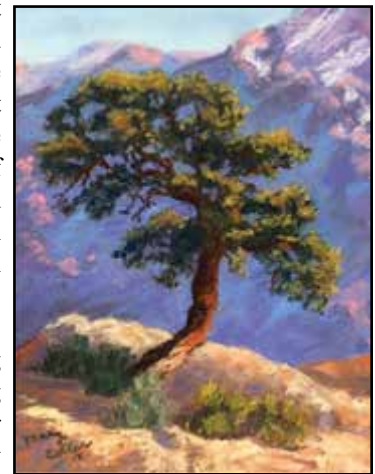
Then there are die-hard plein air painters, like the Gallery's Phil Wagner, who paints outdoors year-round.



You may have seen him on the side of the river road or up in Arches painting whatever the weather. If you'd like to watch him paint, or better yet, get out and paint with him, check out the Moab Painters Meet Up, or stop by Gallery Moab to find out where Phil and other member artists are out painting. You're always welcome!

Perhaps you're a local artist who wants to join other artists, but painting outdoors isn't what you had in mind? It could be time to think about joining Gallery Moab. As we go into our second year, we're looking for a few good artists to join us.

Even if you're not an artist yourself, you can be involved in the Gallery. The artists at Gallery Moab invite you to help kick off the start of our second year at our Main Street location with an Art D'Eco Project, Unleashing the Light! The Gallery is planning to upgrade the lighting and downgrade our energy consumption by going to LED lighting.



Mary Collar

In order to do this, we're conducting a fundraiser via Facebook, the Gallery Moab website, and at the Gallery. It culminates with the Unleashing the Light Party on Friday, February 13, from 6-8 pm. Come enjoy food and beverage, schmooze with Moab's most friendly artists, and view great artwork.



Peggy Hartly

As always, we invite you to stop by the Gallery at 87 N. Main St, and see what we're up to now. View our newest art, pick up some cards to send to your friends or finally get that painting you've had your eye on.



HEALTHY HAPPENINGS



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My top 3 ways to Relax

My favorite part of being a massage therapist is seeing the client before the session in comparison to seeing them after the session. Perhaps they're coming to see me due to a physical injury or because of a particular mental or emotional state. The way they walk in, maybe down and out with hunched shoulders and a wrinkle between the brow, is often quite different than how they leave – renewed, cared for, and heard. The keystone difference? They've relaxed. It's in rest and relaxation that we heal.

So how does it work? Well, it comes down to the nervous system. The autonomic nervous system is responsible for all our involuntary functions like breathing, heart rate, excretion, body temperature, and digestion. There are two modes of function to this system: the sympathetic and the parasympathetic systems.

The sympathetic system is also known as the "fight or flight" system. This is where our survival instincts kick in. If your house is burning down, your child wanders into the middle of the street or a lion is chasing you, the messages will be sent to the brain and the corresponding hormones, like adrenaline and cortisol, will be released so that you can do everything in your power to get out of there and survive.

The parasympathetic system is also known as the "rest and digest" system. When you are relaxed, you are in this mode. Breathing, heart rate, body temps, digestion and excretion are normal. You're safe. Life is good and void of urgency and emergency.

Did you know that upwards of 80% of all dis-ease in the body is caused by stress? 80%! This means, that although most people are just in their offices at work, their bodies think that a lion is chasing them. When you are trying to do the 30 things on your never-ending to-do list, your body thinks your house is on fire. The body can't tell the difference between the two and the body never lies, it comes out in your physiology. All of our blood is in our limbs leaving none to digest our food, even though there's no lion in sight. No wonder there are so many digestive disorders running wild in this day and age!

So how do we switch over so the parasympathetic system can be in the driver's seat? One word: Relax.

So how do we switch over so the parasympathetic system can be in the driver's seat? One word: Relax.

Relaxation is the opposite of stress and for some, it's the hardest thing to do. We think we're relaxed, but we don't know how wound up we are until we have a taste of true relaxation. When you are massaged or a body part in pain is rubbed, your body releases endorphins, a natural pain relieving hormone, and is allowed to begin to use its natural wisdom to heal - physically, mentally and emotionally. These hormones are released when we are happy, when we feel loved and when we laugh. They are not released in fight or flight mode. It doesn't even make sense. Healing can only happen when the body is allowed to rest, relax and play.




My Top 3 Ways to Relax:

1. **Breathe.** Controlled breathing is the quickest way to switch over from stress mode to rest mode. It literally only takes a matter of minutes to make the switch. Try this 4-4-6 breath. Inhale for 4 counts, hold your breath for 4 counts, and then exhale for 6 counts. Repeat. Do this 10 times before you eat and sleep to digest your food and to get a good night's sleep.

2. **Lay down with 4 pillows:** one under your head and neck, one under each wrist and elbow, and one under your knees. Pretend that the heavier you are, the bigger the prize and let the pillows support you. Inhale with the word "body" and exhale with the words "Let go, more, more, and more". Set your timer for 20 minutes and take note of how you feel before and after.

3. **Get a massage.** Massage is good play, it's an act of self love and self care, and it releases endorphins that activate the body's natural healing processes. Find a therapist that you resonate with and add a monthly appointment into your health insurance program.

Sarah Finkbeiner is a licensed massage therapist and certified health coach that loves helping people become their own health experts. She primarily uses food, massage, relaxation techniques and a sense of humor.



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11th Annual Community Health Fair

On February 21, 2014 Moab Regional Hospital will host the 11th Annual Community Health Fair at the Grand Center in Moab. The health fair offers members of the community an opportunity to meet healthcare professionals in a relaxed, fun atmosphere and leave with information regarding services available locally. Individual departments from the hospital provide the backbone of the fair through booths and other displays. This year the fair will run from 10 a.m. to 1 p.m.

The opportunity to have a low-cost blood screening for \$60.00 is available with blood draws made at Moab Regional Hospital's lab preceding the event until February 13th. Those who take advantage of this offer can retrieve their results at the health fair. Please be advised that test results will only be given to the individual who had the screening blood test and with a photo ID. The test includes CMP, Lipid, TSH, CBC and A1C. The MRH laboratory provides a report of blood test results, which can then be taken to the person's physician for follow up. Ordinarily the blood screening is nearly \$400.00. Blood screens are available by appointment only Monday-Friday from 7am-10am. Call the lab at 719-3630 and to take part in this great offer from Moab Regional Hospital.

Hospital professionals are available at several booths to discuss diet changes, take blood pressure, and provide information about prevention of injuries and illness. The diversity of the Moab health care community is apparent at the Health Fair. Naturopathic remedies, massage therapy, and information on whole foods are provided by several of our local practitioners, as is information on



acupressure, reflexology and a host of other health and wellness options. Many alternative medicine practitioners offer services in Moab and will be available to answer questions and help you understand naturopathic medicine and healing body therapies. Thanks to our local massage therapists, there are always free massages available throughout the fair.

By attending the fair, one can obtain information about health services—both private and government programs—that are available in our community. The Veterans Administration will again host a booth and answer questions for veterans and their families. Care of the elderly, Active Re-entry, home health care and respiratory services are all readily available in our area and representatives of these interests will be at the fair this year.

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

NATURE HAPPENINGS

Eared Owls of Canyon Country

By Damian Fagan

My association between wildlife and the month of February, centers on screech-owls for one main reason. These small owls nested in our neighborhood, using tree cavities or nest boxes to raise their young. In this Old Town urban area, I could hear the “bouncing ball rhythm”

Southern Utah. Great horned owls, named for their huge ear tufts, are one of the largest and most fierce looking owls in the region. Big and bold, these owls prey upon hares, rabbits, squirrels, skunks, prairie dogs, mice, porcupines, and even domestic cats that spend time outdoors. These

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



vocalizations of these owls – a series of hollow, whistled notes ending in a rapid trill – as I wandered through our house with a newborn in my arms.

By day, the little owls would be roosting in the cavities or perched on a branch, their cryptic coloration making observing them difficult. They might fly across the backyard if they were disturbed from these day roosts, but rarely did I see them. No, the nocturnal hours belonged to these owls.

Across the state line in Grand Junction, Colorado, they too have screech-owls nesting in town. The local Audubon Society there undertook a survey one year to estimate the screech-owl population in the valley. Researchers used taped vocalizations that were broadcast in neighborhoods and small woodlots in the valley. From an initial estimate of several birds, determined from Christmas Bird Counts, the surveyors got over 100 responses from owls in different locations in town. Seek and ye shall find.

But western screech-owls, with their small ear tufts, aren’t the only eared owls to inhabit the canyons of

owls have the classic deep hoots with a mnemonic that sounds like Who’s Awake, me too.

The great horneds nest in old redbail or raven nests, cliff ledges, alcoves or broken off tree trunks. One of the first birds to start nesting in the year, they may be incubating eggs as early as late winter. Sometimes I’d heard these owls behind our house, up on the cliffs above the Senior Center.

Another “eared” owl in the region is the long-eared owl. Like the great horned, the long-eareds have large ear tufts as well, but these owls are smaller in size and have an orangish facial disk. In winter, these owls may roost communally in willow or juniper thickets. During the breeding season they use old magpie, crow or raven nests. Their drawn-out hoots sound like “Whhoot!”, but the birds have a wide repertoire of sounds like screeches, barks and whistles that they employ for different situations.

All these eared owls occur in the Moab and Spanish valleys. I have seen long-eareds nesting in the Matheson Wetlands and in close proximity to nesting Cooper’s hawks, while the screech-owls were also nearby. Of course, all of these

owls are going to give the great horned their space, because the great horned could predate upon these smaller owls. Just because one is on the predator list doesn’t mean they are exempt from the prey list.

Though these are “eared” owls, this refers to the ear tufts on top of their heads. The tufts don’t facilitate hearing, but add to facial expressions and break up the bird’s silhouette. The ear openings are located on the sides of the head and are somewhat offset to help triangulate sound.

Sometimes when I would hear these winter owls calling, I’d walk outside with my infant daughter and let parenthood mix with the sounds of nature.



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	Gooseheads	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
Gooseheads	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	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	262	308	285	257	359	260	512	404	377	413	583	285	182	366	411	408	419	691	388	373	235	299	394	368	334	420	645	123		306
Zion National Park	575	404	322	296	86	435	390	396	217	404	433	764	413	277	127	297	493	241	331	400	397	121	393	433	270	294	344	245	363	370	119	382	281		

ROAD & MOUNTAIN BIKING

MOAB BRANDS MTN BIKE AREA

Skill Level

- Paved Path ● ■
- Chuckwagon ●
- Rusty Spur ●
- Bar-M Loop ●
- Lazy ■
- EZ ■
- Maverick ■
- Sidewinder ■
- North 40 ■
- Circle-O ■
- Rockin' A ■
- Bar-B Loop ■
- Deadman's ■
- Long Branch ■
- Killer-B ■

This map represents just one of many trail systems available in the Moab area.

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 6-8, 2015.** 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.

• **OUTERBIKE March 13-15, 2015.** 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.

• **MOAB SKINNY TIRE FESTIVAL - ROAD CYCLING TOUR - March 14-17, 2015** 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.

• **5th ANNUAL GRAN FONDO MOAB, May 2, 2015.** 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 - Landscape Worth Training For! September 19, 2015.** 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.

• **OUTERBIKE October 2-4, 2015.**

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 29 - November 1, 2015.** 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.moabardown.com for more information.

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E-mail us at info@chilebikes.com

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RESTAURANT GUIDE



MOAB BREWERY

4% 4% 5.5% 7% 7%

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- 12-PACK VARIETY BOX

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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. They are a new packaging 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 hosts two upscale lounges. The Ghost Bar, upstairs at Jeffrey's Steakhouse and Blu Bar located in The Blu Pig which offers food, drink and music in their lounge. Both locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

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

The **Utah State Liquor Store** is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at **55 West 200 South** and is open from Monday through Saturday (11:00 am to 9:00 pm - May 1st to November 1st and from 11:00 a.m. to 7:00 p.m - November 1st to May 1st). They are closed on Sundays and Holidays. Moab Brewery now has a package agency open every day at 11:30 am where you can purchase their new higher volume beer selection.

Beer (3.2% alcohol content) for take-out can be purchased at food stores and convenience stores for off-premise consumption only. 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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60 North 100 West
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Closed for the Season
Reopening March 1st

Recipes from many regions of Turkey

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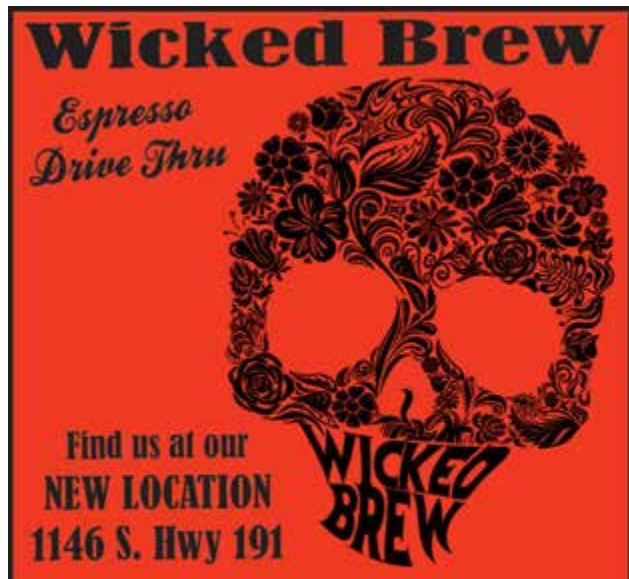
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EAT IN OR TAKE OUT: 435-259-7424



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101 NORTH MAIN STREET

RESTAURANT GUIDE



RESTAURANT



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- Tuesday: Enchiladas ~ Beef or Chicken
- Wednesday: Chimichanga ~ Beef or Chicken
- Thursday: Enchiladas Suiza ~ Beef or Chicken
- Friday: Taco Enchilada ~ Beef or Chicken

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

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

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 - call for schedule.

Broken Oar
53 West 400 North 259-3127
Closed for season. Reopening March 1st
Please call for private functions

The Broken Oar Restaurant is the perfect Moab dining destination. If you are looking for a great spot to relax after enjoying the variety of Moab's activities, The Broken Oar is your place. A casual social atmosphere that is greatly enhanced by the amazing food, and excellent service provided by its staff. Our unique restaurant décor is best described as "cozy mountain cabin meets ski lodge." Relax by our stone fireplace in the cooler months or enjoy the warm atmosphere provided by our enormous outdoor deck, gluten free items as well as beer and wine selections.

Burger King 606 South Main 259-2700

Club Rio
2 South 100 West 435-259-2654
Open every day 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

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
Dinner

Closed for Season Re-opening March 2015
Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Covered and open outdoor patio dining. Full liquor license. Reservations highly recommended.

Devran's Mediterranean
60 North 100 West 355-0297
Closed for the Season
Reopening March 1st

With an overall European influence, Devran's atmosphere is primarily Mediterranean. Our menu represents the cooking from Turkey, Greece with other European influences. The atmosphere is Mediterranean with music from Turkey and Europe. Our focus is on authentic food and quality service at affordable prices. Our Master Chef from Istanbul will create a wide range of dishes and you can finish with traditional Turkish Delight.

Eddie McStiff's
59 South Main Street 259-2337
Lunch • Dinner
Open 3pm - Close

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 newly remodeled 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.

EklectiCafe
352 North Main Street 259-6896
Breakfast • Lunch
7:30 a.m. - 1:30 p.m. Monday - Sunday

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

Experience the close-up magic of Rick Boretti Thursdays & Fridays 7-9pm. Best Authentic Mexican Food. The best Margaritas in town-made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 4 TV's! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25 Full bar.

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 every day. Call for reservations.

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.

Los Jilberto's
396 South Main 435-259-1678
Open 24 hours everyday

Welcome to the newest location of our family owned chain of restaurants. Enjoy the same authentic Mexican cooking as our other restaurants in Arizona, Colorado and Utah. We Feature traditional Mexican recipes including Lengua and Menuado. We serve Mexican bottled Coca Cola, Horchata, Rica, Jamaica and Tamarindo.

Love Muffin Café 139 North Main 259-6833

McDonald's 640 South Main 259-8800

Miguel's Baja Grill
51 North Main 259-6546
Reopening February 14, 2015

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. Gluten free & Vegetarian options 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 11:30 AM 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 Chevron Deli
817 So Main (inside the Moab Chevron) 259-2212
Deli Open 5 a.m. - 8 p.m.

Feed your car and your belly 24 hours a day. Featuring sandwiches, a favorite since 1977 and much more. Now offering Udi's gluten free sandwich bread. Call in orders welcome. Store & Fuel open 24 hrs. Deli & call in orders open 5am-8pm.

Moab Classic Bike & Coffee
686 South Main 435-315-0002
Open 7 days a week, 9am to sundown

Classic Bikes, Classic Coffee. Professional barista creating specialty hot drinks using Moab's finest locally roasted coffee (FMC) and Organic milk, skillfully pouring the perfect cup for every customer. Free WiFi and newly renovated seating area, come and taste the difference. MCB is a full service bike shop featuring new, used, vintage, custom builds & rentals. All bikes welcome. Perfect for an after dinner espresso. www.facebook.com/pages/Moab-Classic-Bike/129161960570308

Moab Coffee Roasters
90 N. Main St.
Open everyday 7am - 9pm

On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas. Gelato made with all fresh ingredients, yummy scones, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!



For more information about these restaurants pick up a "Moab



Moab Diner & Ice Cream Shoppe
 189 South Main 435-259-4006
 Breakfast • Lunch • Dinner
 Mon-Thurs: 6:00 am - 9:00 pm
 Fri-Sun: 6:00 am - 10:00 pm
 Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners. Our Ice Cream Shoppe features Blue Bunny ice cream.

MOYO – Moab Frozen Yogurt
 331 N. Main St. 435-355-0010
 Reopening Presidents Day weekend (13-16)
 Open remaining weekends in February
 Open 1pm - 8pm
 MOYO is a self-serve frozen yogurt shop that offers 12 delicious flavors of yogurt, including low fat and no-sugar added. Our topping bar offers over 30 choices, from healthy to decadent, to enhance your froyo experience. All of our yogurts and sorbets are real dairy, live and active culture certified as well as OU-D Kosher certified. Come down and enjoy our indoor seating or our covered patio. We also offer plenty of parking in back. Enjoy a free sample and meet our friendly staff. Hope to see you soon!

Moab Grill
 540 South Main 435-259-4848
 Breakfast • Lunch • Dinner • Catering
 Open at 7am
 Thursday night is family style pasta night.
 Closed Tuesdays
 Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to hand cut choice steaks and seafood for dinner. Our homemade soups, pies, cobblers, espresso and our crazy juicy burgers are good any time of day. Family Fun Seafood Night. Saturday and Sunday - Slow Roasted Prime Rib. Small private meeting room. Internet service, and catch up on the news on 2 flat screens. Full wine and beer menu. Vegetarian and gluten free dishes. Counter Dining. Warm New Years greetings and appreciation to all! Valentines Dinner Special with music - a tribute to Patsy Cline.

Pancake Haus 196 South Main 259-7141
 (next to Hotel Moab Downtown)

Pantale's Desert Deli 98 East Center 259-0200

Paradox Pizza
 702 South Main St 259-9999
 4pm-9pm daily
 At Paradox Pizza, everything is made in house, from our pizza dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly.

Pasta Jay's 4 South Main 259-2900

Peace Tree Juice Cafe
 20 South Main 259-0101
 Breakfast • Lunch • Dinner
 Welcome to the Peace Tree. We have full Breakfast and Lunch menus in addition to our new Dinner menu. Good pasta selection including gluten-free options. Beer, Wine, Cocktails, Fresh juice and wheatgrass.

Pizza Hut
 265 South Main 259-6345

Portal Grill at Moab Regional Hospital
 450 West Williams Way

Quesadilla Mobilla 89 N. Main 260-0289

Red Rock Bakery & Net Cafe
 74 S. Main Street 259-5941
 Breakfast • Lunch Open Daily at 7am
 Moab's oldest bakery & coffee shop. Serving an array of fresh made products including bagels, scones, muffins, cinnamon rolls, cookies, brownies & other treats. Full espresso bar with locally roasted Fresh Moab Coffee. Great sandwiches for the trails. WIFI. Featuring artwork from Greg MacDonald.

Sabaku Sushi 90 East Center 259-4455

Singha: Authentic Thai Cuisine
 92 East Center 259-0039

Sorrel River Grill Restaurant
 17 Miles Northeast on Scenic Hwy 128 259-4642

Subway Sandwich Shop
 299 South Main 259-SUBS
 Breakfast & Lunch Open 7am everyday
 NOW SERVING BREAKFAST ALL DAY! Create your own healthy sandwiches and salads. Five varieties of freshly baked bread. Load up your subs with lots of fresh veggies and one of SUBWAY'S special sauces. Located inside 7/11 Convenience Store (corner of 300 South and Main)

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

Susie's Branding Iron
 2971 South Highway 191 259-6275
 (3 miles south of Moab)
 Lunch • Dinner Open 11am - 9:30pm
 Fri. & Sat. Open till 10:00pm
 Welcome to my ranch cookhouse. Come in, take off your hat, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. Ribs served Tues. & Thurs. nights. To go orders are welcome. Backdoor Bar - Now Open. Live Music - Every Saturday night. Homemade Pies.

Sweet Cravings Bakery & Bistro
 397 North Main - New Location 435-259-8983
 Breakfast • Lunch
 Open 7 days a week 8am - 3pm
 A local's favorite featuring fresh baked goods made onsite (cinnamon rolls, cookies, pies, etc) with incredible breakfast and lunch selections. A full menu to dine in or take out on the trails. Choose from our wide selection or build your own sandwiches, wraps and panini's. Gluten Free & Healthy Options.

Szechuan Restaurant 125 North Main 259-8984

Twisted Sistas' Café
 11 E. 100 N. Main Street 435-355-0088
 Open for lunch and dinner Thurs.-Tues.
 Closed Feb 1st - 11th
 Twisted Sistas' cafe will make your tastebuds dance!! Featuring fresh tapas, soups, salads and main course plates. Sandwiches, wraps & burgers served at lunch only. We also offer a selection of homemade desserts. BEST ROOF TOP PATIO IN TOWN! Enjoy fabulous cocktails at our Trail Bar! www.twistedsisstascafe.com.

Village Market 702 South Main 259-3111

Wake and Bake Cafe
 59 S. Main #6, McStiff's Plaza 259-2420

Wendy's 260 North Main 259-2595

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

World Famous Woody's Tavern
 221 South Main Street 259-3550
 Open Daily 2 pm - 1 am
 We have been in business for over 50 years. Come check out the memorabilia. Our kitchen is open late for snacks or dinner with outdoor patio seating in our Cabana bar. We offer a wide range of entertainment including; 4 pool tables, video games, foosball and 6 Big Screen TV's. We have the best live music and DJ's.

Zax
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 Lunch • Dinner • Family Dining • Catering
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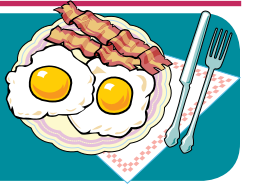
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RESTAURANT GUIDE



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Open Daily at 7am

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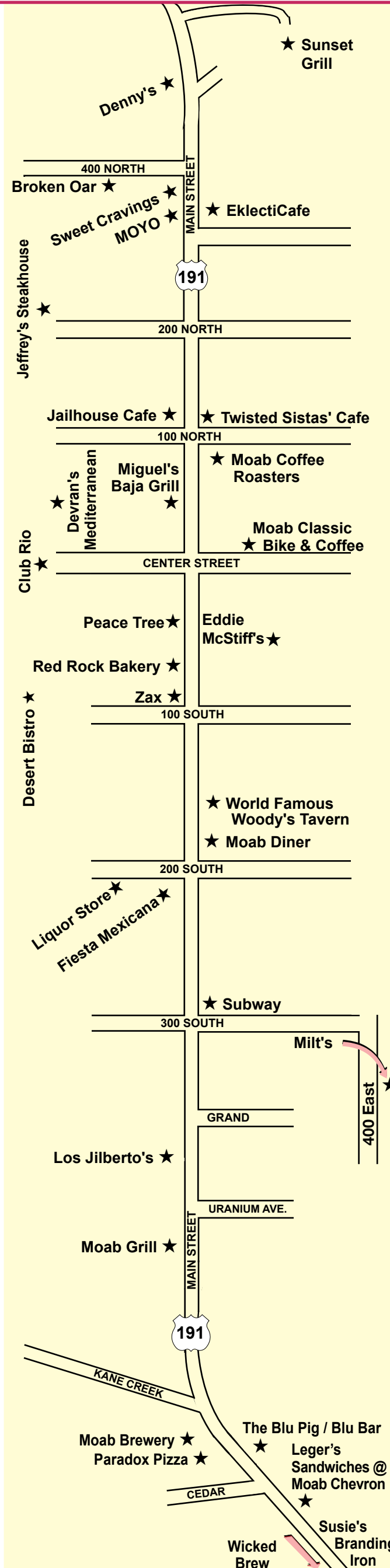
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Live Music - Every Sat. Night
Prime Rib - Wed., Fri. & Sat.
Ribs - Tues. & Thurs. Fri. & Sat. open till 10pm
Homemade Pies

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RESTAURANT GUIDE

RESTAURANT GUIDE



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RESTAURANT & BAR

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Quality Ingredients

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Thurs - Sat

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59 South Main St. 259-2337

WiFi

USU-Moab Adds Business Professor To Local Faculty

Brings Face-to-Face Business Courses to Moab with International Flare.

Dr. Cynthia Gibson is on the move again. Her bags are packed and this time she's making the move to Moab to serve as a business lecturer at Utah State University-Moab. An avid hiker, Gibson sees Moab as a place filled with excitement, and is eager to get out and explore the surrounding canyons.

As a self-proclaimed "Air Force brat", Gibson is no stranger to moving. She's lived in eight different states and four foreign countries, including England, Germany, Canada and Singapore. Most recently, Gibson hails from Brigham City, having served as a lecturer and regional economic development liaison at USU-Brigham City. She will continue this role at USU-Moab and is excited to engage in the local tourism and outdoor recreation industries.

"We are pleased to have Dr. Cynthia Gibson join our team at USU-Moab," stated USU-Moab Dean, Steve Hawks. "She brings unique experiences and perspectives that will enrich our students' education."



Dr. Cynthia Gibson

Having served in a variety of different roles in higher education and the pharmaceutical and medical sales industries, Gibson brings a wealth of experience to her new role. She also provides international insight—having worked as the executive director for Kaplan's Global Diploma Project, which is an important component of business functions in today's global economy.

Gibson earned both her bachelor's in biomedical science and master's of business administration from Texas A&M University. She also completed her doctorate in higher education/educational administration with a specialization in management from Oklahoma State University.

In addition to her professional accolades, Gibson states that her greatest achievement is "raising two fine young men." She relies on them for inspiration and explains that, "hardships refined them, and they continue to independently develop in very positive directions. They're also just nice and kind people."

Gibson will be teaching four courses this spring that will originate from Moab and be broadcast through USU's system. In the business program, she states that, "students will learn how to be the most knowledgeable, compassionate, and effective managers any organization could hope to have."

Gibson encourages residents of Moab to attend USU and says, "USU-Moab provides residents the opportunity to maintain a normal lifestyle and earn a university degree at the same time. The regional campus system brings university educational opportunities to students without causing major disruptions in their lives. They don't have to relocate or change their lifestyles, or the lifestyles of their families."

For more information on the business administration program and other degree options available at USU-Moab, please visit moab.usu.edu. Be sure to mention you read about it in *Moab Happenings*.

Utah State University
MOAB

LIVE MUSIC

Blu Bar 811 S. Main Street 435-259-3333	Woody's Tavern 211 S. Main Street 435-259-3550
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Jan 31 Woody's Tavern, Tony Rasio, 9pm
Feb 1 Woody's Tavern, Superbowl Party
Feb 6 Woody's Tavern, DJ Jen, 9pm
Feb 7 Woody's Tavern, DJ Jordan, 9pm
Feb 11 Woody's Tavern, Una Noche Caliente, 9pm
Feb 13 Woody's Tavern, Marinade, 9pm
Feb 13 Blu Bar, Bob Greenspan & Mama T, 6pm
Feb 14 Woody's Tavern, Marinade, 9pm
Feb 14 Blu Bar, You Knew Me When from Nashville, 6pm
Feb 17 Woody's Tavern, Mardi Gras Madness, 9pm
Feb 20 Woody's Tavern, DJ Jen, 9pm
Feb 21 Woody's Tavern, Trashion Show by Moab Recycles, 9pm
Feb 25 Woody's Tavern, Una Noche Caliente, 9pm
Feb 27 Woody's Tavern, Stonefed, 9pm
Feb 28 Woody's Tavern, Stonefed, 9pm



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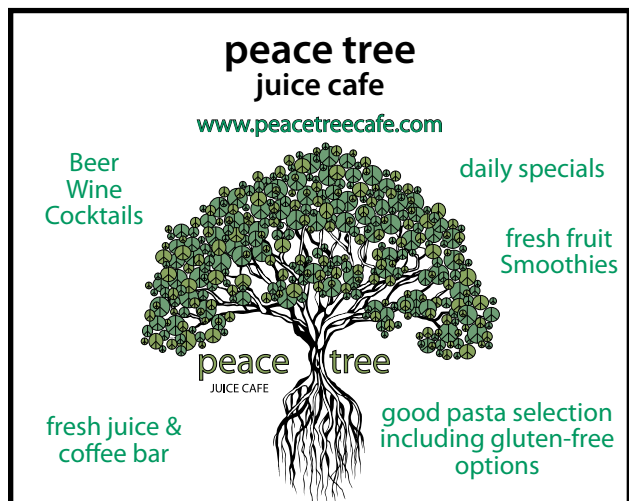
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Open remaining weekends in February

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daily specials

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Food service till 1:00am
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Great Food!
6 Bigscreen HDTV
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Pool Tables
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Fri. & Sat. Nights

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Cabana Bar Patio Seating
Bar Open • Thurs. - Sun.

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HIKING HAPPENINGS

Sand Flats – Back To The Fins & Things

by Marcy Hafner

On this foot-stomping, finger-numbing morning, it is hard to believe that approximately 150 million years ago during the Jurassic period the Colorado Plateau was situated near the equator! Yes, on this wintry day I am finding it difficult to wrap my head around the fact that where I am now standing used to be a Sahara-like desert, an empty land filled with shifting dunes of sand. Then over a long geologic span those restless grains of sand petrified into Navajo sandstone, leaving behind the rounded slickrock that is so characteristic of what we see here today in the Sand Flats Recreation Area.



Even though it is famous for the Slickrock and Porcupine Rim bike trails, as well as almost 40 miles of jeep trails, don't let that biker-jeep perception mislead you. The hiking opportunities, especially in the quietude of winter, shouldn't be overlooked.



Touching its borders with two wilderness study areas – Negro Bill to the north, Mill Creek to the south – this popular playground receives over 100,000 visitors a year. Responding

to the recreational overload, in 1995 the community, AmeriCorps, Grand County and the Bureau of Land Management (BLM) collaborated to protect this vital resource. Consequently an unusual partnership was formed between the county and the BLM so they could 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. At the stop sign on 400 East, go 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 entire Fins & Things jeep trail is 9.4 miles long, but since it parallels the Sand Flats Road you can enter and exit at various intervals for a much shorter hike. On a brilliantly clear day in early January I am embarking on a hike on the north loop of Fins and Things, which starts 1.5 miles beyond the entrance station.



At the trailhead marked with a "you are here" map I can't help myself – despite the chill - from pausing to behold an engulfing panoramic picture postcard scene - the mystic vision of the snowy cloud-covered La Sal Mountains - the jagged outline of Behind The Rocks - the notch-shaped indentation on the Portal's cliff-face - a bumpy-edged, flat-topped formation that reminds me of a necklace - the long sweep of the Porcupine Rim and South Mesa – the deep canyon on the north end of Moab Valley - and the far reaching undulating slickrock hills.

It is, however, a tad too cold to stand around. Unless

the temperature swings up dramatically, this particular hike is not going to be a leisurely stroll! And thus at an opening in the barbed wire fence I start to prance through patches of snow following the alternating white Vs, white dots and white dinosaurs painted on the slickrock.

I haven't gone far when unexpectedly over the first hump there they are - those tremendous fortress-like formations in Arches National Park! Soon after covering more ground I am able to pick out the cavernous gap of Abyss, a side canyon of Negro Bill.



At the first two forks I take a right upon discovering that the snowy steep grades on the left forks are too treacherous to walk on. If I've guessed correctly I will eventually end up at the radio tower. I can see this familiar landmark directly ahead, tantalizingly close as the crow flies, but jeep trails seldom have the option of taking the most direct



route. This one in particular has a bad case of the loop-de-loops! When I start going backwards, I wonder if I am really on the right track. I constantly remind myself not to turn back - just be patient and keep on going! Eventually my persistence pays off. After a whole maze of loop-de-loops, the road does straighten out – at last, it is going in the right direction!

And now - way off yonder – almost like a mirage – there's an amazing sight - The Three Gossips in Arches National Park. That name, those distinctive shapes, always stir my imagination.

Before long another uphill jaunt leads me to the boundary of the Negro Bill Wilderness Study Area, and shortly after that I wind up at the final junction with no signs and numerous choices. By now I am so close to the radio tower it feels like I can almost reach out and touch it; instinctively I veer off in that direction.



Now on the home stretch it has finally warmed up enough – just barely! - for me to take a very late lunch break. Hunkering down in a slight depression I greedily soak up the solar rays, while trying hard to ignore a chilling



breeze. Underneath the ceiling of a deep-blue-winter sky I snuggle up amidst the pinyons and junipers savoring the coziness of this sheltered spot. In my tiny haven I can relish the perception of being far, far away

from civilization in a place where precious solitude is so soothing – no traffic – no voices – no intrusions. The only sounds to be heard are the booming voices of ravens, the titillating chatter of juncos and the distant barking of a dog - a perfect place to enjoy a wonderful off-season interlude.

The penetrating cool air eventually sends me on my way, but I don't have far to go as I start pacing up the final hill to the tower. A short downhill and I'm on the main road, with just a half-mile left to get to my car completing a loop of approximately three delightful, refreshing miles.

A quick ten minute drive out of town makes this year round treasure ideal for spontaneous outings. Overly crowded in the spring, still wildly popular in the fall, Sand Flats shows its most welcoming face during the off-season serenity of winter, when it transports the solitude-seeking hiker to a dramatic big picture perspective that extends for miles and miles in all directions.



4th Annual
Moab Adult Spelling Bee

Sponsored by
The Grand County Education Foundation
Benefiting Grand County Schools

Thursday February 19, 2015
6:30 PM
Star Hall
(near Center and 200 East)

3-Person Team Entry Fee:
Early Bird discount of \$30 before January 20, 2015 is \$150.00
After January 21, 2015 team cost is \$180.00
Prizes will be awarded for winning team of spellers and best team costumes.

Audience Admission: \$5
All attendees eligible for great door prizes!

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

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NON-PROFIT HAPPENINGS

Community Recycling Center

Since August of 2010, volunteers and employees of Moab Solutions and CCR have been at the Moab Post office at 9am on the third Saturday of every month to collect the mixed paper that was not able to be collected at the Community Recycling Center. During that time, a staggering 260 tons of mixed paper was collected at the Paper Drives, backhauled to Provo using postal trucks, and picked up for recycling by Rocky Mountain Recycling. Almost 50 tons of mixed paper were collected in 2014 alone. On average, between 15 and 20 of the large Post Office bins were filled each month during the short collection time on Saturday mornings.

In 2010, the Moab Post Office began participating in the Postal Service Post Office Box Lobby Mail Recycling Program, and the two local recycling organizations saw an opportunity to use this program to greater increase recycling access in Moab. Moab Solutions had been running an "underground railroad" of paper recycling by getting volunteers who were heading up to Salt Lake City to stuff their cars full of mixed paper and drop it off at collection sites in SLC. Once the Post Office started collecting mixed paper, Rani Derasary, former Program Director at CCR, saw an opportunity to use their backhauling program to give the opportunity to recycle types of paper that were not otherwise recyclable here in Moab.

"We are so indebted to Jay Stocks, Moab's Postmaster, for being a longtime supporter," says Sara Melnicoff, Director of Moab Solutions. "I was thrilled beyond description when the Post Office started recycling. To think of all the waste that is now being recycled was a huge relief. It would be even more of a relief if more people would sign up for the 'do not mail' list to stop getting so much junk mail in the first place. It's a fantastic step toward

a better world." Those wishing to cut down on unwanted mail and learn more waste reduction tips should visit <http://www.moab-solutions.org/green-tips.html>

Beginning January 2nd, 2015, The Community Recycle Center on 1000 Sand Flats Road started accepting all Paper Drive materials for recycling and begin ongoing collection of the following types of mixed paper: egg cartons, paperboard (like cereal boxes), brown paper bags, toilet paper and paper towel rolls, magazines, catalogues, phone books, calendars, hardcover and paperback books, wrapping paper, paper packaging and junk mail.

The Community Recycle Center already accepts office paper, newspaper and cardboard for recycling, and the Solid Waste District expects to collect a lot of mixed paper once collection is every day during business hours. It will be important for people to carefully separate their paper recycling as the Solid Waste District makes more money on bales that are only cardboard, newspaper or office paper, and will not get as high of a return from the mixed boxes full of Paper Drive materials. People will also need to remove spiral bindings, plastic cover sheets, metal cutting strips and other non-paper items that are often attached to recyclable paper. Just like with all other recyclables, items that are contaminated with food cannot be recycled.

"The most common unacceptable item we saw at the Paper Drive was milk cartons or ice cream containers, really anything that's paper on the outside and holds liquids inside. That type of packaging can't be recycled here because it's just too waxy," says Scott of CCR.

Green Solutions, a private business that does curbside recycling, will start picking up mixed paper materials on the first Wednesday of the New Year, January 7th. "We ask our customers to separate the Paper Drive materials from other recyclables, and only put out a blue bin's worth,

as we are still working on how we will accommodate the new materials. We are waiting to see how much this affects our pick ups to determine a need for a price increase or additional bins for customers," says Brad Woodford, owner of Green Solutions.

The Moab Post Office will continue to participate in the Postal Service Post Office Box Lobby Mail Recycling Program, along with 111 other Post Offices in Utah and more than 9,000 Post Offices across the country. This program does not allow for any collection of household paper waste, but is intended to get Post Office Box customers to "Read, Respond, Recycle" by opening their mail, taking whatever action is necessary then using the bins to recycle the rest of their mail. Post Office customers in Moab might notice the official USPS blue bins as well as the clear collection bins for other types of recycling. The clear bins are maintained by Moab Solutions and intended to capture any recycling that people might have on them while running errands and visiting the Post Office, such as plastic bottles, aluminum cans or newspaper, but is also not intended to be a drop off for household recyclables.

For more information, the media is invited to contact Abby Scott, the Program Director of Canyonlands Community Recycling. She can be reached via email at CCR@MoabRecycles.org or by phone at 801-718-6080.



MOAB SOLUTIONS

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.

<p>Alcoholics Anonymous sites.google.com/site/moabgroup</p> <p>For Emergencies (24/7) 888-333-9649</p> <p>Alpha Rho Sorority (Bobbie Long)..... (435) 259-6758</p> <p>American Legion Post (Ronald Irvin) (435) 719-4095</p> <p>Arches Education Center (Trish Hedin)..... (435) 260-8764</p> <p>Arches New Hope Pregnancy Center (Debbie Nelson)..... (435) 259-LIFE (5433)</p> <p>BEACON (Stephanie Dahlstrom) (435) 260-1143</p> <p>Bikers Against Child Abuse -B.A.C.A.(John Taggart..... (435) 259-4756</p> <p>Boy Scouts of America (Scott Major)..... (435) 637-8059</p> <p>Boy Scouts of America Utah National Parks Council..... (801) 437-6222</p> <p>Canyonlands Field Institute (Karla Vander Zanden) (435) 259-7750</p> <p>Canyonlands Rodeo Club (Kirk Pearson)..... (435) 260-2222</p> <p>Canyon Winds Concert Band (Ronald Irvin) (435) 719-4095</p> <p>Colorado Outward Bound School – Moab Basecamp (Chris Benson) (435) 259-5355</p> <p>Community Rebuilds (Emily Niehaus)..... (435) 260-0501</p> <p>Daughters of Utah Pioneers (Helen Tranter) (435) 259-5229</p> <p style="padding-left: 20px;">(or Clara Shafer Dalton) (435) 259-7793</p> <p>Deadhorse Motorcycle Club (Ron Dickerson)..... (435) 260-8213</p> <p>Delicate Stitchers Quilt Guild (MURINE GRAY)..... (435) 259-5514</p> <p>Elks Lodge #2021 (Dan Stott) (435) 259-7334</p> <p>Friends of Arches and Canyonlands Parks (Joette Langianese)..... (435) 259-0108</p> <p>Friends of Canyonlands Health Care (Tom Edwards) (435) 260-1504</p> <p>Friends of Indian Creek (Sam Lightner, Jr.)..... (435) 259-6639</p> <p>Friends of the Grand County Library (Adrea Lund) (435) 259-1111</p> <p>Girl Scouts of The U.S.A. (Michelle Hill)..... (435) 259-5884</p> <p>Grand Area Mentoring (Dan McNeil) (435) 260-9646</p> <p>Grand County Democratic Party (Bob Greenberg)..... (435) 259-7013</p> <p>Grand County 4-H (Kira Rindlisbacher)..... (435) 259-7558</p> <p>Grand County Education Foundation (Melodie McCandless) (435) 259-9797</p> <p>Grand County Extension (Michael Johnson)..... (435) 259-7558</p> <p>Grand County Food Bank (435) 259-6456</p> <p>Grand County Hospice (Jessie Walsh)..... (435) 259-7191</p> <p>Grand County Library..... (435) 259-1111</p> <p>Grand County Prevent Child Abuse (Debbie Thurman)..... (435) 260-1039</p> <p>Humane Society of Moab Valley Animal Services 259-4862</p> <p>Ladies Golf Club (Chris Corwin)..... (435) 210-0599</p> <p>League of Women Voters (Cynthia Smith)..... (435) 259-5306</p> <p>Lion's Club (Tom Warren)..... (435) 259-7834</p> <p>Moab Aglow Lighthouse Fellowship (MURINE GRAY) (435) 259-5514</p> <p>Moab Arts Council (Theresa King) (435) 259-2742</p> <p>Moab Arts Festival (Theresa King) (435) 259-2742</p> <p>Moab Arts & Recreation Center (Laurie Collins)..... (435) 259-6272</p> <p>Moab Bird Club (Nick Eason)..... (435) 259-6447</p> <p>Moab Chamber of Commerce (Jodie Hugentobler) (435) 259-7814</p>	<p>Moab City Recreation (Chad Wright) (435) 259-2255</p> <p>Moab Community Dance Band..... (516) 376-8003</p> <p>Moab Community Theater (Kaki Hunter)..... (435) 259-8378</p> <p>Moab Country Club (Rob Jones)..... (435) 259-6488</p> <p>Moab Disk Golf Club (Rolf Hebenstreit)..... (208) 720-1258</p> <p>Moab Duplicate Bridge Club (Warren Ohlrich) (435) 260-1242</p> <p>Moab Friends For Wheelin' (Jeff Stevens)..... (435) 259-6119</p> <p>Moab Garden Club (Tricia Scott)..... (435) 249-4959</p> <p>Moab Half Marathon (Ranna Bieschke)..... (435) 259-4525</p> <p>Moab Horse Show Association (Kathy Wilson)..... (435) 259-8240</p> <p>Moab International Film Festival (Nathan Wynn) (435) 261-2393</p> <p>Moab Masonic Lodge #30 (TJ Robertson)..... (435) 210-4653</p> <p>Moab Music Festival (Laura Brown) (435) 259-7003</p> <p>Moab Poets & Writers (Marcy Hafner) (435) 259-6197</p> <p>Moab Rock Club (Jerry Hansen)..... (435) 259-3393</p> <p>Moab Roller Derby(Jessica O'Leary)..... (575) 635-3898</p> <p>Moab Rotary April Action Car Show (435) 260-1948</p> <p>Moab Solutions (Sara Melnicoff)..... www.moab-solutions.org (435) 259-0910</p> <p>Moab Sportsmen's Club (Frank Darcey) (435) 259-2222</p> <p>Moab Taiko (Michele Blackburn) (435) 259-0816</p> <p>Moab Trails Alliance (Kimberly Schappert)..... (435) 260-8197</p> <p>Moab Valley Multicultural Center (Rhiana Medina) (435) 259-5444</p> <p>Order of the Eastern Star (Fran Townsend)..... (435) 259-6469</p> <p>Plateau Restoration/Conservation Adventures (Tamsin McCormick) (435) 259-7733</p> <p>PleinAir Moab (Sandi Snead) (435) 686-2545</p> <p>Red Rock 4-Wheelers (Ron Brewer)..... (435) 259-7625</p> <p>Rotary Club (Kyle Bailey)..... (435) 259-6879</p> <p>The Salvation Army, Moab Service Extension, (Lenore Beeson) (435) 260-2135</p> <p style="padding-left: 20px;">(or Sara Melnicoff)..... (435) 259-0910</p> <p>Seekhaven Crisis Center (Michael Gardiner)..... (435) 259-2229</p> <p>Senior Center (Verleen Striblen)..... (435) 259-6623</p> <p>Sierra Club (Marc Thomas)..... (435) 259-3603</p> <p>Southeastern Utah Back Country Horsemen (Dick Walter)..... (435) 640-5532</p> <p>Southern Utah Wilderness Alliance (Liz Thomas) (435) 259-5440</p> <p>Toastmasters..... Jim Webster (435) 259-8037 Daniel McNeil(435) 260-9646</p> <p>Trail Mix Committee (Sandy Freethey)..... (435) 259-0253</p> <p>Utah Avalanche Center..... (888) 999-4019 or (435) 259-SNOW</p> <p>Utah Conservation Corps (Sean Damitz)..... (435) 797-0964 ext 1</p> <p>Utah Friends of Paleontology – Gastonia Chapter (Joel Nowak)..... (435) 587-9968</p> <p>Valley Voices (Marian Eason)..... (435) 259-6447</p> <p>Veterans of Foreign Wars (Fred Every) (435) 260-1277</p> <p>WabiSabi (Mel Gilles)www.wabisabimoab.org (435) 259-3313</p> <p>Young Life Moab (Silas Rappe)..... (435) 260-0285</p> <p>Youth Garden Project (Delite Primus) 259-BEAN (2326)</p>
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3

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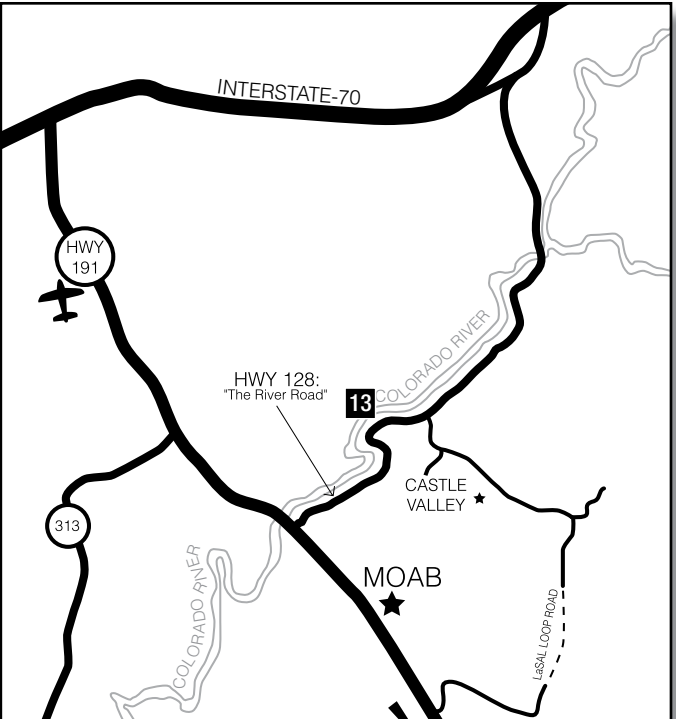
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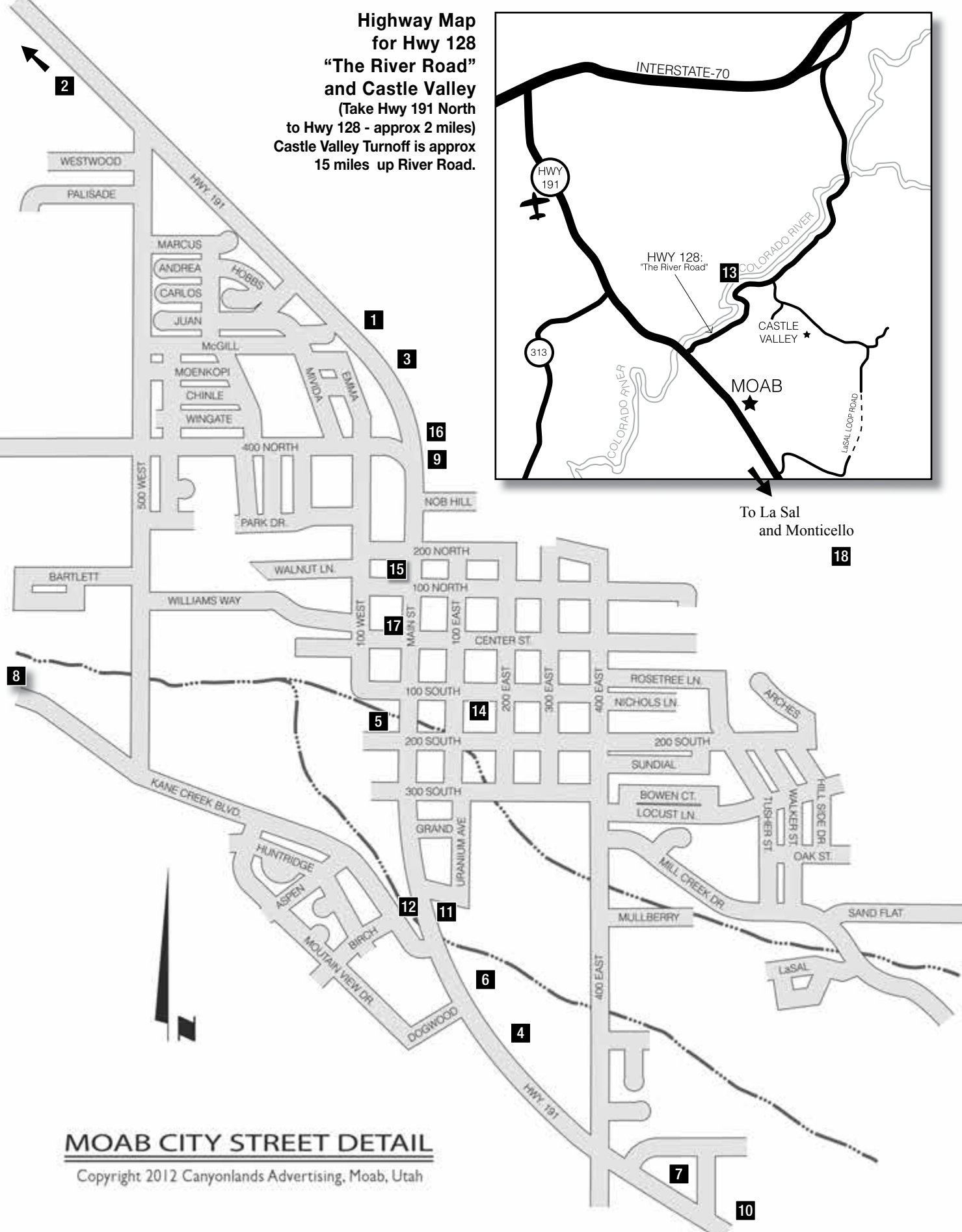
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Highway Map for Hwy 128 "The River Road" and Castle Valley
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2	Holiday Inn Express	435-259-1150	www.HIExpress.com/moabut
3	Hampton Inn	435-259-3030	www.hampton.com
4	La Quinta	435-259-8700	www.lq.com www.lq.com/moab
5	Gonzo Inn	435-259-2515	www.gonzoinn.com
6	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
7	Sleep Inn	435-259-4655	www.moabsleepinn.com
8	Adobe Abode Bed and Breakfast	435-259-7716	www.adobeabodemoab.com
9	Comfort Suites	435-259-5455	www.comfortsuites.com
10	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
11	Red Stone Inn	435-259-3500	www.moabredstone.com
12	Big Horn Lodge	435-259-6171	www.moabbighorn.com
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
16	Days Inn	435-259-4468	www.daysinn.com
17	Accommodations Unlimited	435-259-6575	www.moabcondorntals.com
18	Canyonlands Lodging	435-220-1050	www.canyonlandslodging.com
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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
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MOVIE & MUSEUM HAPPENINGS

Stunts, Stars And Legends:

by John Hagner

Phil Culotta

He performed stunts in "Star Trek: Insurrection", and "Star Trek: Enterprise".

He won the Stunt Awards (2001) for the best fight sequence in "Pirates of the Caribbean".

Among his stunt resume are "Remo Williams", "Police Academy III" and any more. He also performed stunts in television series such as "Team Knight Rider", "Son of the Beach", "NYPD" and "Grey's Anatomy".



"Dark Command"

Starring John Wayne, Walter Pidgeon and a young Roy Rogers. One of the most outstanding stunts ever put on film was when Yakima Canutt rigged a wagon going off a cliff into Lake Sherwood. It was Yak, Cliff Lyons, Joe and Bill Yrigoyen as passengers, leaping for their lives as the wagon with horses drops off a trap door. Horses were not injured nor were the stuntmen.



Movies Made in Moab

The Canyon (2009)

Starring: Yvonne Strahovski

Story: The story starts with Nick and Lori, a newlywed couple who, after eloping, want to take a mule ride down into the canyon with a guide, Henry. The next day the trio head down into the canyon. After traveling for awhile the guide offers to take them to old petroglyphs which are a half days ride away. They agree.

On the way Henry is bitten twice by rattlesnakes and the two mules flee. They make camp and head back the next day. Henry dies. They bury him. The couple hike and reach a dead end and go the wrong way. So they climb



up the rock face to get a signal on Lori's phone. Nick loses his grip in a crevice and they fall, breaking Lori's phone. Nick's leg gets trapped in a crevice. Lori looks for the body of the guide and returns with a knife to cut off Nick's leg but infection has set in. Lori instead frees Nick's leg and

cauterizes the wound. At nightfall wolves try to attack Lori and Nick but she fights them off with the knife but is unable to fend off the attack of Nick by the wolves. She then performs euthanasia on Nick by suffocating him. She goes into shock as a helicopter rounds the edge of the canyon with her kneeling next to Nick's body.

Edge of the Cedars State Park Museum presents:

Written in Stone 2015: An Exhibit of Photography

by Dave Manley



On Saturday January 24, 2015 an exhibit by Moab photographer Dave Manley will open at Edge of the Cedars Museum. The exhibit will be on display through December of 2015.

Written in Stone 2015 is a return engagement to Edge of the Cedars. Mr. Manley's first major photo exhibition was at the museum in 2009. Most of the images are new but a few of the most popular images will make a second appearance. All images are of rock art found in the Green, San Juan and Colorado River drainages. Rock art from Archaic to Pueblo II will be the main focus of the exhibit.

During 2012 Dave Manley was involved with the BLM as primary photographer recording a large rock art site along the San Juan River. The resulting photography was used to create the show, A Human Continuum, which highlighted the process and results of the recording process. To record this site Dave Manley used a unique system

which allowed rock art to be photographed high on the cliff face without introducing the distortion which is often seen in photos taken from ground level. As a result Dave was presented the Oliver Award by the American Rock Art Research Association which recognizes excellence in rock art photography.

Dave was born in 1967 in Oklahoma City, Oklahoma. In 1985 he moved to Denver, CO to attend art school and seek new horizons. In 1987, moved to the Roaring Fork Valley and started an apprenticeship as stone mason in Aspen. Since 1993 he's lived in the Four Corners area and for the last 20+ years has enjoyed many local adventures. His primary job is still being a stone mason. Dave has been fortunate to travel throughout the Western U.S. and Hawaii working on fantastic and challenging projects over the past 27 years.

In 2004 he bought a camera to document his jobsites. At the suggestion of Dave Wells, one of his co-workers, he started taking his new camera (HP Photosmart 935) with him on hikes through the mountains. Dave is completely self-taught and has spent many hours over the last ten years learning and refining his technique. Photography has become a passion that has proved to be rewarding and exciting.

Edge of the Cedars State Park Museum is located at 660 West, 400 North, in Blanding. Hours are 9 a.m. to 5 p.m. Monday through Saturday. Daily admission is \$5. For more information contact the museum at 435-678-2238

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.

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 Heart
- 2013 - The Lone Ranger
- 2014 - Need for Speed
- 2014 - Transformers: Age of Extinction

SKY HAPPENINGS

FEBRUARY SUNRISE AND SUNSET TIMES

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

Date	Sunrise	Sunset
1	7:24am	5:40pm
2	7:23am	5:41pm
3	7:22am	5:42pm
4	7:21am	5:44pm
5	7:20am	5:45pm
6	7:19am	5:46pm
7	7:18am	5:47pm
8	7:17am	5:48pm
9	7:16am	5:49pm
10	7:15am	5:50pm
11	7:14am	5:52pm
12	7:13am	5:53pm
13	7:11am	5:54pm
14	7:10am	5:55pm
15	7:09am	5:56pm
16	7:08am	5:57pm
17	7:07am	5:58pm
18	7:05am	5:59pm
19	7:04am	6:00pm
20	7:03am	6:01pm
21	7:02am	6:03pm
22	7:00am	6:04pm
23	6:59am	6:05pm
24	6:58am	6:06pm
25	6:56am	6:07pm
26	6:55am	6:08pm
27	6:53am	6:09pm
28	6:52am	6:10pm

- MAJOR CONSTELLATIONS**
- Overhead** (North to South)
 Ursa Minor
 Auriga
 Gemini
 Taurus
 Canis Minor
 Orion
 Canis Major
- Eastward** (North to South)
 Ursa Major
 Leo
 Cancer
 Hydra
- Westward** (North to South)
 Cepheus
 Cassiopeia
 Perseus
 Andromeda
 Aries

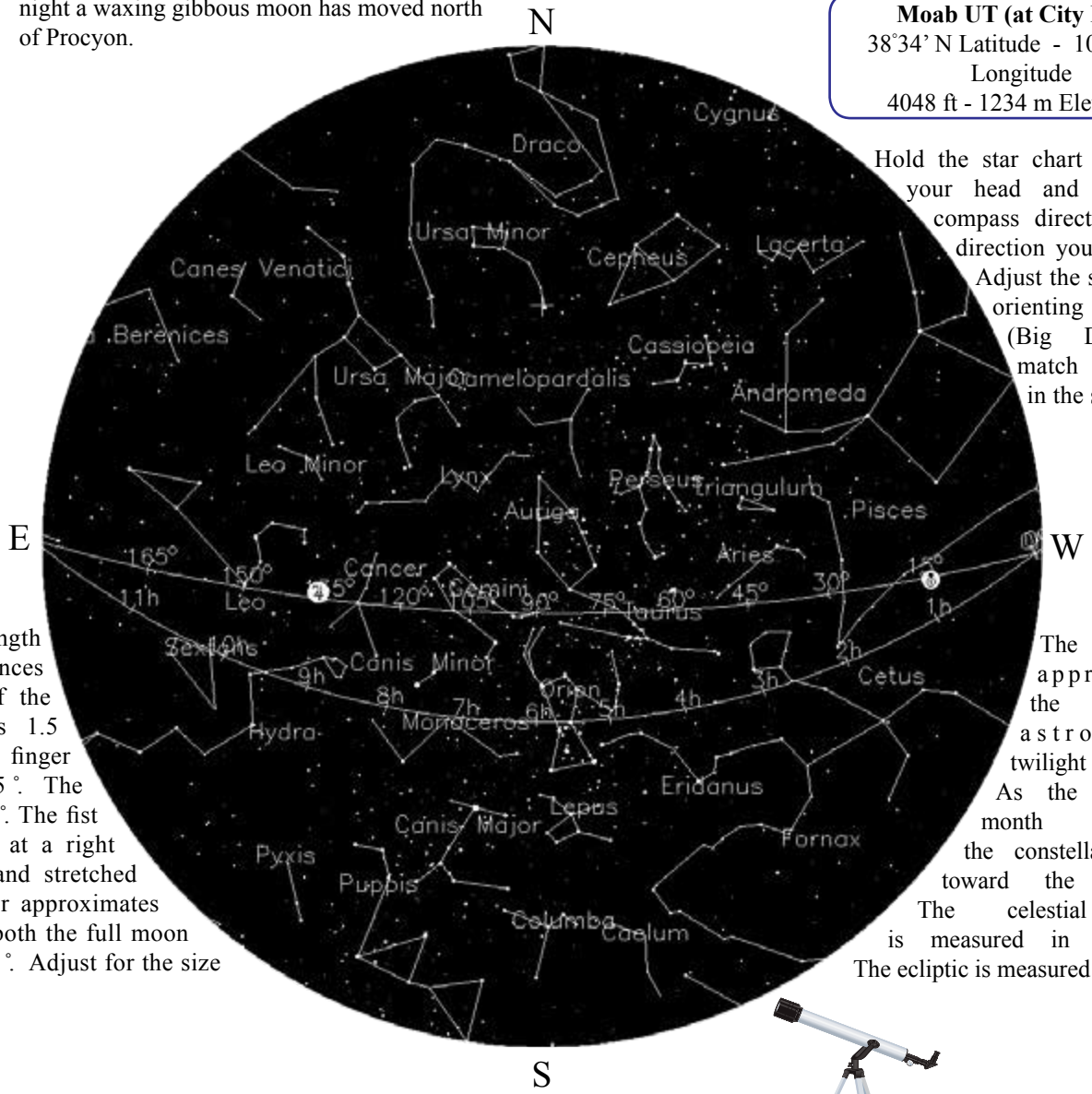
Hold your hand at arm's length to measure apparent distances in the sky. The width of the little finger approximates 1.5°. Middle, ring, and little finger touching represent about 5°. The width of a fist is about 10°. The fist with the thumb extended at a right angle equals 15°. The hand stretched from thumb to little finger approximates 20°-25°. The diameter of both the full moon and the Sun spans only 0.5°. Adjust for the size of your hand.

The Sky for February 2015

By Faylene Roth

The Big Dipper, an asterism in the constellation Ursa Major, hangs in the eastern sky with its handle downward during early evenings. Follow the two outer stars of the cup southward to Regulus (Leo). On February 4, a one-day old gibbous moon hangs below hot, blue Regulus. On the night of February 8/9 the waning gibbous moon rises soon after midnight and travels across the sky ahead of bright, blue Spica (Virgo). Between February 24 and 25 the quarter moon sidles up to and passes red supergiant Aldebaran (Taurus) and moves across Orion by the next night. On February 27 the Moon sits in the middle of six bright stars forming the Winter Circle. By the following night a waxing gibbous moon has moved north of Procyon.

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



Hold the star chart high above your head and match the compass directions to the direction you are facing. Adjust the star chart by orienting Ursa Major (Big Dipper) to match its position in the sky.

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

DAYLENGTH

Days lengthen as the sun's apparent position in the sky moves higher—or northward. However, it is the Earth's orbital movement—not the sun's—that causes this apparent change in the sun's position. Since the direction of tilt of the Earth's axis is relatively fixed, the Earth's progression through its orbit continually presents a new face towards the sun. As Earth approaches the March equinox, the line of the equator becomes more perpendicular to the rays of the sun. From the northern hemisphere, the sun appears to move from a position low in the sky below the equator to a position higher in the sky. By March 20 the sun will be directly above the equator.

Twilight extends the period of daylight in three stages at each end of the day. Morning twilight begins with astronomical twilight as the eastern horizon brightens — about 1-1/2 hours (nearly 2 during summer months) before sunrise when the sun is 18° below the horizon. Nautical twilight takes over for another 30-40 minutes—as the sun passes 12° below the horizon and the overhead sky turns blue and color returns to the surrounding landscape—. The final stage—civil twilight—begins when the sun ascends to 6° below the horizon and provides adequate light for most outdoor activities for the half hour before the sun crests the horizon. The opposite progression occurs after sunset.

MOON HAPPENINGS

- February 3** – Bright skies all night after the full moon (4:09pm) rises at 5:51pm.
- February 11** – Dark evening skies until after midnight when the waning last quarter moon rises.
- February 18** – Dark sky period for several days before and after the new moon at 4:47pm.
- February 25** – Bright evening skies until after midnight when the waxing first quarter moon sets.

(The moon rises later each day—as little as 30 minutes to as much as one hour. Time of moonrise and moonset may also be delayed in mountainous terrain.)

Primary Sources: USGS; U.S. Naval Observatory; Your Sky at <http://www.fourmilab.ch/yoursky/>
 To find out when the space shuttle and International Space Station are visible from your location, go to: <http://spaceflight.nasa.gov/realdata/sightings/index.html> and click on Sighting Opportunities.

CELESTIAL EVENTS

No major meteor showers occur during February, although fireballs—mega-meteors as bright as Jupiter and Venus—often occur. Best chances for viewing are between 3:00am and dawn. Viewing the zodiacal light associated with the spring equinox is more predictable. The best chance to see this cone-shaped beam of light is on moonless evenings between February 7 and 17. Once the golds, reds, and residual glimmers of evening twilight have faded from the western sky, look for a broad beam of white light shooting nearly straight up from the point where the sun had set. The zodiacal light occurs near both equinoxes when sunrise and sunset are nearly vertical to the horizon. It occurs when sunrays from below the horizon reflect off dust particles within the open spaces of our solar system.

VISIBLE PLANETS

- Jupiter ♃** -- The brilliance of Jupiter reigns in the night sky from dusk until dawn. Look for it on the eastern horizon at evening twilight. On the nights of February 2 and 3 Jupiter appears near the full moon. Jupiter reaches opposition (opposite side of Earth from sun) on February 6 which brings it in for a close view with binoculars and small telescopes. (Magnitude -2.3)
- Mars ♂** – Red-hued Mars continues to diminish in size and brilliance as it moves towards the far side of the sun. Look for it low on the western horizon hovering above Venus. Mars and Venus reach a close conjunction within 0.5° on February 21 during astronomical twilight. Mars sets about one hour after astronomical twilight ends. (Magnitude +1.2)
- Saturn ♄** – Look for Saturn high in the southeastern sky at dawn. It rises after midnight near the head of Scorpius. On February 14 a waning crescent moon passes within 2° of Saturn. (Magnitude +1.2)
- Venus ♀** – At evening twilight Venus dominates the western horizon. In early February it sets about one hour before Mars. By February 21, they set together at about 8:20pm, after which Venus sets after Mars. (Magnitude -3.9)

Apparent magnitude values range from -4 to +6 for most planets and visible stars. The lower the value the brighter the object. A decrease of 1.0 magnitude is 2.5 times brighter.

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ASTROLOGY HAPPENINGS

Your Horoscope for February 2015

By Victoria Fugit

"As astrologers, we can teach people about time. When we know where we are in the larger cycle, we have a better idea of what must be done. In Jung's last book, *The Undiscovered Self*, he said that global issues won't be solved by politicians and peace treaties. The salvation of the world will come from the salvation of the individuals living in it. It's surely time to think cosmically and act locally. It's time for us to do our jobs." Astro.com

Our job at this time can be continuing to clean up our own lives and supporting others in cleaning up their lives. We are still feeling and seeing the agitation and destruction of the Uranus/ Pluto square everywhere in the consensus reality and we continue to read about Plutonian freak-outs in the headlines. Mass consciousness, however, is a poor mirror for the individual who works on being a better person day by day. This transit does not have to be negative or fearsome. It's calling for our stagnate structures, patterns, relationships, work situations and limited thinking to be shocked or suddenly shifted into a new way of being -- the only thing it wants to shock, shift or destroy is that which no longer serves our highest good in order to revitalize what works in our lives.

There has been something quite different about the impact of this latest Uranus /Pluto contact. In the 1930s it brought the great Depression, the rise of Hitler, war and all the rest of the misery of the 30s and early 1940s.

In the 1960s, Uranus's electric, erratic nature and energy of sudden change, revolution, awakening, and genius combined with Pluto's deep, transformative nature and energy of destruction, evolution and hidden power was in the sign Virgo. Together, they created explosive energy that demanded change, and they ushered in a new historical cycle. In the decades since, the seeds of that cycle have had opportunities to sprout and take root, and some have created tremendous changes which involve Virgo themes: health, purity, independence, pets, service, jobs, daily routine, practicality, food, and the connections of body, mind and spirit.

Now Uranus and Pluto square each other, a relationship that tends to bring clashes and turmoil (especially on the inner plane) in order to raise awareness and motivate us to make difficult yet beneficial changes.

This time, we've seen a rise of the far right, and we've heard the language of hate, bigotry and intolerance. The steady stream of negative news from the Middle East and Eastern Europe could be interpreted as a spiral into global conflict. But, international relations through commerce and trade have so far proved surprisingly robust. And where, once, widespread economic gloom might have provided convenient cover for creating war, a more hopeful spirit has emerged. The truthfulness of governments and the media (Pluto) is being constantly questioned. They can no longer easily create mass fear with false information. The internet (Uranus) has organized us into new collectives, defined by shared interests and values (e.g. food purity, ecology, equality, etc) not by national boundaries. Today, more people are declaring a commitment to peace. Pacifists are now activists! The seven squares between Uranus and Pluto have caused the secrets of the great and the powerful to come to light, the rest of us have started to find our hearts and voices. 2015 may yet be the year in which nobler ideals prevail.

Mar. 21 - Apr. 20 Aries – In general for Aries, February brings multiple opportunities and events through which you could come closer to realizing your goals and aspirations this year. Those of you in the middle of Aries (April 1-7) are looking at the last and most potent of the Uranus/Pluto squares in March. If you've done your inner work, you might expect sudden or unexpected insights or events that put you in fast forward or on to a new track. Enjoy the ride.

Apr. 21 - May 21 Taurus – With Venus, Mars and Neptune in Pisces in an easy sextile to your Sun, you may just want to be comfortable this month as only Taurus can. But The Sun and Mercury in Aquarius and Jupiter in Leo keep you moving and actively passionate about your future. Take the time to smell the flowers but not so much that you don't pay attention to business.

May 22 - June 21 Gemini – You might feel a little like the universe is playing with you like a yo-yo. You start a romance, only to find illusion; you see opportunity only to discover your goals are bigger than your abilities or willingness. Saturn is moving into an opposition to your Sun (life force) and can cause your energy to drop periodically. This opposition will be in effect over the

next two and a half years and will have the capability of bringing greater stability to your life.

June 22 - July 22



Cancer – This month your finances could see some improvement. Venus, Mars and Neptune in Pisces increases you intuition and brings new information either through study or travel that deepens your understanding of the events in your life and your responses since 2012. If you're born July 3-15, the Uranus/Pluto square is still in effect and making deep inner changes, in hindsight mostly beneficial.

July 23 - Aug. 24



Leo – Jupiter still smiles on your Sun in Leo. Uranus in a trine to your Sun brings gentle, yet invigorating change to your life with new friends, ideas and possible travel. Pay attention to health. This is a good time for rejuvenation and improvement in this area. Saturn is in Sagittarius now, strengthening and stabilizing new creative endeavors.

Aug. 24 - Sept. 22



Virgo – Venus, Mars and Neptune soften your normally sharp analytical powers. Neptune especially can create a soft filter over reality right now, giving the options of living in a partial illusion by not truly seeing your greatness of being, becoming far more imaginatively creative or improving your intuitive abilities to support yourself and others. Any or all of the above could apply over the next ten years or so. Pluto is your guide to your highest good. Just let go and enjoy.

Sept. 23 - Oct. 23



Libra – The Uranus/Pluto square has tilted your world since 2012, but Jupiter and Saturn are supporting you in getting more steady and bringing new networks and friendships into your life. It seems there may be a choice this month around taking the high road or not at work. You may be more serious this month about creative endeavors, starting a project to renovate your home or your inner foundations, inherited from your childhood.

Oct. 24 - Nov. 22



Scorpio – Saturn has finally left your sign, Scorpio. It will return to the last two degrees of Scorpio from Mid-June to Mid-September; so if you are a late Scorpio, Saturn will return to complete its job of cleaning-up and restructuring anything out of sync with who you are becoming. Pluto continues to push you into unfamiliar but beneficial territory and the first part of February may bring some romantic encounters. Make sure love is based in reality before making commitments.

Nov. 23 - Dec. 21



Sagittarius – Saturn is in your sign until it retrogrades from June through September. It can take the wind out of your sails until you learn the joys of self-discipline. This is particularly true of those born November 23 -30. However, both Jupiter and Uranus are in a trine to Sagittarius this month and are happily supporting your creativity and career. This is a great month to get out in nature and soak up the inspiration the Earth always gives you.

Dec. 22 - Jan. 20



Capricorn – Pluto has been working its transformative magic on you, Capricorn. If you have been open to it you are almost ready to make some sort of leap into a new life. Your home, environment or the foundations of your life have been subject to changes and taken unexpected twists and turns such that you may feel like Alice down the rabbit hole. Stay flexible this month, enjoy the love in your life and know the best is yet to come.

Jan. 21 - Feb. 18



Aquarius – This is your month Aquarius. Saturn brings practicality to your plans, Uranus gives you innovation, enthusiasm and charisma, Jupiter cooperates with big thinking and Mercury (after the 12th) makes it move forward. Figure out how you want to use these gifts and this energy will take you through the year. Write out what your intentions are and watch them come to fruition.

Feb. 19 - Mar. 20



Pisces --You're looking good and feeling better this month. Your connection with friends becomes an important theme for you. Changes in your work can open new ways of being for you although you have many uncertainties and some confusion. Health needs require more time out and stronger boundaries. Finances are a bit erratic and can cause some concern until after April. Mercury retrograde until after the 11th can cause mix-ups and ambiguity in communication.


About Victoria...

The passion I have for Astrology began when I was twenty-four.

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@etv.net



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Adult Spelling Bee February 19 at Star Hall

Do you love a challenge with a little competition? Do you love having a great time, while working for a great cause? Grand County Education Foundation (GCEF) is hosting the 4th Annual Adult Spelling Bee from 6:30-8:30 PM, February 19 at Star Hall, 159 E. Center Street.

The GCEF brought the Adult Spelling Bee to Moab in 2011, a signature fundraiser that highlights the educational mission of the foundation. GCEF is a group of volunteers—community members, business people, parents and school staff, dedicated to raise money for projects that enhance learning in Grand County.

To date, the foundation has disbursed over \$100,000. Established in 2009, GCEF is a 501c(3) non-profit organization whose sole purpose is to fund educational projects, activities, and programs to benefit students in Grand County. Project funding includes BEACON and Grand Area Mentoring; salaries for art and music teachers; licenses for online math and reading programs, equipment for Moab Athletic Club Soccer, GCMS Basketball and GCHS Baseball, Marching Band, Drama, GCHS Swim Team, help the Mountain Bike Club purchase uniforms, assist students travel to Middle School Quiz Bowl in New Orleans, 5th graders to Boston, and other field trips to enhance the learning experience.

What is an adult spelling bee? As a competitor, your three-person team (in costume) takes turns with other teams to determine the correct spelling of a word. Each team has a scribe who writes the spelling of the word on a whiteboard and shows it to the judges and the audience. To support GCEF, be a Speller, sponsor a speller or team of spellers, provide a door prize and volunteer to help set up and publicize the event.

Registrations accepted until Monday, February 16th. Cost is \$180 per team. Word study lists and event details will be sent to each team member after registration. Spectator admission is \$5. To become a team sponsor, volunteer, learn more or to put together a team of your own, please call Valerie at 260-2808 or Melodie at 259-9797, email mel777@citlink.net.



PET HAPPENINGS

Home Remedies for Minor Pet Emergencies

Accidents often turn into emergencies that require an immediate trip to see the vet, but there are many things you can do before, during and after to help your pets. I always recommend a call to your vet if you are unsure about any at home care, and in no way are these suggestions a replacement for qualified and professional veterinary care. Stocking a few select items and knowing what to do before an emergency can go a long way and help you keep a calm head in any pet situation. Below are some great tips that can even help your two-legged family members in a minor emergency.

Problem: Nail injury. Dogs and cats can slice up their nails in a variety of ways – everything from a too-close nail trim that nicks the quick, to running outdoors over sharp rocks. Nails also bleed quickly, and can become a bloody mess in no time.

Solution: Styptic powder. If you don't have styptic powder on hand, for minor bleeding grab either cornstarch or flour from your kitchen, pour some into a small bowl, and dip the injured paw into the powder to stop the bleeding. Try and keep the pet calm and still for at least a few minutes to allow the quick to clot completely once you have applied your powder.

Problem: Bee sting. Most bee stings occur on a paw or the face. Not only are bee stings painful, but your pet could also have an allergic reaction.

Solution: Credit card and quercetin. If you need to remove the bee's stinger, don't use tweezers. Use a credit card from your wallet to scrape away the stinger – just make sure the venom sac comes out with it. If your pet has a mild allergic reaction to a bee sting, offer Quercetin (or "natural Benadryl") if you have it, or real Benadryl if you don't. Most small dogs will need a very small dose, and no matter what size, it will make your pet drowsy. Serious allergic reactions require an immediate trip to the closest emergency veterinary clinic so look for major swelling, trouble breathing, or paleness of the gums.

Problem: Indiscriminate eating. If your pet has very recently ingested something she shouldn't, for example, antifreeze or another toxin, you may need to induce vomiting. Always call your vet or an animal poison control hotline if you suspect your pet has swallowed a poison. Some poisons can actually do more damage if they have to come back up from vomiting, so better safe than sorry.

Solution: Hydrogen peroxide. I'm talking about 3% hydrogen peroxide – the kind you purchase at any pharmacy. The dose is one teaspoon for every 10 pounds of body weight. Hydrogen peroxide typically induces vomiting within 15 minutes. If your pet doesn't vomit within that time, you can give her a second dose, but if another 15-30 minutes passes and she still hasn't vomited, it's time to call your veterinarian.

Problem: Cuts and scrapes. Many pets manage to acquire minor cuts and scrapes while running around the backyard or out for a walk. Before dressing you will want to clean the wound to ensure fast healing.

Solution: Contact lens saline solution. You can clean dirt and debris from your pet's minor wound with regular human contact lens saline solution. You can also use it to flush out dirt, sand or other irritants from your pet's eye.

Problem: Dangerously low blood sugar in a diabetic pet. If your pet has diabetes mellitus, you'll want to do everything possible to prevent a hypoglycemia attack that can lead to a diabetic coma.

Solution: Honey. As soon as you see your pet's lips start to quiver or his body start to shake, you need grab the

honey and rub a little on his gums. Make sure to use honey, not corn syrup, which can contain genetically modified and/or allergenic ingredients.

Problem: Thunderstorm phobia. Many pets, especially dogs, fear thunderstorms. But it's not just the thunder and lightning that makes your dog anxious, it's also the static electricity that can accumulate in her coat, giving her little electric zaps that are unnerving.

Solution: A steamy room. Pets with thunderstorm phobia often feel more comfortable in a steamy/humid space that removes static from their coat, so try putting your dog (or cat) in the bathroom while running hot water in the shower. Alternatively, you can rub your pet's coat with a non-toxic dryer sheet for the same effect. Many dryer sheets are loaded with chemicals that shouldn't remain on the fur, so make sure you're using chemical free dryer sheets if you choose that solution.

Another solution is a Thunder-shirt. These shirts work with pressure points on the dog's body that send message to the brain, similar to what a hug does for a person. These shirts work to a varying degree for each dog but usually provide some relief in many stressful situations not just thunderstorms (like a trip to the vet, new visitors in the home and a ride in the car).



Problem: Constipation, diarrhea, hairballs, and other minor digestive issues. Most pets at one time or another experience GI issues that last for a few days and disappear.

Solution: Canned pumpkin or sweet potato. It's a good idea to keep a can of 100% pumpkin or sweet potato in your kitchen cabinet for occasional mild tummy upsets. Give a teaspoon of pumpkin for every 10 pounds of body weight, one to two times a day, either in food or as a treat. Pumpkin is rich in soluble fiber that can ease both diarrhea and constipation by drawing moisture into the GI tract.

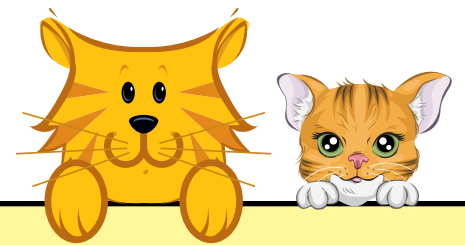
Another solution is to keep prebiotics/probiotics on hand. Regular use of these powerful microbes, can help keep your pet's digestive system in top shape, but when there is upset you can double the dose and help get the situation under control quickly. If your pet has a problem that lasts longer than 24-48 hours, or shows other signs of distress (lack of interest in food, unusually bad breath, or just not being their normal selves) contact your vet right away.

Problem: An injured pet that might bite. If your pet is sick or injured, it's important to protect yourself and anyone else who is handling or caring for him. Even the most passive, gentle pet can bite in response to fear or pain.

Solution: A homemade muzzle. Most owners of easy-going pets don't even own a muzzle, so if you ever

find it necessary to prevent your dog (or even your cat) from biting out of fear or pain, you can quickly improvise a muzzle from a pair of hose/tights, a man's tie, or any available strip of cloth. The make-shift muzzle is lightly looped over your pet's nose and mouth, then crossed under the chin, and tied behind the ears.

In most cases of even a minor pet injury or illness, after applying a home remedy, it's still a good idea to follow up with your veterinarian to insure your dog or cat is receiving appropriate care. Chances are you won't need an appointment, but your vet may want to note the information in your pet's chart for follow up at your next regularly scheduled visit or provide you with additional care information.



Humane Society of Moab Valley

435-259-4862 • www.moabpets.org

February 2015 Events

- February 7** - Cat Adoption Day at the Moab BARKery from 11am - 1pm
- February 14** - Dog Adoption Day at City Market from 10am - 12pm
- February 21** - Cat Adoption Day at the Moab BARKery from 11am - 1pm
- February 28** - Dog Adoption Day at City Market from 10am - 12pm

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



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00		KZMU OVERNIGHT		Art of the Song		KZMU OVERNIGHT		7:00	
8:00	Native Spirit / Native News	Native News 7:55am						Desert Diva / Native News	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)	10:00	
11:00			Amarillo Highway	Tilted Park (Americana Classic Rock)	Mixed Tape / Bopp It		Trailer Park Companion / Wayward Wind	11:00	
Noon								Noon	
1:00	Grass is Greener (Bluegrass)	The Skye's the Limit (rock-blues-unreleased)	Radio mmm... (Classic Indie)	Horizon Line	Tangled Roots (Roots, Blues, World)	The Trading Post (call-in Buy/Sell)	Ain't Live Grand? (live recordings)	1:00	
2:00						1-2-3 (funky world soul)		2:00	
3:00	Entre Las Piedras Between the Rocks (Norteno New Mexico rock & roll)	OPEN for New Energy!	Joe's Garage Soundthing	Bait and Switch	Roots Music Express		Belagaana Review (fruit and nuts)	3:00	
4:00		Alternative Radio	WORLD MUSIC			Fire on the Mountain	Tween Time (pre-teen fun)	4:00	
5:00	West of Broadway/ Concert in the Park	This Week in Moab (Interviews / Calendar)	Pirates & Poets	Moab Drive Time	Thursday Drive Time	Free Speech Friday Public Access	Big River/ Ranch Exit (twang)	5:00	
6:00		DEMOCRACY NOW							6:00
7:00								7:00	
8:00	Kokopelli Coffeehouse	Big Swing Face (big band jazz) The Watering Hole (blues)	Moab City Council/ Big Rock Candy Mountain	Thin Edge (jazz)	Ear Rooster	Funky Soul Jam	Rainbow Room/ Main Street Cruise!	8:00	
9:00								9:00	
10:00	Turn on, Tune in, Drop out (Rock/Talk)	Digital	MOAB AFTER HOURS			Beat Monkey	Ill Beats Radio	10:00	
11:00			Conscious Party	Liberty Jam	Rock Wasteland			11:00	
12:00		KZMU OVERNIGHT						Operation Punk Subversion	12:00

KEY: Talk Shows Easy Mix Blue Grass, Country, Folk Eclectic/World Rock, Blues, Jazz, etc. Heavy, Hard

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