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WESTWATER CANYON FULL-DAY Enjoy exciting whitewater rapids & lunch in this unique Canyon. (min age: 10)	\$190	\$190
STAND UP PADDLEBOARDING Transportation, board rental, instruction, guide, snacks and water are included. (min age: 10)	\$85	\$75



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ARCHES N.P. ADVENTURE TOUR Explore fins, arches & chasms with easy guided hikes in the morning hours. (4 hrs)	\$85	\$75
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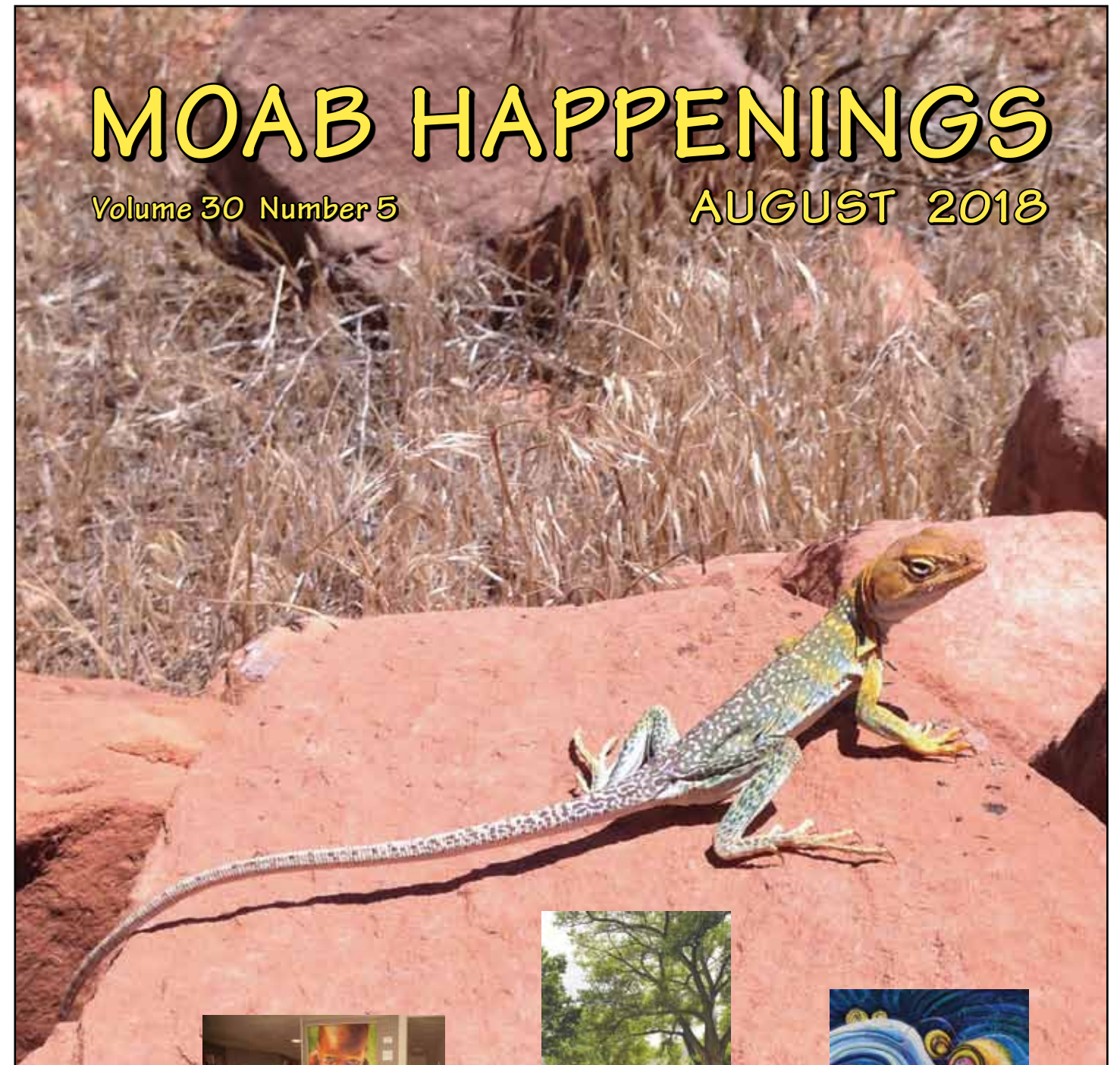
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MOAB HAPPENINGS

Volume 30 Number 5

AUGUST 2018



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Moab Music Festival



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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.

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

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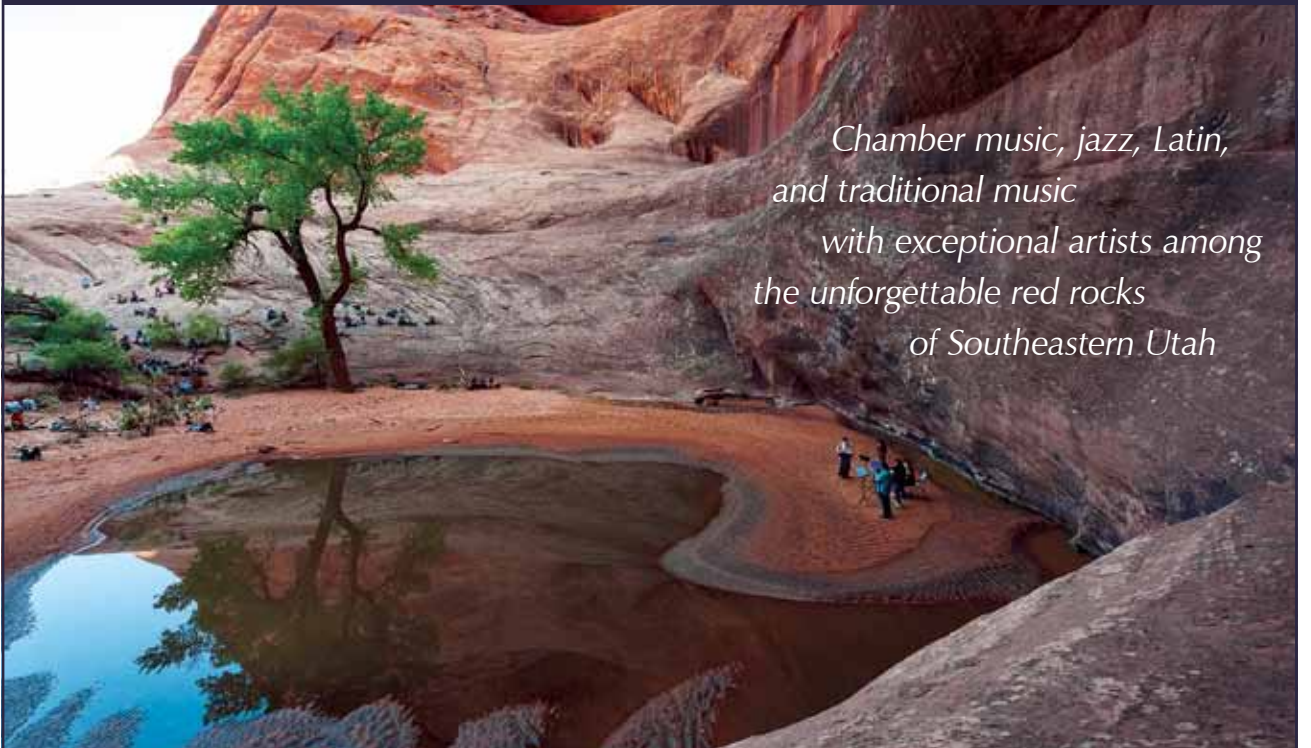
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River Road Happenings

Castle Creek Winery

When asked to list some of the more famous areas for the world's best wine, a lot of places come to mind: Italy, France, Napa Valley California, but most people won't immediately think of the American Southwest. In fact, the dry but cool desert around Moab provides nearly-identical growing conditions to some of the Mediterranean region's top vineyards. Grape vines require a minimum of 1300-1500 hours of sunshine during the growing season and a long, warm summer to perfect the sugar and acid levels in the grapes themselves. At our local vineyards at the Castle Creek Winery, we consistently have fruitful and ideal growing conditions with our long, dry summers and plentiful sun. Not only do our grapes thrive, but we

thoroughly enjoy growing them in the beautiful desert we call home.

Since our founding in the year 2000, we have perfected eight different varieties of wine, Merlot, Cabernet Sauvignon, Chardonnay, Chenin Blanc, 2 red blends – Outlaw Red and Monument Red, and 2 white blends, Lily Rose White and Petroglyph White. We have quickly become Utah's largest and most renowned winery, producing more than 15,000 gallons of wine each year. By keeping our output low we can focus on the quality of the wine we produce and use the most locally sourced and ethically produced ingredients possible. This also keeps our prices low and our taste and quality incredibly high,

while maintaining the principles of local production and labor throughout our production process. We grow grapes in our local vineyard and combine them with locally sourced grapes from other small vineyards nearby in Western Colorado. From the growing process, to crushing and fermenting, to the delicate bottling, we artfully prepare our wines to preserve the smooth and bold flavors of the desert and to bring your dinner table to life. It's the adventure you find in Moab, right in your glass.

Castle Creek winery is located at mile post 14 on scenic byway 128. Wine tasting daily from 11am - 7pm wine sales daily 10am - 7pm.



Castle Creek WINERY
Wine tasting, tours & sales

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August Events

Aug 3, 4 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S

Aug 3-4 Abajo Enduro Mt. Bike Race- this epic two-day, three stage enduro takes place in a hidden enclave of Utah's best kept secret we call the Abajo Mountains of San Juan County, overlooking the Bears Ears National Monument. You will encounter double & single track, wicked fast flowy descents, & tech gear. For info: www.roamutah.com/abajoenduro

Aug 3-11 San Juan County Fair- two days of big time fun! The fair & parking is free with the exception of the concerts & Blue Mountain Rodeo. Climb the rock wall, bounce & slide on the inflatables, visit one of our information, education or vendor booths. There is always plenty to eat at the fair! Located at the San Juan County Fairgrounds in Monticello. For info: sanjuancountyfair.com

Aug 3, 10, 17, 24 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Aug 4 Free Escape Room Event at the Moab Library- Theme: The Library's Hidden Secret. Games will run from 1-4:30pm. Test your problem solving skills & experience the library with a magical twist during a free Escape Room Event presented by Escape Moab! The event is open to all ages, but games will be geared to ages 10 & up. Stop by or call the library at 435-259-1111 to sign up for a start time.

Aug 4 Color Wheel - 8pm at the Moab Arts & Recreation Center, 111 E 100 North. A live color experience using shadow puppets, overhead projector, stop motion animation, & song! The piece is an exploration into our understanding of color & its effect on how we perceive the world around us. Opening Act Haley Noel on the banjo. For info: raered.com & haleynoel.bandcamp.com.

Aug 4-5 Moab Golf Club Tournament- 3-n-1 Mixed. For info 435-259-6488

Aug 7 Sheng Zhen Healing Gong- 1-1:45pm with certified teacher Lisa De Rees, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678

Aug 7, 14, 21, 28 Castle Valley Farms Farmstand- 4-7pm at the Youth Garden Project behind Grand County High School.

Aug 7, 14, 21, 28 Musicality & The Blues- 7-8pm, every Tuesday at the Moab Arts & Recreation Center, 111 E. 100 North. In this series, we will learn the basic musical patterns of swing & blues music, explore the different ways we connect to the music, & use this knowledge to boost our musicality & enhance our dances. For info: moabswingdance.org

Aug 7, 14, 21, 28 Swing & Blues Dance Night- at the Moab Arts & Recreation Center, 111 E. 100 North. Join the Moab Swing Dance Community every Tuesday for lessons & social dancing. Styles include: East Coast Swing, Lindy Hop, Charleston, Blues, solo Jazz, & more. All ages welcome! No partner needed! \$5.00 suggested donation. Lessons begin at 8pm. Social dancing 9pm.

Aug 9 Free Lecture Series- Robert Anderson: Soundscapes: How Noise Pollution Influences Wildlife Patterns & Visitor Experience within Canyonlands NP. Sounds are all around us & play an important role in our experience with the landscape. The National Park Service is beginning to understand the relationship between sound & the inherit resources within the park. By preserving the natural sound we all can enjoy our national wonders a little more. 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands Natural History Assoc & Museum of Moab.

Aug 9 All Levels Sheng Zhen Gong - 5:30-7pm with certified teacher Don Leathers at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Aug 9 Diamond Rio Concert- at the San Juan County Fair, 7:30pm, in Monticello at the fairgrounds. Follow San Juan County Fair on Facebook for more information!

Aug 10 Free Moab Movie: DODGEBALL - 8:30pm. Bring your blankets & chairs, we'll provide the popcorn. Showing at Swanny City Park. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

Aug 10 Summer Skies All Ages Dance Party- 6-10pm at the Moab Arts & Recreation Center, 111 E. 100 North. For info: 435-259-6272

Aug 10, 11 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S

Aug 11 Gallery Moab Artist Reception- 5-8pm at 87 N. Main St. Celebrate the works of Roy Vaughan and Arleen Tanner Ruggeri. See article pg 10A, ad pg 23B

Aug 11 Second Saturday Swing- this month we'll be collecting donations for those affected by the Cinema Court fire. Join us for some fun swing dancing! No experience or partner necessary. Lessons starting at 7pm. DJed music till 10. \$5 suggested donation. For info: moabswingdance.org

Aug 11-12 Moto Mayhem- affordable, family-oriented, "Enduro-X" style racing series at the Old Spanish Trail Arena, 3641 S. Hwy 191. Kids Clinic Friday the 10th 6-7:30pm. Spectators welcome. For info: montrosemotomayhem.com

Aug 11, 12 UTE 100 Mile Trail Race- The highest race of any distance in Utah! An 86 mile loop in the La Sal Mountains. It has been called "the most scenic 100 mile foot race in North America". Event begins & ends at Mt. Peale Animal Sanctuary & Healing Center. For info: runbuntours.com

Aug 11-13 Moab Rafting Trips with Splore Outdoor Adventure Programs- Ruby and Horsethief Canyons, 3 days and 2 nights, Learn about the night sky with University of Utah astronomers at the height of the Perseid Meteor shower! Ages 5+, scholarships available. For info: discovermac.org/programs/splore-adventure or 435-649-3991

Aug 12 Perseid Meteor Shower Astronomy Program- 10-11:30pm at the Canyon Country Discovery Center, 1117 N. Main St, Monticello. For info: ccdsccovery.org. See ad pg 14A

Aug 14 Castle Valley Farms Farmstand- 4-7pm at the Youth Garden Project behind Grand County High School. See ad & article pg 15B

Aug 14 Moab Garden Club- 6:30-8pm at 2714 Old City Park Road. Tiger & Terry's garden is a 3 acre yard with numerous sunflowers, moonflowers, & yellow bee flowers. They also have over 100 trees on their property. Pack Creek flows thru with well & a year-around spring. They are located at the southwest corner of Old City Park. Easiest way to find them is to turn off the highway at the Shell station, take Spanish Trail to the round-about, go 3/4 way around - heading toward town on Murphy Lane, take the first left (onto Old City Park Road, cross from Highland Drive) head south, turn right at the bottom of the Park, & in a few hundred feet, turn left into the driveway. For info: Tricia Scott 303-880-9158

Aug 15 Farm to Table Garden Dinners- at Sorrel River Ranch, 6-9pm. For info: 435-259-4642. See ad pg 8A

Aug 16 Free Movie: THE COLORADO - 7pm at Star Hall, 159 E. Center St. The five-million-year story of the Colorado River region set to music by today's leading composers & narrated by actor Mark Rylance. Presented by The Grand County Public Library & The Utah Film Center. For info: 435-259-1111

Aug 17 Moab Farmers' Market- Fridays 4-7pm, Swanny City Park at 100 W & Park Drive. See ad 5A

Aug 17 MoabBandAid Fundraiser- 4-7pm during Farmers' Market. This event will help the GCHS Marching Band raise funds to purchase new uniforms. See article pg 20A

Aug 17, 18 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S

DEADLINE for SEPTEMBER Events Calendar: AUGUST 20, 2018

Listings in the Moab Happenings Events Calendar are FREE!!

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

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

email: info@moabhappenings.com

More Events

August Events con't

Aug 17-19 24th Annual Helper Arts, Music, & Film Festival- starting 2pm on Friday. Three days of Live Music, Food Vendors, Photography, Oil & Watercolor Paintings, Sculpture, Youth Art Yard, Ceramics, Jewelry, Wood Working, Car Show & Mining Museum. For info: helperartsfestival.com See ad & article pg 9A

Aug 18 Moonflower Community Coop's Anniversary Celebration- from 11am-6pm for live music, vendors, family-friendly activities, potluck & class. See ad pg 22A

Aug 18, 19, 25, 26 Rubber Mold Making Class- with Ekaterina Tatarovich Harrison. Knowing how to design & make a high quality rubber mold is a very valuable skill for sculptors, builders & crafts people. To register or for info: 803-272-8578 or ekaterina@sculptureadventure.com. Please register by 8/18.

Aug 21 Community Benefit Award Presentation- Noon at the Moab Regional Hospital. The award goes to an individual or hospital who exemplifies excellence in developing programs and resources unique to the community they serve. Lunch will be served. RSVP lauriep@mrhmoab.org before Aug 13.

Aug 21 Castle Valley Farms Farmstand- 4-7pm at the Youth Garden Project behind Grand County High School. See ad & article pg 15B

Aug 22 Canyon Country Discover Center's Astronomy Program- learn about moons around other planets & view the night sky through telescopes. 1117 N. Main St, Monticello. See ad pg 14A

Aug 23 Free Lecture Series- Michael Matthes: Message in a Bottle. In the summer of 1977, the twin spacecraft Voyager 1 & 2 set off on a journey to explore the intriguing worlds of our solar system. The mission yielded scientific discovery & connected people to the cosmos. On board the spacecraft was a golden record designed to communicate the story of Earth to extraterrestrials. The record, like a message in a bottle, carried sounds & images to portray the diversity of life & culture on Earth. What messages would you send into the Universe & how do you think they've changed since 1977? 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands Natural History Assoc & Museum of Moab

Aug 24 Moab Farmers' Market- Fridays 4-7pm, Swanny City Park at 100 W & Park Drive. See ad 5A

Aug 24 Free Moab Movie: SHREK - 8:30pm. Bring your blankets & chairs, we'll provide the popcorn. Showing at Swanny City Park. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

Aug 24, 25 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S

Aug 25 Moab Contra Dance- at the Moab Arts & Recreation Center, 111 E 100 North. No partner or experience needed to dance. Workshop for beginning dancers at 7:30. Live music by The Moab Community Dance Band with Peg Harty, dance caller. \$7 suggested donation goes to Grand County school music program

Aug 28 Castle Valley Farms Farmstand- 4-7pm at the Youth Garden Project behind Grand County High School. See ad & article pg 15B

Aug 30 Free Lecture Series- Randall Irmis, Ph.d: The Beginning of the Age of Dinosaurs in Southeastern Utah. The Triassic Period was a dynamic time in Earth's history, witnessing mass extinctions, major climate change, & the origin & early radiation of dinosaurs. The Late Triassic is poorly understood here in Utah despite being recorded in extensive outcrops of the multi-colored Chinle Formation. Recent fossil discoveries from the Chinle Formation in southeastern Utah made by a collaborative field project between the Natural History Museum of Utah & St. George Dinosaur Discovery Site will be discussed. This project is partially funded by Canyonlands Natural History Association. 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands Natural History Assoc & Museum of Moab

Aug 30 Resiliency Hub Tea & Topic- 6pm at the CommuniTea Garden, corner of 100 West & Walnut Ln. The Resiliency Hub works to enhance well-being on the Colorado plateau by integrating infrastructure, ecosystems & economy. We provide education & practical opportunities to rethink, retrofit & regenerate our community. Email at resiliencyhub@gmail.com or follow on facebook.

Aug 31 Moab Farmers' Market- Fridays 4-7pm, Swanny City Park at 100 W & Park Drive. See ad 5A

Aug 31 Skate Night! Pop Up Roller Rink! 6-9pm at the Old Spanish Trail Pavilion, 3641 S. Highway 191. FREE for locals on final Fridays of the month! Out-of-towners, just \$5 for a skate rental. Disco ball? Check. Dance Music? Check check. Classic suede rental skates & roller blades? We've got those too! (Bring your own skates if you got 'em). Skate mate walkers & instruction available. Follow Skate Moab on social media to learn more. This is an all-ages, family-friendly event.

Aug 31 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S

Aug 31 History of Moon Travel Astronomy Program- 8:30-10pm at the Canyon Country Discovery Center, 1117 N. Main St, Monticello. See ad pg 14A

Aug 31 Opening Night Moab Music Festival- Featuring MMF Composer-in-Residence Bright Sheng, *New Americans* looks at an array of composers who have become American citizens during their lifetime. Their music is emblematic of America's marvelous cultural variety & many of the contributions which makes this country so rich & diverse. Concert starts at 7pm at Star Hall, 159 E. Center. For info: 435-259-7003 or moabmusicfest.org. See article pg 1B, ad pg 2A

Live Music
Calendar
page 10B

September Events

Sep 1 Moab Music Festival TAKE 6- 6pm at Red Cliffs Lodge, mile 14 off highway 128. TAKE 6 have known no musical bounds. Heralded by Quincy Jones as the "baddest vocal cats on the planet!" they are the most awarded a cappella group in history. For info: 435-259-7003 or moabmusicfest.org. See article pg 1B, ad pg 2A

Sep 1, 2 & 8 Moab Artists Studio Tour- visit 12 Moab & Castle Valley artists in their studios from 10am-4pm. For info: moabstudiotour.com. See ad pg 23B, article pg 19A

Sep 2 Moab Music Festival Time For Three- 6pm at Red Cliffs Lodge, mile 14 off highway 128. Time for Three (Tf3), is an exciting blend of virtuoso string playing & male voices. The ensemble breaks new ground with the addition of their latest original songs. For info: 435-259-7003 or moabmusicfest.org. See article pg 1B, ad pg 2A

Sep 3 Rocky Mtn. Power Free Family Concert- 2pm at Old City Park. Bring a blanket & a picnic, or just lie on the grass in the shade of the cottonwood trees as the husband & wife duo of Broadway & opera star Lauren Worsham, & Kyle Jarrow (SpongeBob SquarePants) bring their family friendly, unique talents to Old City Park for the annual Labor Day free concert. Baritone Andy Garland adds his own contribution from the American Songbook. Other surprises to come! For info: 435-259-7003 or moabmusicfest.org. See article pg 1B, ad pg 2A

Sep 3-6 Splore Outdoor Adventure Program- featuring Women's Art, Yoga & Rafting on Ruby, Horsthief & Westwater Canyons. 4 days, 3 nights for ages 5+, scholarships available. Includes all food, camping equipment & instruction. For info: 435-649-3991 or discovernac.org/programs/splore-adventure

Sep 7 Garden Dinner at Youth Garden Project- is a rich, delicious & unique experience for each of our guests. We invite guest chefs to the garden to prepare a 4 course meal using fresh garden produce. Guests are seated at tables in nooks throughout the garden & enjoy their locally grown meal in the midst of the garden's beauty. All proceeds support youth & community programs. Come enjoy the bounty of the garden with us! 6pm with Guest Chef Lal's Sigiriya, owner of Lal's Curry. \$60 per person. For info: 435-259-2326

Sep 7 Moab Music Festival We Are Women: A Berstein Cabaret- 7pm at Star Hall, 159 E. Center. Conceived of by narrator Jamie Bernstein & MMF Music Director Michael Barrett, this evening of songs for or about women by Leonard Bernstein weaves together a story through the lens of a mother & daughter. For info: 435-259-7003 or moabmusicfest.org. See article pg 1B, ad pg 2A



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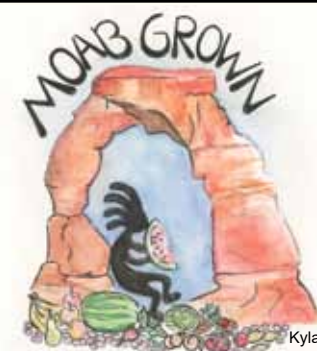
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Fridays 4-7 • May 4 - Oct 26
Swanny City Park • 100 West & Park Dr.



SHOWTIMES 8 PM

WEDNESDAYS THURSDAYS FRIDAYS SATURDAYS
BLUEGRASS JAZZ MUSIC MAGIC MAGIC
NEW! ALL GOOD SUPER FRESH JUICE ON SITE!

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56 W. 100 S. (1/2 Block off Main next to Zax)

More Moab Area Events

September Events con't

Sep 7 Free Moab Movie: CHEAPER BY THE DOZEN - 8:30pm. Bring your blankets & chairs, we'll provide the popcorn. Showing at Swanny City Park. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

Sep 7-8 Kokopelli Mountain Bike & Ultra Marathon/Relay - from Fruita to Moab. For info: kokopelli100.com

Sep 7-9 Blazer Bash - this is the 16th edition of the annual CK5.com meet for owners of fullsize GM Blazers, Jimmy's, Suburbans, and Trucks. Test your vehicle against demanding technical challenges, and measure your driving skills on the world-class rock-crawling trails. For info: blazerbash.com

Sep 8 Moab ArtWalk - 5-8pm. Visit up to ten venues, see many art displays & enjoy refreshments. Enjoy Art Walk on the second September, October & November, For more info visit moabartwalk.com or call 435-259-6272.

Sep 8 Second Saturday Swing - Join us for some fun swing dancing! No experience or partner necessary. Lessons starting at 7pm. DJed music till 10. \$5 suggested donation. For info: moabswingdance.org

Sep 8 Moab Music Festival New World Assembly: Scotland meets Quebec & Appalachia - 6pm at Sorrel River Ranch, mile 18 off highway 128. Travel through the wilds of the southwest with us & we'll take you on a music and dance journey from the Old World to the New. Traditional fiddle tunes from Scotland cross the Atlantic, stopping first in Québec for a taste of new France, then heading south into the Appalachian mountains where fiddle & dance styles meld with the music of the African slaves to create old-time American music. For info: 435-259-7003 or moabmusicfest.org. See article pg 1B, ad pg 2A

Sep 8-9 Moab Golf Club Tournament - Steak & Sudsfest Mixed Bestball. For info 435-259-6488

Sep 9 Moab Music Festival Closing Night: Coming to America - 7pm at Star Hall, 159 E. Center St. Pianist Michael Brown & cellist Nicholas Canellakis curate a program based on composers who came to America in the first half of the 20th century—Korngold, Mahler, Weill, Bloch, Foss, Prokofiev—and those who were children of immigrants. For info: 435-259-7003 or moabmusicfest.org. See article pg 1B, ad pg 2A

Sep 14-17 Green River Melon Days - see Jeff Keele Band from 7-9pm at the John Wesley Powell Museum located at 1765 W. Main St, Green River.

Sep 17-21 Solihull Society 2018 Land Rover National Rally - the Solihull Society is committed to the enjoyment, sharing of goodwill & fellowship engendered by owning a Land Rover or other four wheel-drive vehicle to engage in social, educational, & recreational activities which adhere to the Tread Lightly principles. For info: soluhullsociety.org

Sep 19-23 Mother of All Boogies -inviting skydivers from all over the world to converge on beautiful Moab for 4 full days of high altitude skydiving from turbine aircraft! Non-skydivers are welcome as spectators & will have the opportunity to make a tandem skydive during the event. For info: motherofallboogies.com or call 435-259-5867

Sep 21-23 Moab Golf Club Tournament - Men's Red Rocks Amateur. For info 435-259-6488

Sep 21 Open House at the Family Support Center, The Christmas Box House - special guest will be Richard Paul Evan the President of Christmas Box International & American Author. It will be at 180 South 300 East, Suite 1 from 10am to 2pm. Light refreshments & book signing by Richard Paul Evans. See the interesting things we have done with the Moab Center. For info: Sherilyn Sowell at 435.259.1658 or 970.986.9766

Sep 21 Dancing with the Moab Stars - a local favorite, what some call the "event of the year for locals", Dancing with the Moab Stars or Bailando con las estrellas de Moab is back again for it's 5th year! Featuring local community stars & instructors, come enjoy a night of fun competition at Grand County High School at 7pm. For info or to secure tickets call 435-259-5444.

Sep 21 Rock the MIC - come one, come all! Doors open at 7pm, MIC talent starts at 8pm. Stories, comedy, poetry, music for all ages at the Moab Arts & Recreation Center, 111 E. 100 North. For info: 435-259-6272

Sep 22 Utah High School Cycling League - is the governing body for interscholastic cycling for students grades 7-12. For more info see pg 2B or visit utahmtb.org

Sep 22 National Park Service Fee Free Day - the Southeast Utah Group of the National Park Service (Arches & Canyonlands national parks and Hovenweep & Natural Bridges national monuments) is joining national parks across the country in waiving entrance fees several days in 2018 as a way to encourage people to get outdoors & spend time with their friends & family in the national parks this year.

Sep 22-23 Moab Century Tour - Ride one or two days! Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytireevents.com or call 435-260-8889. For a full description see Road & Mtn Biking pg 2B

Sep 22, 23, 29, 30 Welding Workshop for the Creative - with Ekaterina Tatarovich Harrison. In this class you will learn over 4 different types of welding (stick, MIG, TIG, & oxy-acetylene) as well as how to use some basic metal working tools. This will be a hands on class. For registration or info: 803-272-8578 or ekaterina@sculptureadventure.com

Sep 27 Resiliency Hub Tea & Topic - 6pm at the CommuniTea Garden, corner of 100 West & Walnut Ln. The Resiliency Hub works to enhance well-being on the Colorado plateau by integrating infrastructure, ecosystems & economy. We provide education & practical opportunities to rethink, retrofit & regenerate our community. Email at resiliencyhub@gmail.com or follow on facebook.

Sep 27-29 Moab Pride - Save the date for our celebration of loving consensually & living authentically. In the face of hate, creating space to love. www.facebook.com/moabpridefestival

Sep 28 Free Moab Movie: WILLOW - 8:30pm. Bring your blankets & chairs, we'll provide the popcorn. Showing at Swanny City Park. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

Sep 29 Taste of Moab Fundraiser - for the American Cancer Society. This year we will be fundraising for transportation needs to assist cancer patients needing transportation for treatment. There will also be a Survivor ceremony honoring all the fighters of this terrible disease. The Grand Center will be hosting this event. Look for more details soon. For info & how you can help email Yordy at YORDY1@msn.com.

Sep 29 Annual River Runners Hall of Fame Induction - at the John Wesley Powell River History Museum. For info: 435-564-3427

Community Artist in the Parks Janet Buckingham

The Community Artist in the Park highlights the connection between local artists and the landscapes contained within Arches and Canyonlands national parks and Hovenweep and Natural Bridges national monuments. The program also gives visitors from across the globe an opportunity to see first-hand the results of artistic inspiration from wild nature. The natural lands of the United States have inspired artists for generations. Artists visiting immense Western landscapes to create art and share it with the American public inspired the creation of America's first national parks.

To learn more about the Community Artists in the Park program, visit <https://www.nps.gov/arch/getinvolved/communityartist.htm>.



Schedule of upcoming park visits:

August 8: Arches NP, 8am - 12pm

August 10: Arches NP, Arches Visitor Center 8am - 11am

August 17, 18, 19: Hovenweep National Monument
August 17: Hovenweep Campground 4pm - 7pm
August 18: Square Tower Trail 9am - 12pm
August 19: Hovenweep Visitor Center 9am - 12pm

August 23: Canyonlands - Island in the Sky 9am - 12pm

August 30: Arches NP, 8:30am - 12:30pm

Spot Community Artist in the Parks Janet Buckingham in a park. Bring your art supplies and join her in a creative endeavor, or just take a look at what she's creating. Bring water, sunscreen, and a hat.

IT'S SEW MOAB WISHES TO THANK EVERYONE

who participated in the
40% Off All Sales Contribution to the Cinema Court Fire Fund, held on Saturday, June 30th!

We've raised \$562 so far!

Money is still being mailed via visitors who were on the email list and who lived too far away to have shopped that day...

Dear Deb,

You were most kind to pick me up and bring me into your shop two years ago, and let me play with your machines making pillow cases. I lived in Alabama then and came to your shop while my family was out doing hikes that were more vigorous than I could manage. We now live in North Carolina, near our daughter. I continue to enjoy my many quilt projects.

You are a most generous individual. I am sorry to learn about the Cinema Court Fire and as I am not able to come and shop in your store on Saturday, my husband and I wanted to send a contribution to the Fire Fund. Please accept this and use in any way you see fit to benefit one or more individuals affected by the fire.

Sincerely,
Laurie

From one of our caring customers

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97.1 FM Moab
7:00am - 9:00am Daily
for Canyon Country Morning Show

Moab's Information Station 24/7 at kcynfm.com
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More Moab Area Events

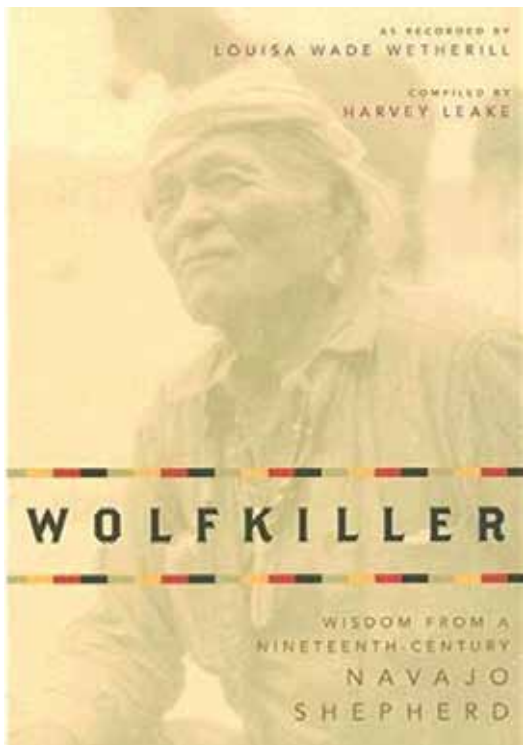
Edge of the Cedars State Park Lecture

Join us as Harvey Leake presents our final installment in this year's Four Corners Lecture Series, "The Wisdom of Wolf Killer: A Nineteenth Century Navajo Shepard and Sage" at the Edge of the Cedar State Park Museum on Saturday August 25 at 2:00 PM.

Wolfkiller is the remarkable life story of a Navajo herdsman and plant-gatherer who lived in the Monument Valley region of Navajo country, along the Utah/Arizona border, from about 1855 until 1926. Raised by his grandfather and mother, Wolfkiller learned the ancient wisdom of his people. He grew up seeing the beauty in nature and discovering how to face the wind, storms, cold, and even death with optimism and courage. Through his embrace of the natural world, he developed both a rare depth of character and an understanding of human relations that guided him through times of adversity. Wolfkiller's story was recorded and translated by pioneer trader Louisa Wade Wetherill, who met him after moving to his community in the early twentieth century.

Harvey Leake began researching the history of the Four Corners Country more than twenty five years ago, focusing on the explorations and activities the Wetherill family from whom he is descended. His investigations have taken him into many of the Colorado plateau's remote canyons as well as into archives, libraries, and family historical collections. Leake, the great grandson of John and Louisa Wetherill compiled her notes into the book, "The Wisdom of Wolf Killer: A Nineteenth Century Navajo Shepard and Sage" published in 2007 by Gibbs Smith.

For Information Call: (435) 678-2238. Edge of the Cedars State Park Museum, 660 W 400 N Blanding, UT

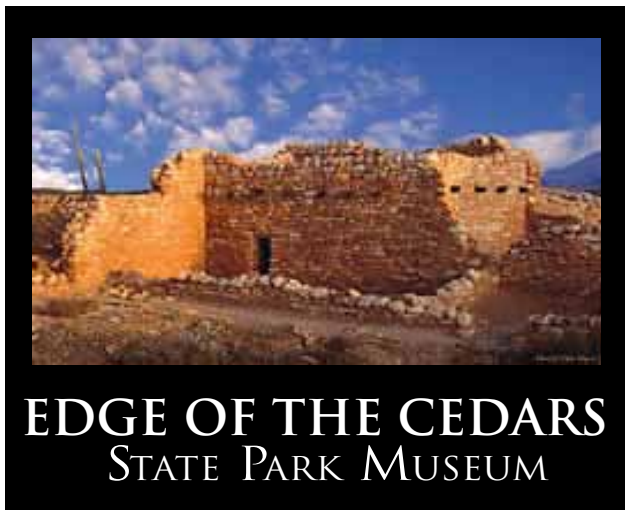


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 UNDER THE STARS AT THE HOMESTEAD GARDEN

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A COMMUNAL 4-COURSE CHEF'S TASTING DINNER
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COWBOY BBQ

SATURDAY | 6-8 PM | SORREL RIVER RANCH
 \$49 PER ADULT | \$25 PER BUCKAROO 12 AND UNDER

MENU INCLUDES
 BBQ CHICKEN, PORK LOIN, BRISKET,
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JOIN US FOR A FAMILY PICNIC SEATING BBQ
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Festival Happenings

The Helper Arts, Music and Film Festival



The Helper Arts, Music and Film Festival has a rich history of twenty plus years bringing the arts to not only Helper, but surrounding areas as well. The Helper Arts, Music and Film Festival's mission is to encourage art and culture in Carbon County, support the local artist community, stimulate and enrich the local economy through the arts, and to educate and give access to art for everyone, regardless of income level or art experience. The Festival endeavors to not only put on a great Festival, but to bring the arts to the community throughout the year as much as possible.

Supported by a committed group of volunteers, the Festival continues to evolve in order to provide a well-rounded experience to all patrons including but not limited to



music, visual arts, photography, ceramics, woodworking, film and performance art. Over the course of the third weekend in August, patrons can enjoy great music, catch

a film and purchase fine art! The Festival's original purpose was focused on revitalizing Main Street and supporting local artisans. That focus has expanded into bringing art to local area schools via the SmART Program. Working closely with the Carbon School Board, a theme is selected and various students are selected to participate in creating art works displayed during the Festival.



The Festival now has a permanent home located at 69 South Main. This building is the oldest on Main Street and provides a permanent home for records, serves as a meeting location and is the management hub during the course of the Festival. This has been a significant upgrade for the Festival and allows for a centralized location before, during and after the Festival. This was a much-needed

next step in maturing the Festival and getting to the "next level" in regards to management.

Please come celebrate the arts, August 17-19, 2018 in Historic Helper, Utah!



The 2018 24th Annual

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Sculpture
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Ceramics
Jewelry
Wood Working
Custom Car Show
Mining Museum



Stop!

Look!

Listen!

Friday Aug 17th

Vendors 2:00pm to Dusk
Music until 11:30pm

Saturday Aug 18th

Vendors 10am to Dusk
Music until 11:30pm

Sunday Aug 19th

Vendors 10am to 3pm
Music from 11 - 1pm

HelperArtFest.com
HelperArtsFestival@gmail.com
801-712-7611



GEORGE S. AND DOLORES DORÉ ECCLES
FOUNDATION

Gallery Happenings

August at Gallery Moab

Moab resident Roy Vaughan will display his baskets and pottery as Gallery Moab's guest artist for August. Roy, age 85, has been a beekeeper since 1978, and a basket-maker for the past 25-30 years. He retired to Moab in 1991 when his sons purchased a local river outfitter business. In 2016 Roy's wife of 63 years passed away, changing his life forever. He found himself looking for a way to occupy his time. In January 2017, he began attending ceramic/pottery sessions with Barb Gregoire at Desert Sun Ceramics in Moab, and he quickly took to his new hobby.

"I had wanted to try pottery for a long time and found pot-making very rewarding," Roy said.



By Roy Vaughan

Later that year, in June, Roy attended a native clay seminar in Blanding conducted by Cherylene Caver. He and fellow attendees found and processed their own clay and made pottery by hand, an experience he found very challenging and rewarding. "Since the Blanding workshop, I have concentrated my time and effort on local clay and handmade pottery," Roy said.

While Roy's pottery and baskets will be available through August at Gallery Moab, selling his work was never his original goal. "I owe so much to two people for their friendship, motivation and support — both Barb Gregoire at Desert Sun Ceramics and Cherylene Caver, who conducted the workshop in Blanding," Roy said. "I started working with ceramics and pottery at age 84, so I guess this proved you can teach an old dog new tricks."

Gallery Moab is also pleased to present a small retrospective of watercolors and drawings by Arleen Tanner Ruggeri, 1921-2013. Arleen specialized in watercolor and described her work as a spontaneous reply to the Southwestern landscape. From realism to abstraction, her paintings related to music, and the beauty she saw in the world around her.

Arleen attended the University of Utah, where she received her BA in music and art in 1943. While at the U she was the piano accompanist for the Women's Double Quartet. She also studied at the University of Mexico in Mexico City, and at Utah State University in Logan. Arleen Ruggeri married in 1943 and worked as a bank secretary until her first child was born in 1947. In 1954 she moved to



Arleen Tanner Ruggeri

Moab, Utah, where she continued to study and paint and in 1972 opened the Jail House Art Gallery.

During her long painting career, Arleen produced many award-winning works of art which were displayed in numerous juried exhibits and one-woman shows throughout the world. Many works are listed in private and corporate collections. In addition to creating art, Arleen served on the Utah Council for the Arts, the Utah Humanities Endowment, and the board of the Utah Arts Council.

Please join for us for a reception on Saturday, August 11 from 5-8 pm to celebrate the work of these two artists at Gallery Moab, located at 87 North Main Street. The gallery is open daily from 12-9 pm. Visit gallerymoab.com and Facebook.



LaSal's Winter by Arleen Ruggeri



By Arleen Ruggeri

Desert Light Exhibit at the Bighorn Gallery

The Bighorn Gallery at Dead Horse Point State Park is exhibiting "Desert Light" in August with collections from artists, Emily Dickey and Steven Michael Howa.

Emily Dickey was always interested in photography but didn't pursue it seriously until she met her husband Chad Dunston. Together their mutual love for capturing the outdoors flourished. Their weekends and vacations are spent exploring and photographing Utah's various landscapes. Emily has a unique eye for capturing the smaller desert scenes, showing the more intimate side of barren landscapes. She hopes that her images help people see beauty in a seemingly lifeless, desolate terrain.

Steven Michael Howa is a native Utah photographer who started photography late in life while serving with the Army in Iraq. Howa explains his interest in photography, "Documenting my experiences and capturing

fellow soldiers became an obsession which carried over to landscape photography after retirement. The camera has taken me places I've never dreamed of going or even existed. It's like a divining rod, always pointing to the treasure, and the west is full of treasure. I've had the luxury of learning



Steven Michael Howa

the art of landscape photography from two of the best; Dustin Lefevre and Chad Dutson. So much more to learn and so much treasure to seek...."

Dead Horse Point is located nine miles north of Moab on US 191 and 23 miles south on SR 313. The visitor center and Bighorn Gallery are open daily from 9am-5pm. Park admission is \$15 per vehicle for three days. For more information, please contact the park at 435-259-2614.

Be sure to mention that you read about it in *Moab Happenings*.



Emily Dickey

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Retail Happenings

Rave 'N image Back to School Sale

August brings students back to school, and the folks at the Rave'N Image are thinking about styles that will look great this Fall. Skinny Distressed Jeans, Funky Palazzo Pants, Jumpsuits & Rompers, Comfy Leggings & Tops, Fun Bralettes & Socks, Bomber Jackets & Graphic Ts (for guys and gals) will be some of the highlights of our late summer/fall inventory. You'll also be able to find Unique Backpacks, Messenger Bags & Totes, and Stylish Fashion Accessories to compliment your every mood.



We would love to save you a trip to Grand Junction. Take advantage of our week long **BACK TO SCHOOL SALE** Aug 2nd-8th when **CLOTHING & BAGS** will be **20% OFF!!!**

You can even bring in the clothes in your closet that you don't wear anymore, and we'll give you store credit to be used on **NEW CLOTHES!!**

As always, we appreciate your business and your decision to shop locally!!! Don't forget to ask for your Local's Discount, when you come in to see what people are "RAVE'N" about!!!



Redtail Air Adventures Store Celebrates Start of 3rd Season

Redtail Air Adventures Store threw its doors open in May of 2016. John Ramsey, president of Redtail Air Adventures, envisioned a store on Main Street in downtown Moab that books scenic air tours and sells great merchandise. In 2015, he asked his wife, Jan, to create such a store, and she accepted the challenge. Jan's 30 year background in custom apparel design and offshore manufacturing gave her a big advantage in bringing fresh concepts and customized merchandise to the Moab market.



shirts. River Guide plaid shirts are travelers themselves; they have been purchased by visitors from all over the world.

The sales team has worked together since the first season when various talents of each person began to emerge. Jan recognized and encouraged these talents, so that each member of the staff performs a distinctive role which compliments all the others. This solid teamwork has certainly undergirded the

business's success.



Jan envisioned remodeling the rustic old store space into a theme store built with elements of an airplane. The long, narrow retail space would make the perfect shape of the inside of a fuselage. She designed elliptical ceilings featuring blue sky and clouds to transport guests into the wonderland of aviation. Along the sides of the store are aerial photos framed in square metal frames which bear an uncanny resemblance to windows in early aircraft cabins. The highly stylized curved checkout counter and the large curved video screen that features footage of Redtail flights suggest the appearance of a cockpit.

Both the quantity and range of Redtail's merchandise has expanded greatly since those first months of testing the market. The majority of lines relate to flight and travel in various ways, from butterfly wing jewelry, retro canvas and leather bags of WWII vintage, to Redtail Air pilot

With fantastic flights to book, unique merchandise and an enthusiastic staff that pays attention to every detail, it's no wonder that guests compliment the store daily! August 20th will mark the anniversary of Redtail Air Adventures Store's grand opening. A store-wide sale is planned for mid-month. Come on in to celebrate with us! 23 N. Main Street. Open daily 9-9. 355-0889

And be sure to mention you read about Redtail Air Adventures in the Moab Happenings.





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Shopping Guide



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Jewelry
Toys
Crosses
Statues
Yard Art

82 South Main Moab, UT
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211 North Main
435-259-6007
Open Daily 8am - 7pm

Look your best with quality outdoor gear, clothing, footwear and accessories from Canyon Voyages Adventure Co. We have what you need for your Moab Adventure. Featured brands include Patagonia, Columbia Sportswear, Royal Robbins, Aventura, Camelbak, NRS, Smartwool, Keen, Chaco, Salomon and many more.

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Moab Business Park #C-9
Only 10 minutes South of Downtown
435-355-0358 or 435-668-7454
Open Monday - Saturday 4pm - 9pm

Authorized & Trained Handi Quilter Retailer
This is your shop to rent or purchase Handi Quilter longarm quilting and sewing machines. Take a test drive and see firsthand why quilters love our longarms. Checkout the website for workshops and fabrics. We will also sell kits, panels, and Moab-themed fabrics.



29 East Center
435-259-8404
Tuesday - Saturday
10am - 5:30pm

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87 N. Main St.
435-355-0024
Open Daily
Noon - 9pm

Gallery Moab features original art from 20 local artists. We are certain to have something to inspire you! Relax in one of our sitting areas and enjoy the art. Shop for a one of a kind gift or watch the artists of the day paint. We have art for every budget. Find that special painting or sculpture or take home some cards, prints and tile coasters from some of Moab's most talented artists. Visit us on Facebook!

YOUR AD COULD BE HERE!
CALL 259-8431 FOR DETAILS.



www.moabtechzen.com

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59 S. Main St. Suite #7
In McStiff's Plaza
(435) 260-9285



Mile 14, Hwy 128
435-259-3332
Open Daily

Wine Sales 10am - 7pm
Wine Tasting 11am - 7pm

Castle Creek Winery offers wine tasting and sales seven days a week in our new tasting room. Our gift shop has everything from gourmet cheeses and snacks to t-shirts, hats and wine trinkets. Stop by and sample some of our award winning wines and enjoy the breathtaking views surrounding our vineyards. We are located 14 miles upriver from Moab on Scenic Highway 128.



4th East & Millcreek Dr. 259-6999
Open 6am - 10pm

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



471 South Main
435-259-4327
8am - Close
Every Day

Backpacks | Hydration | Hiking Poles | Hiking & Running Footwear | Clothing | Hats | Maps | First Aid & Survival | Guidebooks | Helmets | Tools Tubes | Lighting | Accessories Clothing, Socks & Gloves | Tents | Sleeping Bags & Pads Stoves | Camp Fuel | Food & More | Shoes | Cams | Carabiners | Harness Rope | Belay Devices | Guide Books & More | Yeti Coolers | Fuel Cans | Ammo Cans Camp Chairs | RV Supplies & More



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Shopping Guide



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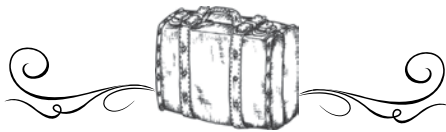


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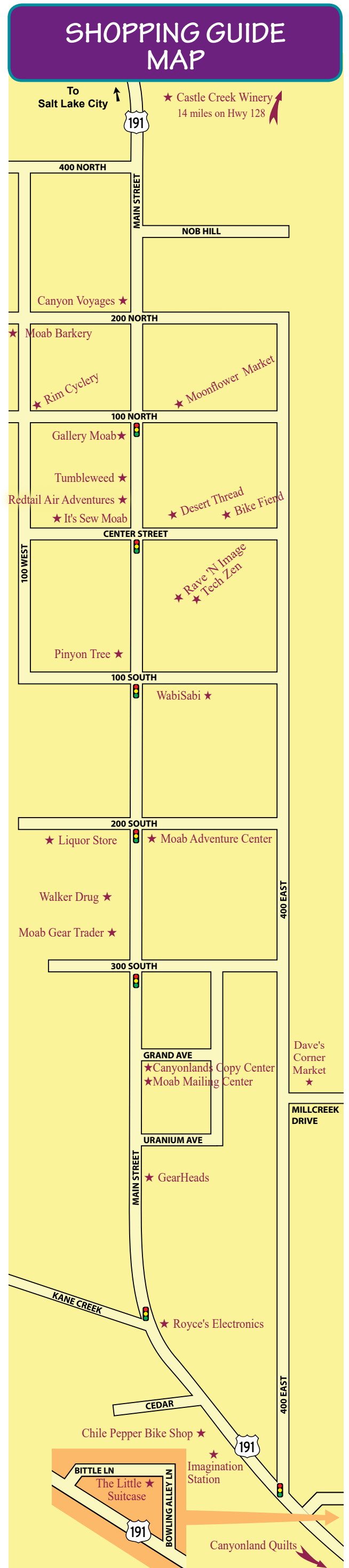
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Dark Sky Happenings

Flowers of the Night

by Hannah Russell

Nighttime in the deserts of the southwest is abloom. Generally, we think of our spectacular wildflowers in the late spring and early summer. There are, however, quite a few species of native wildflowers still blooming at night! Showy Four O'Clock and Trailing Four O'Clock are vibrant low growing pink and purple flowers that open late in the afternoon. At night, they release a musky scent to attract nighttime pollinators. By morning, the flowers close-up again.



Southeast Utah is home to numerous evening primrose species which are delicate, mid-sized flowers. These include Bridges Evening Primrose and Lavender Evening Primrose, which bloom yellow, Dwarf Evening Primrose which blooms white and then turns pink once pollinated, and the Pale Evening Primrose, which blooms white. Evening primroses typically bloom only for a single night during which time they are pollinated, and then wither by morning.

Perhaps one of the most well-known local nighttime bloomers is the Sacred Datura or Moonflower. Sacred Datura is a large white to purple hued trumpet flower that blooms at night, emits a pleasant odor, and withers by midday. All parts of Sacred Datura are poisonous but the plant has been used by Indigenous peoples as a hallucinogen and analgesic.

Numerous yucca species including the Datil Yucca and the Harriman's Yucca thrive in Southeast Utah. Yucca flowers are white to cream colored, bell shaped,

and grow from a central stock. Yucca have a special symbiotic relationship to yucca moth. Yucca are specially cross-pollinated by the short-lived yucca moth that only feed on and pollinate yucca.



Nighttime pollinators play a vital part in the desert ecosystem, and in particular for the propagation of nighttime flowering plants. In addition to the yucca moth, other vital nighttime pollinators include hawk moths and bats. While the number of nighttime pollinators are few, research has shown that they are extremely effective and prolific pollinators. Research has also shown that artificial nighttime light can adversely affect nighttime pollinators. Our dark skies make for an excellent environment for nighttime pollinators and a prolific nighttime garden.



Moab Dark Skies

Live and Play under the Milky Way

August Events CANYON COUNTRY DISCOVERY CENTER

Perseid Meteor Shower Astronomy Program
Sunday, August 12th; 10:00-11:30pm; FREE
 View the peak of the Perseids meteor shower during the new moon.

Moons Around Other Planets Astronomy Program
Wednesday, August 22nd; 8:30-10:00pm; FREE
 Learn about moons that orbit the other planets in our solar system and explore the night sky through our telescopes.

History of Moon Travel Astronomy Program
Friday, August 31st; 8:30-10:00pm; FREE
 View the moon at 70% through our telescopes and learn how astronomers have studied the moon through history.

1117 N. Main Street
 Monticello, UT 84535
<http://ccdDiscovery.org>

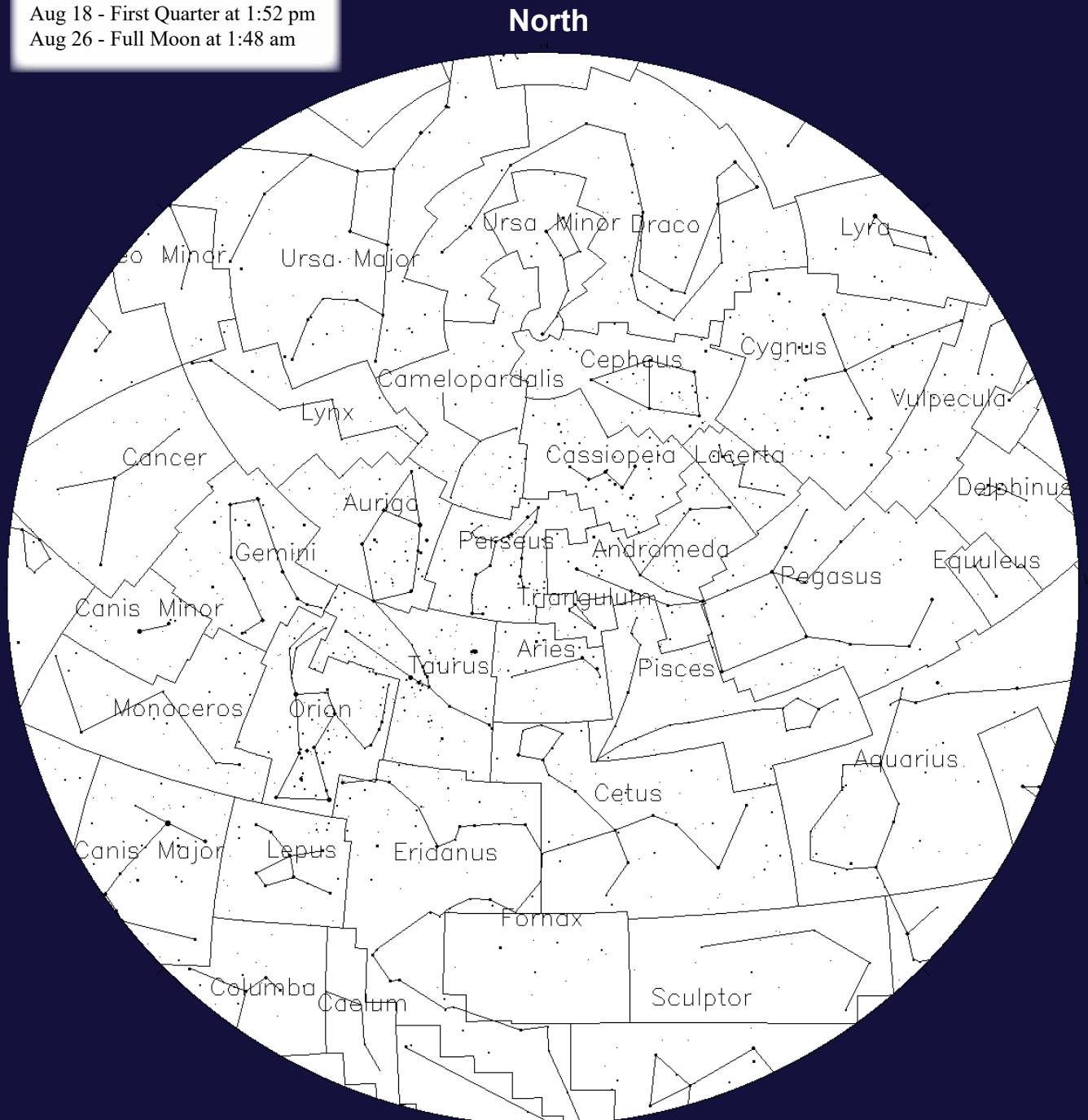
AUGUST SUNRISE & SUNSET TIMES

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

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

DATE	SUNRISE	SUNSET
1	6:20 am	8:28 pm
2	6:21 am	8:27 pm
3	6:22 am	8:25 pm
4	6:23 am	8:24 pm
5	6:24: am	8:23 pm
6	6:25 am	8:22 pm
7	6:26 am	8:21 pm
8	6:27 am	8:20 pm
9	6:27 am	8:19 pm
10	6:28 am	8:17 pm
11	6:29 am	8:16 pm
12	6:30 am	8:15 pm
13	6:31 am	8:14 pm
14	6:32 am	8:12 pm
15	6:33 am	8:11 pm
16	6:34 am	8:10 pm
17	6:35 am	8:09 pm
18	6:35 am	8:07 pm
19	6:36 am	8:06 pm
20	6:37 am	8:04 pm
21	6:38 am	8:03 pm
22	6:39 am	8:02 pm
23	6:40 am	8:00 pm
24	6:41 am	7:59 pm
25	6:42 am	7:57 pm
26	6:43 am	7:56 pm
27	6:43 am	7:54 pm
28	6:44 am	7:53 pm
29	6:45 am	7:51 pm
30	6:46 am	7:50 pm
31	6:47 am	7:48 pm

MOON HAPPENINGS
 Aug 18 - First Quarter at 1:52 pm
 Aug 26 - Full Moon at 1:48 am



Nature Happenings

When the Rocks Speak

By Damian Fagan

What a tale the rocks can tell! The story includes Sahara-like sand dunes devoid of life, the roars of dinosaurs warning of approaching velociraptors, the gentle swishing of waves upon the shore, and predatory sharks lurking in ancient seas.

Geologists know this story and they sometimes speak in technical terms such as subduction, orogeny, superposition, facies, stratigraphy, deposition, erosion, cross-bedding, and disconformity to name a few. There is a whole language devoted to describing the science of geology, but it is the story behind the language, like reading between the lines, that I enjoy the most.

Of course, the final product of millions of years of erosion, deposition, uplift, and subduction is the outstanding red rock scenery that abounds in the Canyon Country of southern Utah. It is the arches, bridges, canyons, plateaus, spires, and awe-inspiring hoodoos that capture our attention and delight our visual senses. But what is behind or better within the layers of sandstone, limestone, and shale, that is real story about this scenery.

Geologists have a great tool to help them understand the past – the present. They observe the processes of erosion and weathering and deposition to recreate what happened in the past. They analyze fossils, chemical compositions, and sedimentary deposits to determine past environments and the creatures that inhabited these prehistoric landscapes.

Time is also different to a geologist. They generally don't speak in terms of days or weeks,



but in Periods, Epochs, or Eras, conglomerates of time bundled by millions of years. In the grand scheme of things, “next week” has little meaning to them.

So where to start? In Arches National Park the oldest rock strata visible is from the Pennsylvanian Period, roughly some 330 million years ago, give or take a few weeks. Near the Arches Visitor Center is a lens of limestone – you can see it in the road cut where the highway passes by the Visitor Center – or you can take a walk along Bloody Mary Wash to see it up-close.

If you choose the later, spend some time looking for fossils embedded in the limestone formation. There are corals and crinoids, skeletons of a creature known as “sea lilies”, that live in the ancient ocean that once covered this spot.

Fast forward to the whitish dune-like Navajo Sandstone that outcrops between Courthouse Wash and Balanced Rock. These petrified dunes are literally that, ancient sand dunes that have once covered the region. Plants grew in the dunes and playas existed that held water, just like the dunes along the Oregon Coast today.

Younger strata that sits atop the Navajo Sandstone are the three members that once made up the Entrada Sandstone, but now have been split from that formation. They are, in order of age of oldest to youngest, the Carmel Formation's Dewey Bridge Member, the Entrada Sandstone's Slick Rock Member, and the Curtis Formation. These three layers are the predominant layers in Arches National Park which hold the majority of the

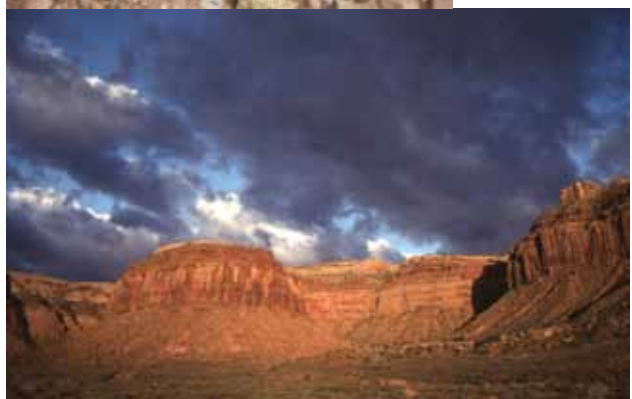
A NATURAL HISTORY WRITER. Former Moabite, now based in the Pacific Northwest, Damian Fagan is a freelance natural history writer and nature photographer who focuses on the flora and fauna of the American Southwest and the Pacific Northwest. Of course, this gives him a good excuse to go hiking.

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



arches. The historic environment of this period? Tidal influence, windblown sands, stream depositions. A far cry from today's landscape where the sea is about a thousand miles away.

So, as you travel through Canyon Country, see the present but consider the past. Seek to understand the scope of geologic time and how reading the rocks can tell an incredible story worth listening to.



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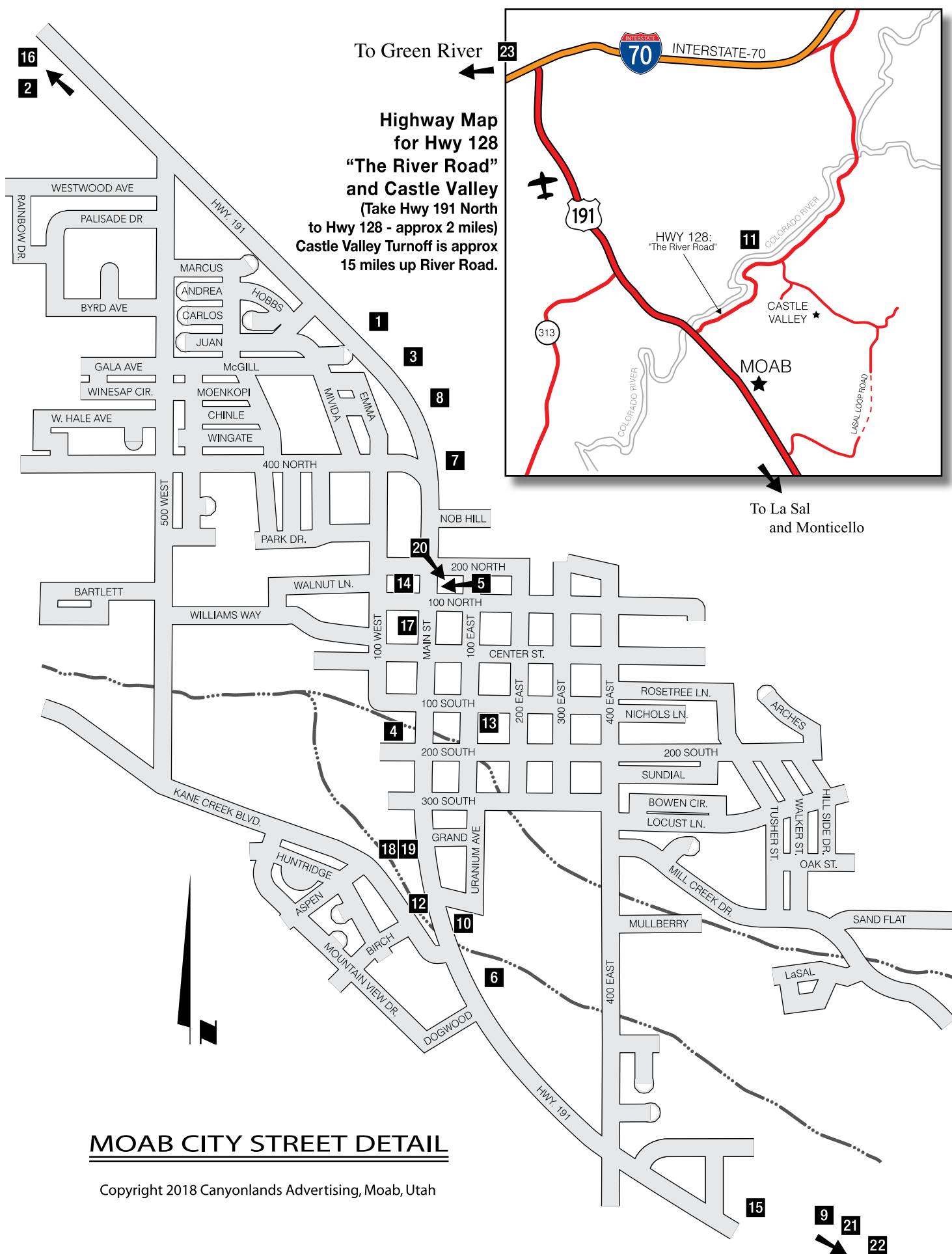

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Moab Area Lodging Guide

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10	Redstone Inn	435-259-3500	www.moabredstone.com
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Join wildlife biologists for Bat Night near Moab Get a close look at a variety of bat species

Utah's night life is great for many reasons. But some of the most exciting sights happen away from bustling city venues, on natural landscapes alive with nocturnal wildlife

Division of Wildlife Resources biologists want to give you an up-close look at some of the state's most peculiar night-time fauna: bats. The DWR is hosting a Bat Night near the La Sal Mountains south of Moab on the evening of Aug. 16.



Photo courtesy of Division of Wildlife Resources

The biologists will catch bats using a fine mesh net suspended above a pond. As the bats leave their daytime caves and crevices in search of bugs to eat, some will get

caught in the net. Biologists will identify the bats, measure them and release them unharmed. During the process, you'll be able to see, learn about and photograph the bats before they're released

"This is an opportunity to see a fascinating, rarely noticed member of Utah's wildlife community in the beauty of the La Sal Mountains," says Morgan Jacobsen, the DWR's conservation outreach manager in southeastern Utah. "As the evening draws on, we'll likely catch bats of a variety of sizes and species."

The event will begin at 8 p.m. and will last until midnight or later. Due to limited parking, public participation is limited to the first 15 people who register. Details on where to meet will be provided upon registration. To register or for more information, visit <https://goo.gl/YNY8f7>.



Pallid bat. Photo by Connor Long

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Studio Tour Happenings

The Artist's Studio: A Timeless Treasure Three Days: Sept 1, 2, 8

by Deborah Hughes

To kickoff this year's Moab Artists Studio Tour, the 2018 Artists invite you to a brief studio tour through time.

Our first stop takes us back 17,000 years to Lascaux Cave, dubbed the "Sistine Ceiling of the Caveman," near Montignac, France. Artists of the Magdalenian culture painted hunting scenes in rich blacks, reds, yellows and white on the walls and ceilings of the cave. Illuminated by flickering light from oil lamps, the illustrated animals seem to gallop through the labyrinth of studios deep underground.

Back across the pond and back through the years and the dust of the desert Southwest, we stop near canyon walls to view studios of rock from the recent past. The artists who pecked and painted petroglyphs and pictographs on canyon walls chose to work en plein air – sheep leap, deer dance, symbols swirl. Much of their pottery, some decorated with black, white, and red designs, remains hidden in the deep sands of time.

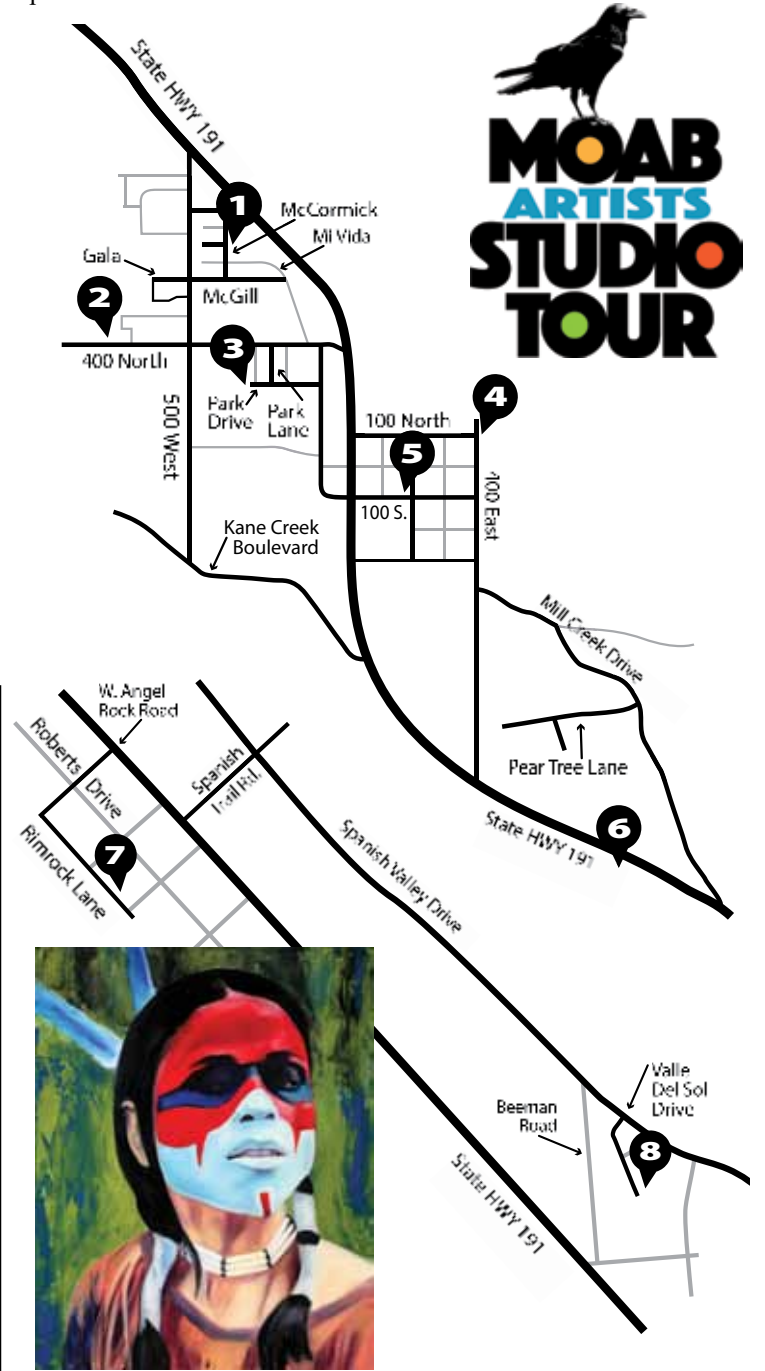
Here in Moab and Castle Valley, artists use brushes, potter's wheels, sculpting knives, aperture dials, jewelry jigs, and words to re-imagine the many moods of life in the red rock desert. Some of the artists have separate studios, some separate rooms, some corners of rooms, and some a kitchen table. Like the Magdalenian peoples and early residents of the Colorado Plateau, Studio Tour artists LIVE to create art.

Once a year during the Moab Music Festival, artists of the Moab Artists Studio Tour invite the public to visit their personal studios. This year, Moab Artists Studio Tour will celebrate its 15th anniversary. During the tour, some artists will be demonstrating their art techniques. See our website moabstudiotour.com for artist demonstration times. Music Festival attendees, other visitors, and local residents are all welcome to attend for free.

The Studio Tour is unique because it allows visitors an intimate glimpse of the artist through viewings of earlier works and works in progress. Visitors can see the artist's tools and inspirational tokens that reveal the artist's process. Away from stressful openings and public venues, more meaningful conversations about creativity and art are possible.

We are limited by time and other factors from touring the studios of artists from long ago. The caves are closed to the public and many rock art sites are not easily accessible. The Moab Studio Tour offers visitors the exclusive experience of seeing artists' work spaces and the artists at work. Support and be a part of Art in Moab!

Come join us, 10 am to 4 pm, Saturday, September 1st, Sunday, September 2nd, and Saturday, September 8th. For a listing of participating artists, demonstration times, and other information, please visit our website at: moabstudiotour.com.



Sandi Snead

Moab Artists Studio Tour

September 1, 2 & 8, 2018 10 am – 4 pm

- ➊ **Tim Morse** Oil and watercolor paintings 706 McCormick
- ➋ **Nick Eason** Wood sculpture 698 West 400 North
- ➌ **Sarah Hamingson** Pastel paintings 321 Park Drive
- ➍ **Phil Wagner & Robin Straub** Oil paintings 99 North 400 East
- ➎ **Sandi Snead** Oil & pastel paintings 195 East 100 South
- ➏ **Barb Gregoire** Pottery
Karen Chatham Watercolor, acrylic, pastel, and alcohol ink paintings – leaf castings – ceramics
Deborah Hughes Photography – framed and matted prints – books of poetry and images
 All 3 artists showing at Desert Sun Ceramics 1320 S. Highway 191
- ➐ **Joanne Savoie** Ceramics 3241 Rimrock Lane, Spanish Valley
- ➑ **Helen Becker** Oil & acrylic paintings; charcoal drawings 4283 Valle Del Sol Drive, Spanish Valley
- ➒ **Yrma van der Steenstraeten** Paintings – Art Prints – Cards – Jewelry 328 Castle Valley Drive



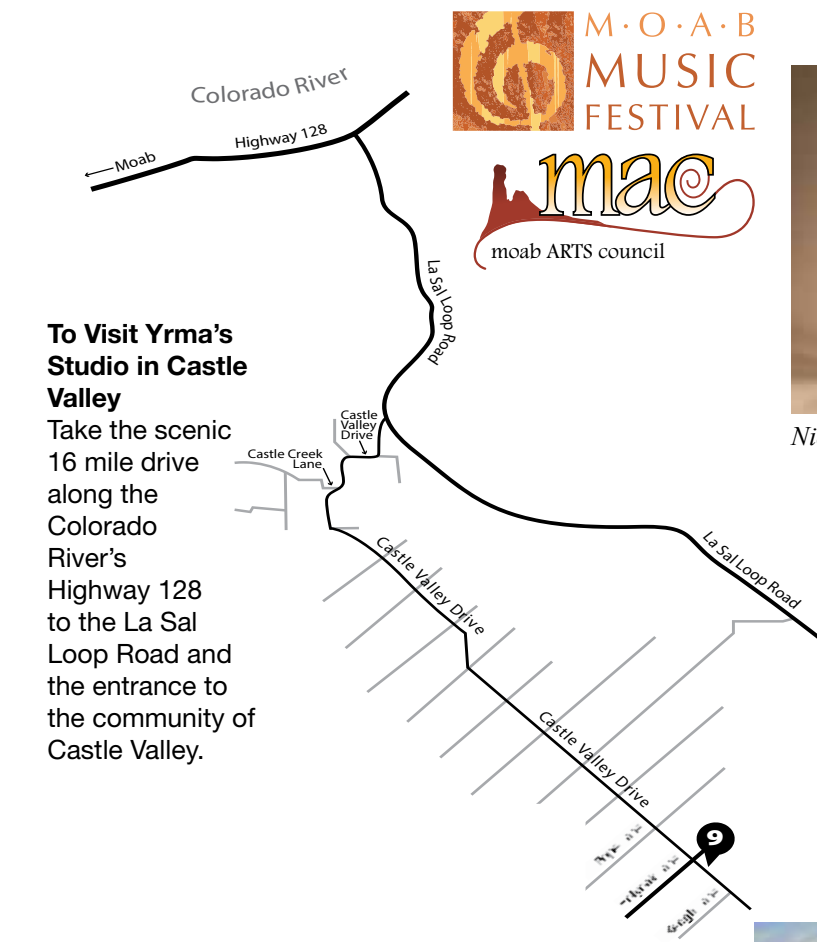
Helen Becker



Tim Morse



Joanne Savoie



To Visit Yrma's Studio in Castle Valley

Take the scenic 16 mile drive along the Colorado River's Highway 128 to the La Sal Loop Road and the entrance to the community of Castle Valley.



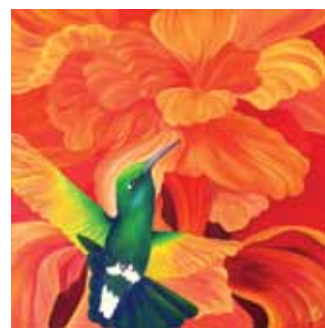
Barb Gregoire



Nick Eason



Karen Chatham



Yrma van der Steenstraeten



Robin Straub



Sarah Hamingson



Phil Wagner

Education Happenings

USU Moab Launches 3 New Health Professions Programs This Fall

Utah State University Moab will launch three new health professions programs this fall: Medical Laboratory Technician, Pharmacy Technician, and Surgery Technician. All three programs will fill the needs of health care facilities and providers in southeastern Utah.

Administrators and program directors at USU worked with local healthcare providers to determine what programs would fill their need for qualified and trained employees. Many employers are struggling to find qualified candidates to fill positions for these jobs, and are not able to attract qualified employees from larger markets to move to the rural areas where these jobs are needed. The goal of USU's new programs is to train local residents interested in living and working in these areas to create a stronger local workforce.

"We worked closely with local hospitals and clinics to find out what jobs they needed most, and were able to create three new programs to help strengthen the workforce with trained and qualified employees," says Michele

Lyman, Director for Health Professions at USU. "We're accomplishing two major objectives, providing employers with skilled job candidates, and providing students from our area with the opportunity to find meaningful careers."

Lyman headed up the effort to create these new



programs from the Blanding campus, where she serves as an instructor for several health professions programs, as well the director for these programs statewide for USU. All three USU campuses in southeast Utah, Blanding, Moab, and Price, will have these programs available either through live instruction or interactive video broadcast starting this fall. Applications for students are currently being accepted.

The medical laboratory technician (MLT) program will take four semesters to complete, once certain prerequisites are completed, and will award an applied associate degree (AAS) once completed. The surgical technician and pharmacy technician programs can both be completed in two semesters, once prerequisites are completed, and provides students with a certificate of completion once finished. Students who finish a certificate of completion may also earn an AAS after completing additional general education classes.

The process for creating the new programs took over two years, and included creating an approved curriculum, hiring new faculty and staff, and ensuring there was proper classroom and lab space for the programs.

For more information about these, and other health professions programs visit <https://nhp.usu.edu/health-professions/index>, or call 435.797.5106.

Local Music Student Scholarship program in second year

Grand County is alive with the sounds of local music students eager to participate in local music programs and further their studies beyond the classroom with private lessons and music camps. To support these endeavors, the Moab Music Festival offered five \$300 Music Student Scholarships in 2017 as part of its celebratory 25th Anniversary season.



The Moab Music Festival received an overwhelming seventeen applications across grades 2-12, which helped spur a second round in 2018. With generous support from friends of the Moab Music Festival far and wide, a second year of these scholarships are nearly funded in full. The recipients will be announced at the Moab Music Festival's annual Free Rocky Mountain Power Labor Day Concert at Old City Park on Monday September 3, 2-4pm.

Support these students and their music endeavors directly by funding a Music Student Scholarship (\$300) with a restricted donation to the Moab Music Festival. For information about this and other ways to support Moab's local music education programs, contact Erin Groves, Festival Coordinator: erin@moabmusicfest.org / 435.259.7003.

GCHS Marching Band fundraising concert at Swanny City Park, Aug. 17

My name is Auburn Jackman. I am a senior at Grand County High School and the 2018-19 Marching Band Drum Major. Over the last several years, music has become a significant part of my life. From piano lessons at eight years old, to learning flute through middle and high school band,



teaching myself guitar and ukulele, and writing songs with my sister, music has woven its way into my heart. Marching Band is one of my favorite and most meaningful of these experiences. As a kid, I remember watching the Marching Band perform at football games and take State in competitions. I couldn't wait to get to high school and be a part of it.

Marching band has since been one of the highlights of my high school career. We call it our marching band family. We are a small band by comparison, which gives us the opportunity to get to know everybody in both the band and color guard. "I love marching band because

of the fellow members, and how we all support each other and grow together," says 2017-2018 Drum Major, Isabel Becerra. "Marching Band is a place where we can come together and be ourselves," says Color Guard Captain Jenna Hawks. Braxton Pierce, Percussion Captain, puts it perfectly,

"I joined marching band for the music, but I stayed for the people." We are a small band with big heart, and we hope to demonstrate that on and off the field as we represent the Moab Community.

This year we are working to achieve a big goal that is long in the making: to purchase official GCHS Marching Band uniforms. Our current uniforms are informal by comparison, and wear and tear has become an issue. New uniforms, which include shoes, bibbers, hats, and jackets, would boost confidence and presentation at our four state-wide competitions, several

football games, two parades, and two benefit concerts. Official uniforms also increase appeal to potential new band

members. "A band's uniform is one of the most crucial parts of its show," says Pierce. "With a nice uniform,

the band members also feel better about the performance... resulting in a better show for the audience both musically and visually." We hope to have a newly outfitted band for this year's September season.

To achieve this goal we need the help of our community.

We have a modest band budget, which covers music and choreography rights, competition fees, and travel. We

currently have \$1,000 toward our \$7,000 budget to purchase uniforms. Additional business sponsors and individual donations would go a long way in helping us reach our uniform goal. If you or your business is interested in becoming a Marching Band sponsor or making a donation toward the purchase of new uniforms, please contact Band Director, Christopher Raybould, at raybouldc@grandschools.org or the GCHS Finance Office, (435) 259-8931, ext. #6.

We also encourage the community to attend our annual **MoabBandAid fundraiser and concert on Friday, August 17 from 4-7pm at the Moab Farmers' Market at Swanny City Park**, the band and color guard will unveil their 2018-19 show music and routine to the community.

From all of the members of Grand County High School's 2018-2019 Marching Band, we thank you for supporting the marching band program and helping us keep music alive in the hearts of Moab's young people!



Art Vandalism

by Ekaterina Tatarovich Harrison

Recently, one of my sculptures was damaged. "The End," located along the Millcreek Trail in Moab, is part of the Moab ArTTrails program.

"The End" is a large concrete human head designed to lie on its side, and it was mounted in this manner to an underground structure. The people who decided to stand the head upright broke the concrete that was around the anchor bolts in the sculpture.

I heard some believed that the sculpture was on its side because of vandalism rather than design. I urge you next time to pay closer attention. If you would have looked more carefully you would have noticed the plaque with the name of the piece and a phone number for the Moab ArTTrail organizers. If you suspected vandalism, it would have been much wiser to call the organizers, the city offices, or the police so that they could contact the artist and work out the proper solution to the issue.

The biggest reason that the piece was bolted down was in fact for public safety. The piece was not designed to stand upright and is not stable in that position. Imagine how if this sculpture would have fallen on a child, someone's pet, or one of your friends.

If this was done as a prank or out of malice, I would like to share something with you that you may not realize. A good portion of the public art that you see throughout the United States is just on loan from the artists.



To be a sculptor, especially one who creates large public pieces, is not an easy profession. Income is unpredictable the work requires a huge investment in time, money, equipment, and skill. On top of that, sculptors must move these large,

heavy pieces around from show to show. This often entails having to hire additional help and equipment. I pour my heart and soul into my work and have spent my lifetime learning and honing my skill as an artist.

Public art makes art accessible to everyone, not just the privileged few. Art in public spaces opens opportunities to

interact with art in a way that is natural. Art can connect to people on many different levels, and hopefully triggers deeper exploration in the people who interact with it because often visual art expresses that which you can't quite put into words.

I do not like all the art that is produced, nor do I expect you or anybody else to. However, I hope that you can find in your heart to have respect for the artists and the people who do want to experience the art.

My sculptures and all the sculptures that are part of the Moab ArTTrails program are on loan to the City of Moab just for a year. If you do not like some of the sculptures this year perhaps you will like some of the sculptures that replace them in October.

If there is something that bothers you about this program or a particular sculpture you can always contact Moab ArTTrails and address it directly. This public art program is a real asset to Moab and was set up with genuine desire to share with and involve the community. I hope it will grow and that we can all find a way to engage with each other more positively and respectfully.

Public Art Happenings

Dre' Carman, Moab, Utah



I love the outdoors and have spent the majority of my life living and/or exploring it. The first time I visited Moab I knew it was my home. The rocks and canyons call to me and I feel the presence of past generations. My pieces are created from items left behind by these earlier residents--rusted motor oil cans from temporary mining towns, old tobacco and bean tins from cowboy camps. And I gather energy from from the spirit of the ancient peoples who populated this valley centuries before. I want my art to reflect the overwhelming feelings of humility, responsibility, wellness, and gratefulness I experience living within these canyon walls.

The Keepers, 100 S & Millcreek Parkway
Media: Oil shale, tumbled ghost town glass, antler, found rusted metal
Dimensions: 8' x 4' x 4'
 \$5,300
 Katchinas who gather energy to share and nurture.
 To purchase call 435-259-2709



11



Harold Linke, Evergreen, Colorado

Harold Linke sculpts movement, sometimes figurative, sometimes abstract. For thirty years he has found gestures in life that connect what we know with what we do not know. These gestures--metaphors really--form the basis of his work.

His breakout came with the creation of Novus Grande in 2008. This flowing stark white dancing surface came completely new-to-the-world. And rightly so, none of his new techniques are published in any book or taught in any art school.



"I started as I had for twenty years, making traditional expressive sweeping representational detailed bronze dance figures. People would often comment on the detail and exact proportions, but miss the core of what I wanted to say. The human body communicates with heaven and earth like no

other. It's the only instrument of communication that we fully control, and its message, the gesture, the movement, is unique in time and personality.

"I applied my energy to distilling this communication through the art. I said no to everything that was not central. I discarded the detail, the texture, the volume and the color—leaving only a plain (and plane) surface that I curved and stretched into figurative dance gestures.

"The result was astounding to me and exhilarating to all who saw these fresh white dancers. People saw more detail and emotion than before. They saw volumes where none existed and motion from the sweeping curves.

"Because of the heavy editing involved, I called them Essentials. Thus was born the Essentials Collection."

His original patterns are created from state-of-the-art composites or, increasingly, with digital images. His engineering training allows him to use techniques and materials seldom seen in traditional art. So the dancers the dancers can be small as your fist or large as your house. Artisans under his supervision re-create these flowing patterns into the white bronze you now know.



10

Running Girl, 100 W 100 S
Media: steel
Dimensions: 14'h x 6' 9'w
 \$13,000 \$13,000

Running Girl becomes the "air-calligraphy" essence of childlike wonder, capturing the joy of a simple breeze and the freedom of running. Because, after all, running is better than walking.

To purchase call 435-259-2709

See more work:
linkesculpture.com

Vote for People's Choice!

Thanks to the Val A. Browning Foundation, the winner of the People's Choice will receive a \$1000 cash award at the 2018 artist's reception. Votes will be accepted until September 1, 2018 at moabartrails.org/peopleschoice

Vote now by phone!
 All Works are for sale throughout the year.



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

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

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

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

The mission of Moab ArtTrails is...

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


Take a moment and enjoy public art.
 View 2 or 3 sculptures or all 16.


Maps are available at the Moab Information Center (MIC), Moab Arts & Recreation Center, (MARC), Canyonlands Copy Center, and Gallery Moab





Astrology Happenings


Your Horoscope for August 2018


Mar. 21 - Apr. 20  **Aries** – Don't hesitate to express the passion you are feeling for a loved one. If you do not share your feelings, others will not know what you are thinking and fail to respond. It can be challenging to silence your suspicious mind. Not everyone is trying to pull the wool over your eyes. Avoid gossip whenever possible, and you'll be fine. Even if you believe you have a handle on all that is going on around you, some surprises are bound to pop up. Enjoy any unexpected turn of events. Something has been on your mind for awhile, so write down your thoughts and try to act on them. This will take the mystery out of the situation. If you want to get out and see the sights, you have to plan an excursion. Start planning a vacation and don't forget to invite a pal along for the trip. Asking for assistance is not a sign of weakness. In fact, it is a true test of strength because it means getting help before situations turn worse. Accept help graciously. Do not be quick to accept the word "no". If you are seeking a promotion, it may take another round of negotiations to sell your position to a supervisor.


Apr. 21 - May 21  **Taurus** – It's time to trust your instincts. When something does not seem on the up and up, you owe it to yourself to speak up. Keep in mind that others may not believe. Wear your heart on your sleeve. Doing so may endear you to others. It may seem like you're putting all your cards on the table, but you're showing you're genuine. Embrace your inner storyteller in the days ahead. Family and friends will want to catch up, and sharing memorable moments can be fun.


May 22 - June 21  **Gemini** – Your romantic life seems to be full of complicated patterns that could be perceived as obstacles. Don't let these things hinder your relationships. Start making changes. Toning things down is not necessarily your style. You may want to keep a few details to yourself. Maintain a low profile for the next few days. Words flow effortlessly from your lips, and others are captivated by your tales. You can use this power and creative streak to your advantage. Express your creativity every chance you get. Sooner or later one of your ideas will appeal to another person, and this could just be the catalyst you need. Some things are at play and you may need to gather some facts. Don't try to piece things together, but rather start at the beginning and get a comprehensive view.


June 22 - July 22  **Cancer** – Sitting back and not doing much will move you nowhere quickly. You need to find motivation to be productive and get to the tasks at hand. It is very easy to get wrapped up in the problems of others. But sometimes you have to let others work things out on their own. Offer advice if it is sought. You may have been a little preoccupied of late. Focus on what has been on your mind and how it is affecting your relationships, making changes where necessary. Sometimes the first step to starting something big is just believing you can do it. Then all you have to do is put all of the other factors in play. You have to hunker down and work through tasks that hold little interest for you. Success comes from tending to all of the details, even those that are less interesting.

July 23 - Aug. 24  **Leo** – If you can stay on course, things will move along quite well for you. There are plenty of distractions that may be in your way, but you must look beyond them. Behind the big lion's roar beats the heart of a pussy cat. Your sensitive side is bound to come through, when you provide comfort to a person in need. Relationships with friends and associates have significant influence on your life. They can create new business opportunities and expand your social circle. Stay focused on the journey and you will certainly get to the destination in record time. You have a passionate desire to see things finished through the end. Plenty of opportunities to make big changes are on the horizon. You need to figure out what it is you want to do with yourself and where to make change.


Aug. 24 - Sept. 22  **Virgo** – Get outdoors and enjoy a walk through the park or a hike. It's what you need after being cooped up for too long. Outdoor projects also may beckon you. What you show to the public may not be the true you keep close to yourself. Let a few intimate details sneak out, and you may be surprised at the reactions. There is fun to be had in the days ahead. Embrace any opportunity to have some fun, rewarding yourself for all your recent hard work. This month presents a perfect opportunity to focus on a project you have been meaning to revisit. It's good to relax, but free time this month may be better spent working. Sit quietly aside and let others talk while you listen. Listening can be a great way to learn about others as well as yourself. Use this time wisely.


Sep. 23 - Oct. 23  **Libra** – Start planning a much-needed vacation right now. And don't forget to look beyond your usual haunts, as there are many other options available as well. This is a prime time to nurture business relationships that could push your employment career into a new direction. There are many possibilities at your disposal. A budding relationship is ready to be taken to the next level. Devote the time necessary to make that happen, as doing so can further build on an already strong foundation. You're inclined to focus on others, but it may be time to carve out some time to care for yourself. If you burn out, everyone will pay the price. Indecisiveness may cost you in the days ahead. Try to come to a decision on an important situation so you can begin moving forward once again.


Oct. 24 - Nov. 22  **Scorpio** – You may have a great deal of energy, but you need a plan regarding where to direct it. This may be a good time to spend with friends or family. It can be difficult for your detailed-oriented self to draw the line at what to include in a task and what to leave out. You strive for perfection in all you do. Reaching an acceptable conclusion is easier if you run ideas by others as you work out some details in your head. Discussing any doubts you have can be helpful. It's hard to run away from love and romance this week. Prioritize an existing relationship or devote more time to a budding one. Sometimes you don't see the purpose behind certain actions. Don't hesitate to ask questions to clear things up. Forge ahead and things will become clearer.

Nov. 23 - Dec. 21  **Sagittarius** – Try not to get swept away by bad habits. Try something new and obtain a fresh perspective, whether the task is large or small. Accept challenges as they come. You are wondering if you should play it safe or dance closer to the edge this week. It may be because you are feeling trapped by routine. Change can be good. Make a concerted effort to keep lines of communication open in the days ahead. This can benefit you and your loved ones in some surprising ways. It is time to decompress between

adventures, Sagittarius. Try sticking closer to home this month and take a breather. There will be plenty of exploration down the road. Sooner or later, if you try different things you are bound to stumble on the right course of action. It just may take longer than you initially expected.

Dec. 22 - Jan. 20  **Capricorn** – There is no need to go to extremes to get your point across. Listen to other people's opinions, recognizing that their insight may prove valuable. You want to be there for all the people who may need your assistance. But avoid stretching yourself too thin so you can approach each situation energetically. You feel like you are in the driver's seat as it pertains to your love life and relationship. But a partnership requires sharing responsibilities. Accept constructive criticism, which is a part of many successful endeavors. Take away important lessons and apply them now and in the future. Don't worry if you cannot get your act together just yet. You will find your groove soon enough and everything will ultimately fall in place.

Jan. 21 - Feb. 18  **Aquarius** – There is nothing wrong with questioning the actions of others. This can be a great way to understand others' points of view and fine tune your own. Choose your battles. There are not enough hours in the day to be an activist for every cause. Only select the ones that you truly feel strongly about. Nearly everything you do this month will be connected to your career. Strategic moves come easily to you, and certain pieces may fall into place just when you need them to. Sometimes the best way to improve your bank account isn't by racking up long hours, but by moving into a career you love. Now is a great time to explore your options. Some things can't be avoided forever. If you feel like you are running away from problems or things you don't like, you may need to confront them.

Feb. 19 - Mar. 20  **Pisces** – All it takes is a little spark and then your motivation will renew. It won't take very long to get back on track if you desire it. Try not to record every moment on social media. It's good to leave an aura of mystery from time to time and enjoy the moments. There is a time to share your dreams, and this month may be the perfect time to do just that. Open up to your closest loved ones. You often put other people's needs before your own. Others appreciate this and may attempt to express their gratitude in the coming days. Funny things happen when you least expect them. Just when you may have thought a situation was dire, some fun will change your opinion.



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 Cool, Gifty Oasis
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 Gifts Readings

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 starshinegiftsmoab.com loveandlight55@yahoo.com



THE PHASE OF THE MOON

Members will receive 15% off all local & regional products ALL DAY!

Moonflower Community Co-op's
 Five Year Anniversary &
 Annual Owner Meeting

SATURDAY, AUGUST 18TH
11AM - 6PM

WE'RE CELEBRATING 5 YEARS AS MOAB'S FOOD COOPERATIVE!

SCHEDULE

11-3pm | Live Music / Meet Local & Regional Vendors / Family-Friendly Activities
 3PM | Annual Owner Meeting*
 4PM | Community Potluck w/ Special Guest Chefs
 5PM | Salve-Making Class w/ Emily Stock of Sundial Medicinals

Moonflower
 community cooperative
 natural foods store

*MEMBERS ONLY: Attend the Annual Meeting & receive a special co-op gift jar!

Pet Happenings

Natural Solutions for Environmental Allergies in Dogs

By Kaye Davis
co-owner of Moab BARKery

When discussing allergies in dogs we quite often talk about food allergies...but environmental allergies are actually a lot more common, with anywhere from 10-40% of dogs suffering from environmental allergies, it has become a big problem.

Allergies happen when your dog's immune system overreacts to something in their environment, known as a "trigger." That trigger could be something like pollen, dust, mold or other substances in the air. When allergens enter the body, the immune system releases the histamines to kill them. Unfortunately, these histamines also cause redness and inflammation, itching and irritation.

Environmental allergies in dogs are usually seasonal. Dogs may get very itchy in the spring and fall, with fewer symptoms during winter or summer months. Your dog will usually start to display symptoms between 1 and 3 years old. Common symptoms of allergies in dogs include itching and scratching, hives, ear infections, hair loss and chewing or licking paws.

Some say that the best way to protect your dog is to stay away from the source of the irritation. And sure, that makes sense. But often, this isn't doable. After all, if your dog is allergic to tree pollen, can you avoid going outside for weeks on end? Others may suggest a steroid or anti-allergy drug like Atopica or Apoquel. These drugs work by suppressing part of your dog's immune response. This can damage your dog's immune system, leaving it open to attack, so take careful consideration and consult with your veterinarian when choosing an approach for treating your dog's environmental allergies.

So, if you can't remove the allergen and you want to stay away from conventional allergy drugs, how can you ease your dog's suffering? Here are a few natural solutions that can help.

Bovine Collostrum is produced by cows in the mother's first milk, immediately after giving birth. Bovine colostrum can help boost your dog's immunity to common allergens.

To give colostrum for dog allergies, you can use either a powder or a capsule. The dosing is 1/3 teaspoon of colostrum per 25 pounds of body weight.

Raw, Organic Apple Cider Vinegar can relieve allergy itches. It also helps get rid of the offending allergens.

One of the most common effects of environmental allergies in dogs is itchy feet. This is usually because of the constant exposure to allergens. Try a foot bath to help.

- Mix two parts water and one part apple cider vinegar in a tub or bucket

- Soak your dog's paws for up to 5 minutes each
- Don't rinse, but dry their paws well after soaking

If their skin is itchy, you can also use an apple cider vinegar rinse for their whole body. After bathing your dog with a natural shampoo, rinse them all over with the ACV mixture and pat dry. The rinse contains.

- ½ cup apple cider vinegar
- ½ cooled green tea
- 1 cup filtered water



Bee Pollen is a mix of the pollen collected by bees and enzymes from the bees themselves. It can help manage environmental allergies in dogs. Why? When bees gather pollen, they're not picky. They go to all kinds of different



flowers before heading back to the hive. This means chances are good that the bees are collecting pollen that makes your dog itch. Giving your dog a small dose of the pollen they are allergic to helps desensitize them to the pollens.

Make sure the pollen comes from local bees so that it contains allergens from your area. If you use bee pollen from somewhere else it may not contain any of the allergens



Humane Society of Moab Valley

435-259-4862 • www.moabpets.org

August 2018 Events

August 11 - Dog Adoption Day at City Market
from 10am - 12pm

August 25 - Dog Adoption Day at City Market
from 10am - 12pm

**We have a Wonderful Selection
of Friendly Felines**

**You can see available cats online at
moabpets.org or stop by the shelter.**

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

Dates subject to change.

that cause your dog's symptoms. Start with a low dose. Give one granule the first day, mixed in their food. Watch for any response, and if there isn't one, give two the next day. Increase the amount over several weeks to a dose of 1 tsp per 30 pounds of body weight per day.

Herbs that contain anti-allergy properties can be used in the treatment of environmental allergies. The histamine content in nettles can protect the body from an attack of allergens. You can dry the herbs or make nettle leaf tea. You can also sauté fresh nettles in a pan with coconut oil until tender and add to your dog's food.

If you use a tincture, give 1 drop for every 25 pounds, two to three times per day. Make a tea using 1oz of herb in a quart of filtered water. Boil the water, add the herbs, then cover it and let it steep for 30 minutes. Give 1 tablespoon of the cooled tea for every 25 pounds divided for morning and evenings with food. For topical relief, make a compress. Put tincture or tea on a clean cotton cloth and cover the affected area.

Astragalus helps boost the immune system and relieve allergy symptoms. To give it to your dog, use powder or capsules, and give 100 mg per 10 pounds of your dog's weight per day. You can also use a tincture and drop some right into your dog's food.

The Moab Barkery carries herbal tinctures from Earth Animal and locally produced Sister Root Medicinals that are made specifically for treating allergies.

Research shows Omega-3 fatty acids, especially EPA and DHA found in cold water oily fish like mackerel and sardines, help regulate the inflammatory response that causes allergies. Primal Pet Foods produce a raw frozen sardine

grind that can be fed as a supplement to your dog's diet. When choosing oily fish to feed, whole frozen or fresh fish is best, versus oil derived from the fish, or fish that has been preserved with salt.



When your dog's body encounters an allergen, it releases histamine. Histamine contributes to inflammation, redness and irritation.

Quercetin, a bioflavonoid contains antihistamine compounds that can stop this production. Research shows that quercetin can actually turn off histamine production. It can also stop the production of inflammatory molecules and prevent itching.

Some fruit and vegetables containing quercetin like apples, broccoli, bananas and parsley can be added to your dog's diet or you can also give a quercetin supplement. Buy a quercetin supplement for humans. Assume the dosing recommendation is for a 150 pound human and adjust for your dog's weight. **Caution: Don't use quercetin supplements long-term. Only give it for as long as is necessary. Do not give quercetin to dogs with kidney disease.**

Some other things that you can do to deal with environmental allergies are feed a fresh, raw diet to boost gut health and improve your dog's natural immunity. Change your furnace filter often so fewer allergens are in the air. When you vacuum, let your dog hang out in a different room. Vacuuming can stir up those allergens and cause the allergies to spike. Give them a good wipe down with a damp cloth or towel. Sure, it sounds simple, but it helps to remove the offending allergens. Replace your chemical cleaning products with more natural options. This does double duty: it protects your dog from the harmful ingredients in the cleaners. And it can prevent the allergies that may come from exposure to them.

The Bark Park - Off-leash Dog Park



Location: 100 E 300 S

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

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Volume 30 Number 5

Section B

August 2018



Moab Music Festival *music in concert with the landscape™*

The American spirit runs through the canyons in Moab during the 26th annual Moab Music Festival from August 27 – September 13, 2018. Music in Concert with the Landscape™ comes to life with performances set in spectacular outdoor venues along the Colorado River, in the charming and historic Star Hall, in private indoor salons, and surprise outdoor settings, all with the world-class Moab Music Festival musicians as a guide. Patrons will experience musical hikes, rafting adventures, intimate gatherings, and virtuoso performances, all surrounded by the sky, the Colorado River, and the ruggedly stunning red rock desert of southeast Utah — a backdrop for the musical ride of a lifetime. Here's a preview of Moab Music Festival events taking place on Labor Day weekend.

Opening Night Concert at Star Hall, "New Americans," on Friday, August 31, 7pm, is a program dedicated to composers who have become American citizens during their lifetime and have made U.S. musical culture and legacy all the richer, as a result. The evening features distinguished Chinese-American composer, and the festival's Composer-in-Residence, Bright Sheng. The concert also includes the music of Puerto Rican born Americans, Dan Román and Roberto Sierra, as well as Czech composer, Bohuslav Martin, who fled the Nazis in order to become an American

citizen, and whose music is a powerful influence in contemporary classical music to this day. Composer Daniel Sabzghabaei is of Persian heritage and his work is inspired by traditional Persian melodic and rhythmic forms, folk music, art, and poetry.

Rounding out the cultural mélange is the Chinese-Canadian virtuoso percussionist and composer, Pius Cheung, who performs in one of his own works and another by Sheng. Opening Night kicks off with a pre-concert talk by Mr. Sheng at 6pm.



TAKE 6, the most awarded a cappella group in history, takes the Moab Music Festival stage on **Saturday September 1 at 6pm at Red Cliffs Lodge**. The vocal group, known for its razor-sharp 6-part harmony was heralded by Quincy Jones as the "baddest vocal cats on the planet!" Its awards include ten GRAMMYs, ten Dove Awards (Gospel Music Awards), induction into the Gospel Music Hall of Fame and Best Jazz Vocal Group honors for seven consecutive years in Downbeat's prestigious Reader's and Critic's Poll. The group cites faith, friendship, respect, and love of music as the key to its 25-plus-year-success.



The genre-bending ensemble **Time for Three (Tf3)** gives new meaning to rocking out in Moab! On **Sunday September 2, at 6pm at Red Cliffs Lodge** the Moab Music Festival favorite returns with its uncommon mix of virtuosity and showmanship, performing music from Bach to Brahms and their own original material with unique flair and creative genius. Tf3's new arrangements on this concert include Moab Music Festival strings playing as a small orchestra along with the ensemble, and make for a sonically satisfying and rowdy performance.

Bring your picnic basket and blanket for the **Rocky Mountain Power Family Concert on Monday, September 3 at 2pm**, featuring an afternoon of Broadway hits sung by Lauren Worsham (A Gentleman's



2018 Concerts

Friday August 31 Opening Night: **New Americans**, at Star Hall 7pm

Saturday September 1 **TAKE 6** at Red Cliffs Lodge 6pm

Sunday September 2 **Time for Three** at Red Cliffs Lodge 6pm

Monday September 3 **Rocky Mountain Power Free Family Concert** at Old City Park 2pm

Friday September 7 **We Are Women: a Bernstein Cabaret** at Star Hall 7pm

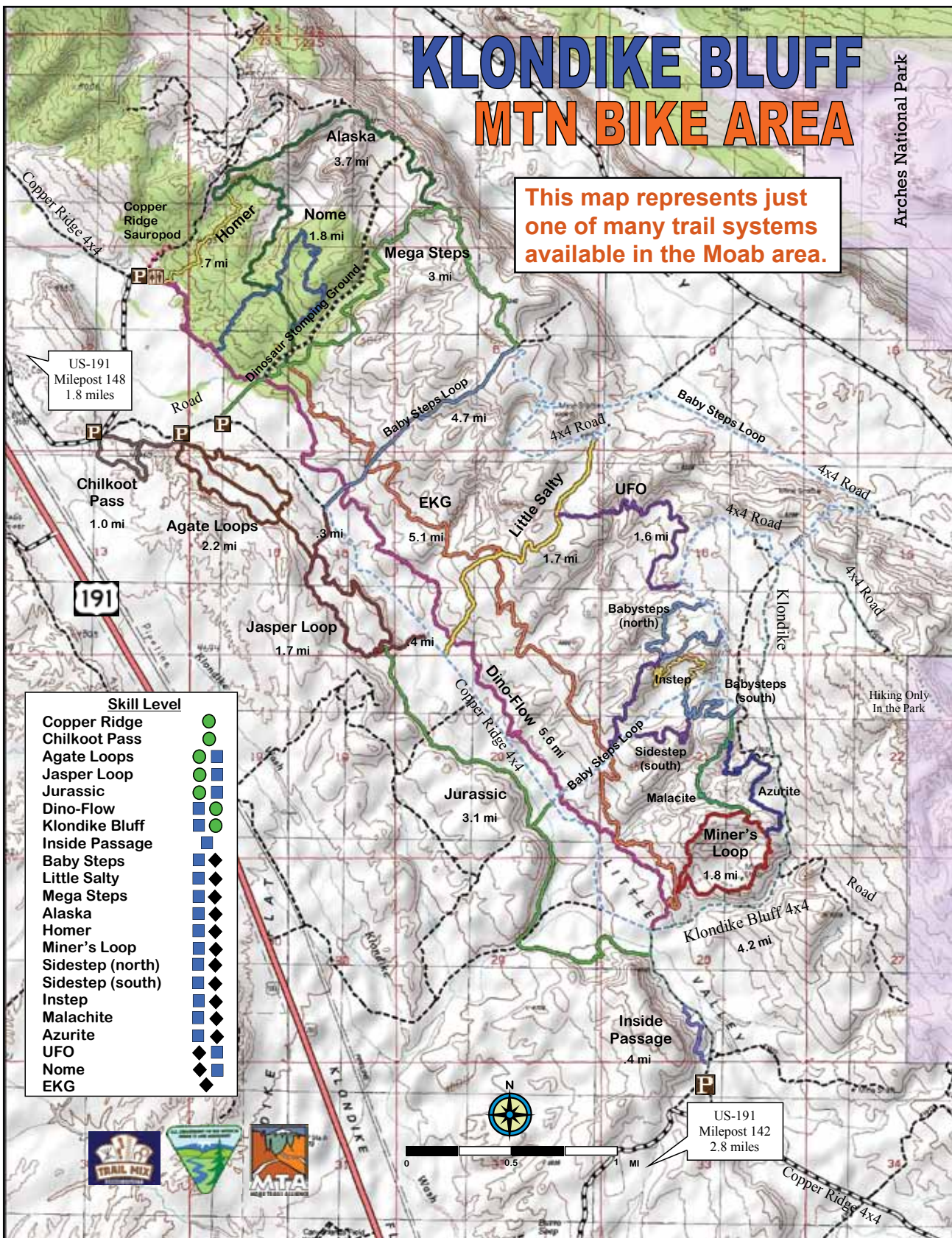
Saturday September 8 **New World Assembly: Scotland Meets Quebec & Appalachia** at Sorrel River Ranch 6pm

Sunday September 9 Closing Night: **Coming to America** at Star Hall 7pm

You may purchase your tickets online at moabmusicfest.org or call 435-259-7003

Guide to Love and Murder), and Kyle Jarrow (SpongeBob SquarePants: The Musical). The pair will be joined by baritone Andrew Garland singing tunes from the American songbook as listeners relax under the cottonwood trees in Old City Park. This annual concert is FREE in celebration of Labor Day and is generously sponsored by Rocky Mountain Power.

Road & Mountain Biking



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

THE UTAH HIGH SCHOOL CYCLING LEAGUE September 22, 2018. The Utah High School Cycling League is hosting races in Moab at the Bar M Trailhead. Approximately 800 students will be racing each day from the north and south regions starting at 8am. The Utah League is the governing body for interscholastic cycling for students grades 7-12. They currently have close to 2400 students on 81 teams across the state. Please see their website www.utahmtb.org for more information.

• MOAB CENTURY TOUR - Road Cycling Tour, Sept 22-23, 2018. Ride one or two days! On Saturday, choose from 40-100 mile paved routes with breathtaking views of Moab's sandstone marvels and the Colorado River. On Sunday ride the newly-paved La Sal Loop Road through the mountains with 5550' elevation change and views of fall colors before carving down through red rock canyons and finishing along the Colorado River. Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytireevents.com or call 435-260-8889.

• 6th ANNUAL GRAN FONDO MOAB, Sept 29, 2018. 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.

• OUTERBIKE FALL October 5-7, 2018. Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. See next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

• MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 25-28, 2018. Presented by ChilePepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.

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

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

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

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Cycling Happenings

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By Franklin Seal and Rim Tours



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Visiting Moab in August and looking for an activity that won't involve being out in the blazing sun at high noon? How about a beginner/moderate-level mountain bike tour that starts at 6:00 AM (6:30 beginning September 1) and includes a delicious, fresh and wholesome breakfast table spread, served by your guide, while you relax in camp chairs watching the sun rise over Arches National Park?



Rim Tours, Moab's Original Mountain Bike Outfitter, offers daily Desert Sunrise tours starting from convenient public pickup locations in downtown Moab. Advanced booking is required (see below for details.)

Following breakfast, your guide will assist you in getting ready for your riding adventure. The tour includes a full suspension 2018 Santa Cruz mountain bike, bike insurance, helmet, complimentary Rim Tours water bottle (which you can keep as a souvenir) and trail snacks. In short, everything you need for an amazing mountain bike adventure suitable for beginner or moderate riders.



Once breakfast is packed away, you'll spend a few minutes getting used to the bike, followed by some instruction on safety and riding fundamentals, if needed.

Then your guide will lead you out for a two to two-



and-a-half hour ride on the Courthouse Loop section of the Moab Brands mountain biking area. The ride includes plenty of stops for learning further riding tips, and just to catch your breath.

Along the way, we'll park the bikes and take a very short hike over to the edge of a dramatic box canyon that drops into Arches National Park.

The ride then continues around the Courthouse Loop—a wider, undulating path that includes a few sections



of Moab's famous slickrock riding surface. And, depending on the individuals that make up your particular tour group, options may be available for increasing the riding-skill level to include some moderate level singletrack, at the guide's discretion.

The tour concludes by completing the loop back to our original

location where the van awaits for the drive back to town. Most tours are done by 11:30 AM, if not before—well



before the peak heat of Moab's summer days, and just in time for an afternoon lounging by the pool, or floating down the Colorado River.

Rim Tours offers the Desert Sunrise tour starting at \$125 per person (adults) and \$110 (children 12 & under.) Discounts are offered for groups of seven or more. Tours require a minimum of 3 persons (if your group is smaller, please inquire.) To book, visit <https://rimtours.com/tours/desert-sunrise/>, email info@rimtours.com, or call 435.259.5223.



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Dead Horse Point Happenings

Summer Rain: Precious and Dangerous

Ranger Scott Chandler

Summer in the desert is stereotypically hot. Even in this “cold desert” of the Colorado Plateau, most of this geological feature still gets hot. To many of us living in Moab, it is something that consistently permeates our minds. We adjust our days so that our outside adventures don’t leave us sweating in the sweltering heat. We hike along canyons with water or head up into the mountains. Our air conditioning runs on cool from dawn until dusk. We do everything in our power to fight or avoid the heat.

With all of that summer heat, it is almost hard to believe that the summer is when we can get much of our annual rainfall.

We are now headed full swing into the time of the year when violent thunderstorms are a common feature of our afternoons. To those of us in the desert southwest, we call this the “monsoon season.” While a true monsoon is defined by what happens in southern Asia, a full 180 degree shift in weather pattern bringing about a wet and dry part of the year, we get something similar enough here in southern Utah that we use the same term. With all the heat of the summer sun baking our portion of the world, pressure systems can build in different ways than typical compared to the rest of the year, bringing more moisture into the area. All this heat also drives uplifting wind currents, pushing that excess moisture upward to develop clouds. These clouds build and build until they can’t anymore, and the resulting rain can be quite phenomenal.

With how dry the past while

has been in the Moab area, this rain is truly mana to the ecosystem. Just the other day I was out on a trail and could not help but notice how brown the area has become.

While yes, most people associate our area with red rock, there is a fair bunch of green across it all, and I would argue that green makes the area pop. Needless to say, life needs water, so multiple months without has put a strain on everything out here. The month long fire ban is one more piece of evidence that it is exceptionally dry right now.

The smell that hits the nose when those first raindrops fall are the first shots of celebration that the desert seems to give. It is glorious, a mix of pinyon, sage and good old sand. After a few days, life blossoming in potholes, from fairy shrimp to tadpoles, is another volley of the desert rejoicing. With enough moisture, the area regaining its green veneer is the grand finale.

While this rain is amazing and seems to revitalize everything around, this rain also has its problems. The rain is sporadic and isolated, usually only bringing relief to small portions of the dry landscape at a time, even occasionally missing some spots entirely. These storms will drop multiple inches of rain at a time, often faster than the soils can absorb. This results in much of the water flowing running off the landscape. Isolated flooding frequently happens, sometimes causing safety issues or damage to our human made things. Lightning will soar across the sky, occasionally striking the highest things around. Up on the mesa top of



Dead Horse Point, that can easily be you.

So throughout this monsoon season, which will span into September, we recommend you get out and enjoy the day in some similar summer ways, but also in some different ways. Enjoy the canyons and mesa tops in the mornings; getting out when it is cool and before the storms can build is wise. When the storms start building, make sure you aren’t going to be in a spot that will gather water and do not try to drive through or ford flood waters as they can be stronger and deeper than expected. Seek shelter if lightning is remotely close by, finding some with a view can be great for experiencing all the action. Then when the storms have moved through, go out and enjoy again! The desert is marvelous if you can get out after a storm. The temperatures will be cooler, the lighting may be better and the desert will be giving off its celebratory scent! With luck, the storms could result in glorious sunsets, something great to witness at Dead Horse Point State Park. Just make sure the lightning isn’t flying anymore.

Dead Horse Point State Park is located 32 miles from Moab heading north on US 191 and west on SR 313. The park fee is \$15 per vehicle and valid for three days. If you have questions about your visit, contact the park at 435-259-2614 or visit deadhorsepoint.utah.gov.

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Geology Happenings

Geo-Hiking Moab: Trailside Geology of the Hidden Valley Trail

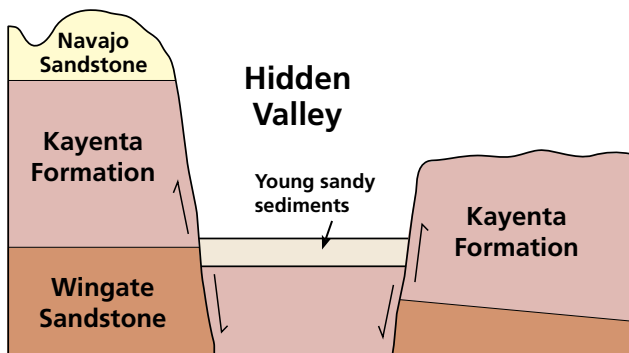
by Allyson Mathis

Getting out on the trails around Moab is one of the best ways to enjoy and experience canyon country geology. This is the first of a series of periodic columns that will highlight the geologic features that can be seen along Moab area trails. Columns will include a brief overview of the area's geology and then a trail log organized by mileage (starting at 0.0 miles at the trailhead) with distances measured using a handheld GPS.

Hidden Valley Trail: 3.1 mile one-way from Hidden Valley Trailhead to the eastern terminus of the Moab Rim 4-wheel-drive route. Elevation gain is approximately 680 feet. This trail has great shade in the late afternoon during the summer. Hikers should carry a map, water, snacks, a first aid kit and other essentials.

To reach the trailhead, travel 3 miles south of Moab on Highway 191, and turn right on Angel Rock Road. Then turn right on Rimrock Road and follow it to the trailhead and gravel parking lot.

Hidden Valley is one of those places around Moab that is unexpected, that someone heading out from a trailhead wouldn't expect. From the trailhead, a hiker can see the cliffs that rise above Moab, but there isn't even a hint of the small, elongated basin found above the switchbacks. Hidden Valley itself looks like a valley, but with one vertical rock wall rising higher than the other. However, the name "Hidden Valley" is a geologic misnomer. While it may be hidden from Moab below, it is not technically a valley. By definition, valleys are formed from the fluvial action of running water, but no drainage system feeds into or out of Hidden Valley. Therefore, it must have formed in another manner.



Like the Grabens in the Needles District of Canyonlands National Park (see the June issue of Geology Happenings to learn about the Grabens. The Moab Happenings archive is found online at <https://www.moabhappenings.com/Archives/000archiveindex.htm#GeologyHappenings>), Hidden Valley is a graben, or a down-dropped block between two faults. (Faults are surfaces along which blocks of the earth's crust have moved relative to one another.) This graben formed as part of the complex faulting that formed the Moab Valley. Both the Moab Valley and Hidden Valley are ultimately tectonic in origin, meaning that they formed from movement along faults. Smaller faults such as those that bound Hidden Valley are not uncommon in the vicinity of larger faults such as the ones whose movements gave rise to the Moab-Spanish Valley area.

Trail Log

Mile 0.0 Trailhead: From here the trail leads to the base of the cliffs, then switchbacks up the talus slopes below cliffs of Wingate Sandstone and Kayenta Formation that hold up the Moab Rim. Talus deposits are made up of broken up rock debris from rock falls that accumulate at the bases of cliffs.

0.4 Mile: The fault that forms the northeast side of Hidden Valley passes underneath the trail in this area. It is covered by talus and is not visible underneath the trail. However, hikers can see this fault if they look towards the northeast toward the rock outcrop (Figure 1).

Location 1 (0.9 Mile): The trail has entered the Hidden Valley graben. Wingate Sandstone cliffs can be seen on both sides of the valley. The nearly-flat floor of Hidden Valley is covered by a thick deposit of young sandy sediments. Grasses (both native species and nonnative cheatgrass) and a few shrubs (such as fourwing saltbrush) grow on these sediments. Junipers and other vegetation are mostly limited to areas of talus, where the soils have more rocks and other coarser sediments.

Location 2 (1.5 Mile): The trail crosses a small divide (or narrows) within Hidden Valley. The Kayenta Formation outcrops close to both sides of the trail. The northeastern portion of Hidden Valley ahead is much like the section that the trail has already passed through, and is a good example of an internally-drained basin. The floor of Hidden Valley descends slightly from this divide and rock outcrops rise above the other three sides. The minor washes in Hidden Valley end in "swallow holes" where the drainages just sink and disappear.

2.0 Mile: Swallow holes are present on both sides of the trail in this area. They are visible largely due to different vegetation growing on them, with fewer grasses and more weeds and wildflowers.

Location 3 (2.1 Mile): The end of Hidden Valley (Figure 2). Trail is now on the bedrock of the Kayenta Formation. The trail continues to the northwest with Kayenta Formation exposed on both sides. The Kayenta is dark red in color and consists mostly of small ledges of rock. Vegetation in this next section of trail also reflects this different geology, with juniper and pinyon trees and many small shrubs that favor the thin rocky soils that are most commonly found throughout canyon country.

2.7 Mile: The Navajo Sandstone, which is on top of the Kayenta Formation, is now exposed on the left.

Location 4 (3.1 Miles): The trail ends where it joins the Moab Rim four-wheel drive road. The viewpoint at the end of the road gives an excellent overview to the southeast, highlighting the area that the trail passed through after leaving Hidden Valley, with tall domes of Navajo Sandstone all around (Figure 3).



Map of the Hidden Valley Trail. The shaded area shows the approximate area of Hidden Valley. Imagery is from Google Earth.

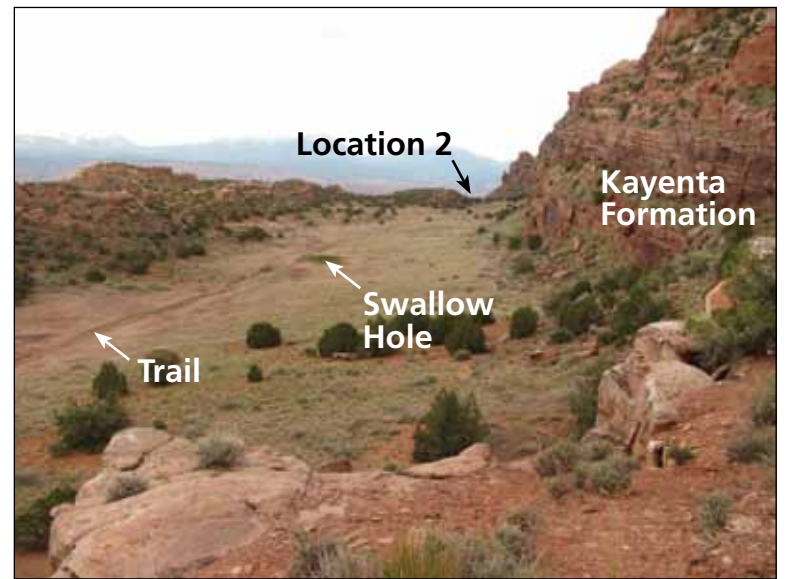


Figure 2. Photo looking over Hidden Valley taken near Location 3.

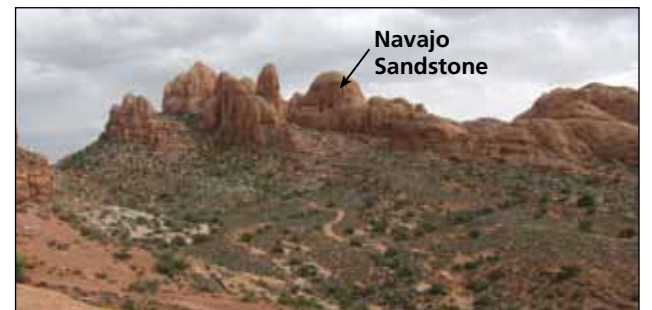


Figure 3. View from near where the Hidden Valley Road meets the Moab Rim jeep road.

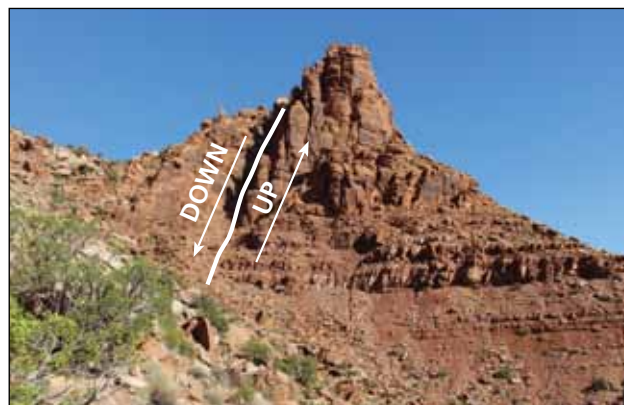


Figure 1. View of one of the faults that formed Hidden Valley taken from the trail.

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Museum Happenings

Explore the History of Dalton Wells at the Museum of Moab

Fifteen miles north of Moab on Hwy 191 is Dalton Wells. This location is marked by a dirt road on the right with a couple of cottonwoods and two concrete pylons that used to support a sign. It is listed on the National Register of Historical Places and has a varied history.

From 1935 to 1942 it was the site of a Civilian Conservation Corps camp. At full capacity it housed 200 young men and their supervisors as they worked on projects like trail building, corral building, spring development, eradication of rodents, and other improvements that were needed. It was a part of The New Deal during the Great Depression enacted to put young people to work and earn money for their families back home. Many of the projects worked on then are still in use today.



Late 1942 the site was repurposed as a Japanese American 'isolation' camp and the first occupants arrived in January of 1943. They were men who were deemed 'troublemakers' at the Manzanar, California Relocation Center and were forcibly separated from their families and sent here. Over the course of the next few months the

Museum of Moab
est. 1958

The Museum of Moab is the center for cultural and natural history of eastern Utah and the Moab area. The exhibits include everything from a Jurassic dinosaur found just outside Moab to artifacts of the earliest human inhabitants of the region. See our website, www.moabmuseum.org, for information on our exhibits, tours, and programming.

population would grow to 49 men from different camps until April when they left as suddenly as they came to another camp in Leupp, Arizona.

Dalton Wells is also home to a fossil quarry that has led to the discovery of an Iguanodon, the Utahraptor, a spiny ankylosaur Gastonia, and most recently a huge sauropod, the Moabosaurus. It is one of the richest Lower Cretaceous bonebeds in the world. More than 4200 vertebrate specimens have been collected so far and it is estimated there are many thousands more still in the quarry.

A full sized replica of Gastonia and more information about the Dalton Wells history is at the Museum of Moab, 118 E Center in Moab. Now open from 10:00am – 6:00pm Monday through Saturday.



Gastonia

The August artist reception in the Barnes Gallery features Cynthia Sampson's pastel and acrylic paintings. Join us August 11, 5-8pm for the artist reception. The Root Cellar Project will be August 16, 5-8pm at the Helipad (239 W Center). Information on all events, activities, and exhibits are on our website (moabmuseum.org) and Facebook page



Wind by Cynthia Sampson

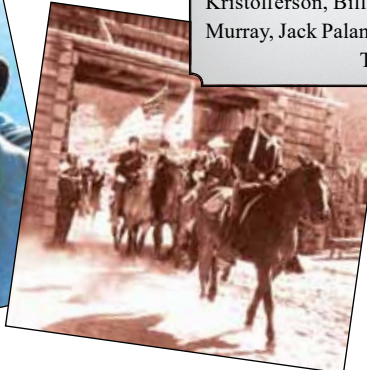
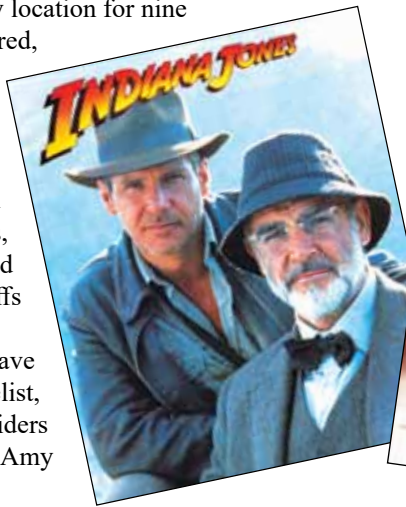
Movie & Western Memorabilia Museum at Red Cliffs Lodge

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.

Become a Museum Member Today!

Museum of Moab
est. 1958

Cynthia Sampson
Artist Reception
August 11
5-8pm
in Barnes Gallery

Preserving Our Natural and Cultural History

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2018 Lecture Series
August 25, Harvey Leake, *The Wisdom of Wolfkiller: A Nineteenth Century Navajo Shepard and Sage*, 2 pm

All lectures are free of charge

Museum hours:
Monday - Saturday 9am - 5pm;
Sunday 9am - 4pm
Closed: Thanksgiving, Christmas & New Year's Day

Dinosaur Happenings

Cifelliodon

by ReBecca Hunt-Foster

Moab's newest named fossil is not one of the numerous dinosaurs we have come to know so well from this area, but a small early mammal relative named "Cifelliodon wahkarmoosuch." This fossil, known only from the skull, was discovered in 2006 on Bureau of Land Management lands held in the public trust north of Moab in the Early Cretaceous rocks known as the Cedar Mountain Formation. The small critter was named in honor of famed paleontologist Richard Cifelli by a group of paleontologists led by Adam Huttenlocker, assistant professor of clinical integrative anatomical sciences at the Keck School of Medicine of the University of Southern California. The species name, "wahkarmoosuch," means "yellow cat" in the Ute tribe's language in respect of the area where it was found. In 2006



By Jorge A Gonzalez

a team from the Utah Geological Survey led by paleontologist Jim Kirkland excavated the skull unknowingly when they were removing the juvenile skeleton of Hippodraco, as well as a small terrestrial crocodile and a new small velociraptorine. These fossils were all washed into the area in a small stream before they became fossilized. The site had been discovered in 2002 by paleontologist Andrew Milner, and was illegally collected before it could be professionally excavated, leading to a loss of important fossils from this location.

Cifelliodon lived during the time of dinosaurs and would have been around 3 inches tall and probably weighed just under 3 pounds. Its diet would have consisted of seeds and insects, and it had tiny eyes, a short snout with a bucked toothed appearance and a great sense of smell. It was possibly nocturnal, roaming the Cretaceous nights avoiding predators and using its sense of smell to grazing the evenings away.



Illustration by Jorge A Gonzalez

This 130-million-year-old fossil is also important because its presence in Utah suggests that the breakup of the ancient landmass Pangea likely continued for roughly 15 million years later than what scientists had thought. This additional time would have allowed for mammals related to Cifelliodon, as well as dinosaurs, such as those related to Moabosaurus, to move from Asia and Europe into North America. Most of the Jurassic and Cretaceous fossils of haramiyidans, the group of mammal ancestors that Cifelliodon belongs to, are from the Triassic and Jurassic of Europe, Greenland and Asia. The specific subgroup that it belongs to, Hahnodontidae, was previously known only from the Cretaceous of northern Africa. It is to this group that Huttenlocker and his team argue Cifelliodon belongs, providing evidence of migration routes between the

continents that are now separated in northern and southern hemispheres. "But it's not just this group of haramiyidans," Huttenlocker said. "The connection we discovered mirrors others recognized as recently as this year based on similar Cretaceous dinosaurs shared between Africa and Europe."

As new discoveries are continuing to be made in the Grand County area, additional ties to other European and Asian fossils might be found in the rocks surrounding Moab. Please remember that it is illegal to collect vertebrate fossils without a permit from federal lands, and reporting fossil finds to federal land managers can help connect researchers to these amazing fossils.

Moab Happenings thanks ReBecca Hunt-Foster

The staff of *Moab Happenings* would like to thank Bureau of Land Management Paleontologist ReBecca Hunt-Foster for the series of Dinosaur Happenings columns that she authored. ReBecca is moving to Vernal, Utah to become the Paleontologist at Dinosaur National Monument.



KZMU - Moab Community Radio 90.1 & 106.7 FM



P.O. Box 1076 • Moab, Utah 84532

on-air studio: 259-5968 • office: 259-8824

contact us: www.kzmu.org

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	Native Spirit (first nations)	EARLY MORNING		Art of the Song	EARLY MORNING		Desert Diva (dance, pop)	7:00	
8:00		Native News 7:55am						8:00	
9:00	DEMOCRACY NOW							9:00	
10:00	Jah Morning (reggae, dub, roots, rocksteady)	Moab Mamas/ Morning Blend (everything)	MOAB MORNING BLEND			Return to Indie Mountain/ Indie Monster (indie, alternative)	Shine Time (children, eclectic)	Mystery Box (alternative, americana)	10:00
11:00			Amarillo Highway (alt. country, alterna-twang)	Tilted Park (americana classic rock)	Rocketship Radio (new mix, indie)				Take it or Leave It (call in / advice)
Noon	KZMU NEWS							Noon	
1:00	Grass is Greener (bluegrass, folk)	The Skye's the Limit (rock, blues, jazz)	Radio mmm... classic indie) Manteca (pan american, cumbia)	Horizon Line (modern chill)	River Run Radio (new orleans jazz, mix)	ArtBeat (arts in Moab)	Uncovered Remix (covers, alternative)	1:00	
2:00		I Can Hear Queerly Now (queer, woke, indie, alternative)	OPEN	OPEN	DJ Lady J Variety Show (60's, 70's, 80's, 90's, now)	1-2-3 (funky world soul)		2:00	
3:00	Entre Las Piedras (norteno new mexico rock & roll)	Alternative Radio/ What's Goin' On (news / talk, local)	Pirates & Poets / Roadside Attraction (folk, world mix, state themed mix)	Weds. Drive Time (new, alternative, indie)	Heart Beats (hip hop, soul, instrumental)	Fire on the Mountain/ Heart & Soul (dead, jam)	Belagaana Review (fruit and nuts)	3:00	
4:00								This Week in Moab (interviews / calendar)	DEMOCRACY NOW
5:00	Bach & Beyond (classical, interviews, moab music festival)	KZMU NEWS							5:00
6:00	Kokopelli Coffeehouse (acousitc, folk)	Big Swing Face (big band jazz)	Thee Detroit Rebellion (lo-fi, garage, fuzz rock n roll)	Thin Edge (jazz)	Rock Wasteland	Pressure Drop (vintage rock & soul)	Ill Beats Radio (hip hop)	6:00	
7:00		The Watering Hole (blues, rock)	MOAB AFTER HOURS					7:00	
8:00	Hardwired (synth retro future)	Operation Punk Subversion (punk vinyl)	Conscious Party (ska, punk, native, rock, dub)	Liberty Jam (americana, live, rock)	Ear Rooster (radio obscura)	Plastic Magic (alternative, rock)	Rock of Ages (hard rock)	8:00	
9:00								KZMU OVERNIGHT	
10:00								10:00	
11:00								11:00	
12:00								12:00	
7 AM								7 AM	

THE DUST MAGAZINE

FROM THE ARTISTS TO
THE ADVENTURERS
THAT MAKE THIS PLACE
HOME.

The Dust aims to share the creative energy of this desert oasis with its inhabitants, passers-through, and far-off observers. It is a collaborative, community-based platform that is built through a connection between the odd, eccentric, adventurous people of this place and their various passions.

Check us out online @ www.thedustmag.com

Sandbagged

By | Makeda Barkley

The story of a failed journey, as experienced firsthand. Intended destination: South Six Shooter tower. Actual destination: Approximately 1.6 miles from intended destination in a sandy wash.

There's something about heading off into the desert without a plan. Well, maybe a loose plan of where you're going and if you're bringing enough water, but other than that you're just winging it. When you feel familiar and assured with your sandstone surroundings and you've never really gotten into a situation that you couldn't get out of— that's when the desert comes out to play.

You and your friends decide to climb an easy desert tower, to drive your front wheel drive 1999 Honda Civic out into the desert beyond, on a dirt road that looks okay at first glance. You left behind the sat phone and your cares and you set off down the dusty red path that looks much like the dozens of other desert roads you've returned from in one piece. You're cruising down the road, swerving to miss the potholes and the protruding rocks and blasting the music at full volume over the rush of wind blowing through all four open windows. And then you encounter the first true obstacle, a sand trap. You speed through and loosen your bumper, but you've made it this far and the desert has never truly trapped you before. Your company piles back into the small green car and you speed off down the road, bumping and shaking with the rivets in the road as you go, the music has now been turned off so you can focus instead of jamming out. The little front-wheel drive dust bunny speeds through sandy wash after sandy wash, slowing but never stopping and soon you're complacently chatting, distracted again. When the ground that looked so solid is suddenly a sand trap and your tires are spinning and your car isn't moving and because it's a manual transmission, you stall in place in the shadow of the skree field looming above you.

You all look at each other, a little stunned. Sorrysorrysorrysorrysorrysorry comes spilling out of your mouth, as the guilt of getting everyone stuck in the middle of the desert in the mid-afternoon heat of June radiates around you and everyone slowly crawls out of the four doors to survey the damage. Someone suggests they push you out, and, even though you know it won't work, you try it. And nothing but a cloud of sandy dust from the two front tires and

deeper ruts in the sand are to show for your efforts.

Everyone remains calm, walking circles around the car, strategizing your escape to the solid dirt twenty feet away. And so begins the rock collecting and the digging and soon the jack is ripped from its dusty home in your trunk and first one front wheel and then another is jacked up, rocks laid beneath to build it above the sand that the frame has become stuck on. Your shared history of trail building and manual labor becomes the binding factor that outweighs the underlying frustration and companions become comrades in this battle to free your metal steed on wheels from the grips of the desert.

Collect rocks, dig away the sand, stack flat rocks beneath, in front and behind the tires, fill the cracks with sand, reverse the car as far as it will go on your makeshift rock road before it becomes stuck in the next patch of moon sand and the cycle begins again.

Collect, dig, stack, fill, reverse. Collectdigstackfillreversecollectdigstackfillreversecollectdigstackfillreversecollectdigstackfillreversecollectdigstackfillreverse on and on and soon it has been three hours and the solidity of the rocky wash you diverged from in the moments before your entrapment is only a few feet from your rear tires and all that stands in your way is the bank of the wash and a rabbitbrush mound and so you grade the decline and your heart is beating fast because, damnit, this has got to be the push that frees you. And it is. Your last stack of rocks and road of dead rabbitbrush (strewn behind your car for traction) lead to your deliverance from this sandy ordeal. One last push and the green honda flies over the rim of the wash and tears down the road well into safety where you stop for a second as everyone is screaming in celebration and your heart is beating in your ears and relief washes over you. Your companions pile in and you all take each other in—faces hidden beneath layers of sandy and sweat, hair splayed in every direction and fresh sunburns surfacing on shoulders. The journey to the sweet, sweet asphalt highway begins and you're not taking any chances this time so you gun it and you fly down the wash, stepping on the gas every time the sand tries to grasp the wheels and finally you see the black ribbon on the horizon, and the breath that everyone had been holding is released. Tires screech on the pavement as you whip into the right lane and speed away, glancing back at the desert tower disappearing into distance. Music finally breaks the silence, and then someone suggests that the desert is dangerous and teaching you a lesson, that



maybe you've become too comfortable with this beautiful and deadly landscape. Another counters, saying the desert just wants to play and is testing your worth. You agree to disagree because you don't really care, feeling the hot wind on your faces as you drive away at full speed, doing anything to avoid another immobilization for fear of more hours wasted in uncertainty.

Tiny Stoop Concert Series

Presents:

No Show Cadillac

The Dust's first official Tiny Stoop Concert was filmed on June 23, 2018, on the stoop of the well-known and well-loved 86 house. Featured was No Show Cadillac, a songwriting, guitar-playing, overall musical delight known for his constantly evolving folk-rock sound.

No Show Cadillac played a few of his original tunes as well as an old folklore song that blended seamlessly with his grooving style. He mesmerized his audience as he easily flowed his way up and down the neck of his guitar.

Set List:

- 1 | **Just A Moment**
by No Show Cadillac
- 2 | **Pretty Town**
by No Show Cadillac
- 3 | **Gutless Blues**
by No Show Cadillac
- 4 | **St. James Infirmary**
Old Folklore Song

Special thanks to **No Show Cadillac** and to everyone who came out for the first of the series.

We look forward to hosting more!

Stay tuned for more monthly Tiny Stoop Concerts, growing in size and production value as we expand our grassroots, collaborative team while remaining true to the down to earth, front porch feel of the series.

A Swim Through Black Hole Canyon

Photos By | Noah Ferreira, Text By | Emma Renly

A story of how Type II fun turned into Type III fun in a never-ending desert canyon.



The Last One

By | Natalia Kelley

Notes fall
Five branches
Leaves that once held color
Will be grasped again by
Soft hands warming in the spring air
Teeth flashing, eyes dancing,
sun blinding
I dance and there are tulips
Red bell peppers tomatoes
jalapeños whose sharp notes
Slip into my grasp next to flats
Pause
Repeat a day of sun shining
daisies whispering
The crowning note a b flat

I dance and there are birds in
the morning
Singing sweet treble for me
Doors open and the soft patter of rain
I smell sage and flowers
I hear crickets play
e, f, g, a, bees land on my
flower crown
Water crashes down streams to
fill our river with sound
I hear rain, a cascade of voices
I dance and there's a symphony
Car tires, engines pumping
Discord e-minor
Tenor while
California burns, Brussels cries, my
sweet little bird is the last one before
she dies

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Check us out online @ www.thedustmag.com

Water Adventures

Step right up!

Get your tickets to a limited time only performance! The Colorado River is revealing its secrets and offering up gifts we could not previously have imagined!

I'm here to encourage one and all to take a drive up Hwy 128 (River Road) and even better, float back to town. In a raft, a kayak, or on a paddle board...get on that river one way or another because this is your front row ticket to a rare and spectacular show!

Cool thing about this summer is, for the first time in many years I, Swirlin' Eddy, and my home River, the world-famous Colorado, are staging a special performance for you. There is less water in this river than usual, and as a result we are, so to speak, lifting our skirts and showing you the underside. River features usually hidden under water are revealing themselves to river fans and geologists alike. Rocks ...totally rock.

The Colorado has also begun offering glimpses of some of the giant boulders that form the contours we have only seen as hydraulic features on its surface. Folks who have been running this river for years are finding answers to some long lingering questions about what makes the water do what it does, because for a limited time only we can see what's rising up from the bottom. As the season progresses, sandy beaches a-bound and picnic areas are easier to come by than last year.

And the wildlife! Another bonus to river floaters is that in this particularly dry year more animals than we can recall in recent times are making their way to the river banks for a drink. On a recent Wild West Voyages day trip, the group saw a bald eagle, a coyote, several great blue herons, a river otter and a whole herd of big horn sheep (including young 'uns). Now this was a particularly amazing day, but it's happening more and more as we head into the heat of summer.

Alternative water levels mean new currents and new sand bars in new designs. Recent travelers down our local Fisher Towers section have been frolicking in a new swimming hole protected by a developing sandbar on river left.

2018 offers us its own special version of the River that we may not see again for quite a while. Go see this limited time performance. Get your PFD (aka flotation vest) buckled tight, get out there, and go see the show!

Wild West Voyages specializes in family-friendly guided day tours on the Colorado River near Moab, Utah. Call them for rafting, kayaking, and Stand Up Paddle tours, rentals, or river shuttle service.

Lovingly penned by Swirlin' Eddy for Wild West Voyages

Customized and private trips available. 435-355-0776 /844-494-5393; 422 Kane Creek Blvd in Moab; www.wildwestvoyages.com.



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|--|--|---|
| <p>Aug 1 Blu Bar, Community Music Night, 7pm
 Aug 2 Blu Bar, Lost Buffalo, 7pm
 Aug 2 Club Rio, Karaoke, 9:30pm
 Aug 3 Blu Bar, Dave Steward Trio, 7pm
 Aug 4 The Alley, Karaoke, 8pm
 Aug 4 Moab Arts & Recreation Center, Color Wheel with Haley Noel on Banjo, 8pm
 Aug 4 Blu Bar, Dave Steward Trio, 7pm
 Aug 5 Blu Bar, Dave Steward Trio, 7pm
 Aug 6 Blu Bar, Jon O, 7pm
 Aug 7 Club Rio, Karaoke, 9:30pm
 Aug 7 Blu Bar, Meander Cat, 7pm
 Aug 8 Backyard Theater, Bluegrass Night with Quicksand Soup, 8pm
 Aug 8 Blu Bar, Community Music Night, 7pm
 Aug 9 Farigrounds, Diamond Rio, 6pm
 Aug 9 Blu Bar, Lost Buffalo, 7pm
 Aug 9 Club Rio, Karaoke, 9:30pm
 Aug 10 Blu Bar, Dave Steward Trio, 7pm
 Aug 11 Blu Bar, Dave Steward Trio, 7pm
 Aug 11 The Alley, Karaoke, 8pm
 Aug 12 Blu Bar, Dave Steward Trio, 7pm
 Aug 13 Blu Bar, Jon O, 7pm</p> | <p>Aug 14 Club Rio, Karaoke, 9:30pm
 Aug 14 Blu Bar, Meander Cat, 7pm
 Aug 15 Backyard Theater, Bluegrass Night with Quicksand Soup, 8pm
 Aug 15 Blu Bar, Community Music Night, 7pm
 Aug 16 Blu Bar, Lost Buffalo, 7pm
 Aug 16 Club Rio, Karaoke, 9:30pm
 Aug 17 Swanny City Park, MoabBandAid Music Fundraiser, 4-7pm
 Aug 17 Blu Bar, TBA, 7pm
 Aug 18 The Alley, Karaoke, 8pm
 Aug 18 Blu Bar, TBA, 7pm
 Aug 19 Blu Bar, Sean Paul Schulte, 7pm
 Aug 20 Blu Bar, Jon O, 7pm
 Aug 21 Club Rio, Karaoke, 9:30pm
 Aug 21 Blu Bar, Meander Cat, 7pm
 Aug 22 Backyard Theater, Bluegrass Night with Quicksand Soup, 8pm
 Aug 22 Blu Bar, Community Music Night, 7pm
 Aug 23 Blu Bar, Lost Buffalo, 7pm
 Aug 23 Club Rio, Karaoke, 9:30pm
 Aug 24 Blu Bar, TBA, 7pm
 Aug 25 The Alley, Karaoke, 8pm
 Aug 25 Blu Bar, TBA, 7pm</p> | <p>Aug 26 Blu Bar, Sean Paul Schulte, 7pm
 Aug 27 Blu Bar, Jon O, 7pm
 Aug 28 Blu Bar, Meander Cat, 7pm
 Aug 28 Club Rio, Karaoke, 9:30pm
 Aug 29 Backyard Theater, Bluegrass Night with Quicksand Soup, 8pm
 Aug 29 Blu Bar, Community Music Night 7pm
 Aug 30 Blu Bar, Lost Buffalo, 7pm
 Aug 30 Club Rio, Karaoke, 9:30pm
 Aug 30 Peace Tree Cafe, Andrew Wynne, 6pm
 Aug 31 Blu Bar, TBA, 7pm
 Aug 31 Moab Music Festival at Star Hall, Opening Night: New Americans, 7pm
 Sep 1 Moab Music Festival at Red Cliffs Lodge, TAKE 6, 6pm
 Sep 2 Moab Music Festival at Red Cliffs Lodge, Time for Three, 6pm
 Sep 3 Rocky Mtn Power Free Family Concert, Old City Park, 2pm
 Sep 7 Moab Music Festival at Star Hall, We Are Women: a Bernstein Cabaret, 7pm
 Sep 8 Moab Music Festival at Sorrel River Ranch, New World Assembly: Scotland Meets Quebec & Appalachia, 6pm
 Sep 9 Moab Music Festival at Star Hall Closing Night: Coming to America, 7pm</p> |
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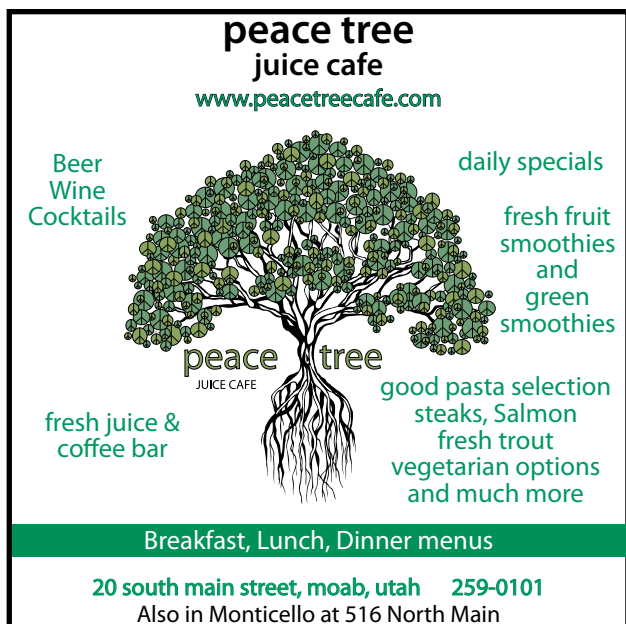
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|--|---|--|--|
| Sorrel River Ranch
Milepost 18 on Scenic Byway 128 | Swanny City Park
400 North & 100 West | Old City Park
Old City Park Road | Peace Tree
20 South Main Street |
| Moab Arts & Recreation Center
111 East 100 North
435-259-6272 | San Juan County Utah Fairgrounds
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Milepost 14 on Scenic Byway 128 |



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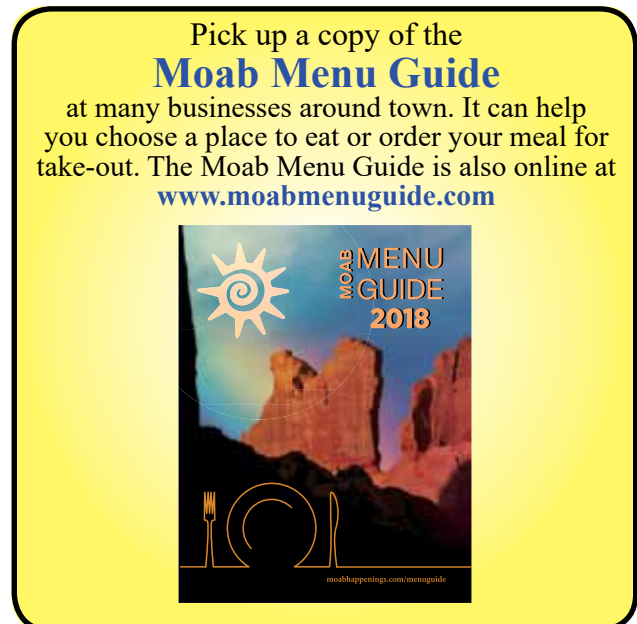
HOKULIA SHAVE ICE
Taste the Aloha Authentic Hawaiian Shave Ice
 MON-THURS 11AM-9PM
 FRI-SAT 11AM-10PM
 CLOSED SUNDAY
 Mention this Ad & receive 10% OFF



peace tree juice cafe
www.peacetreecafe.com

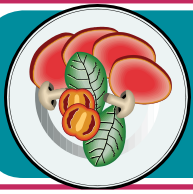
Beer Wine Cocktails | daily specials | fresh fruit smoothies and green smoothies | good pasta selection steaks, Salmon fresh trout vegetarian options and much more | fresh juice & coffee bar | Breakfast, Lunch, Dinner menus

20 south main street, moab, utah 259-0101
 Also in Monticello at 516 North Main



Pick up a copy of the **Moab Menu Guide** at many businesses around town. It can help you choose a place to eat or order your meal for take-out. The Moab Menu Guide is also online at www.moabmenuguide.com

MOAB MENU GUIDE 2018



Restaurant Guide



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

Getting A Drink in Moab

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

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

Moab has two local wineries. **Castle Creek Winery** is located at Red Cliffs Lodge, 15 miles from Moab on Scenic Highway 128 (the River Road).

Spanish Valley Vineyards is located just off Highway 191, about 6 miles south of Moab on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines.



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

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

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

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

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

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

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

SORREL RIVER RANCH
RESORT AND SPA

THE RIVER GRILL
OUR FARM TO YOUR TABLE

Enjoy indoor or al fresco seasonal dining along the Colorado River. Our seasonal menu features fresh ingredients sourced directly from Sorrel River Farm.

Join us for
Breakfast | Lunch | Dinner
7-10 11-2 6-Close

(P) 435-259-4642 | Reservations Recommended
sorrellriver.com/dining | Mile 17 Hwy 128, Moab, UT 84532

ATOMIC
GRILL & LOUNGE

DRIVE UP COFFEE
OPEN @ 6:30

- FRESH OYSTERS
- BBQ
- GOURMET BURGERS
- CONTEMPORARY MEXICAN CUISINE
- CRAFT COCKTAILS
- LOCAL BEERS
- STREET TACOS

"We don't do ordinary"

Open Daily at 11:30

1393 N. HWY 191
435.259.6092
MOABBURGER.COM

Moonflower
community cooperative
natural foods store

Hot breakfast & lunch served daily
Rotating hot soups
Freshly baked pastries
GRAB & GO sandwiches & salads

Open Daily 8am to 8pm

39 E. 100 N. Moab, 259-5712 moonflower.coop

Open Daily 6:30am - 3pm

RED ROCK BAKERY and CAFE
BAKED FROM SCRATCH SINCE 1997

Utah's First 100% Solar Powered Bakery & Cafe

Celebrating 21 years in Business 1997-2018
Locally Roasted Fresh Moab Coffee & Espresso
Dine-In or Take-Out • Group Lunches • Private Conference Room
74 South Main • Moab, UT 84532 • 435-259-5941

El Charro
Mexican Grill Loco

*** Serving Lunch and Dinner ***

¡El Arte De Comer Bien!
The Art Of Good Eating!

812 S. Main Street
435-355-0854

MOAB BREWERY Est. 1996

PACKAGE AGENCY
OPEN DAILY AT 11:30 AM
EVEN ON SUNDAY!

Moab Distillery Spirits sold here!

WE HAVE BEER and Spirits TO GO!

RESTAURANT OPEN DAILY AT 11:30 AM FOR LUNCH AND DINNER
686 S Main St • www.themoabbrewery.com

ANTICA FORMA
WOOD FIRED NEAPOLITAN PIZZA & PASTA

267 N. Main, Moab UT
435-355-0167
anticaforma.com



Restaurant Guide



Restaurant

Desert Bistro

Casual Fine Dining
Contemporary Southwestern Cuisine



Now located
in the heart of downtown
36 South 100 West

Open Daily at 5pm

Reservations Highly Recommended
435-259-0756 FULL LIQUOR LICENSEE

EKLECTiCAFE


Carnivores,
Herbivores,
Omnivores!
Vegetarian
Friendly

Breakfast • Lunch

"Best Desert Oasis" Salt Lake City Magazine

Daily 7:00am - 2:30pm

352 North Main, Moab • 435-259-6896





98 E CENTER ST.
98CENTERMOAB.COM
435-355-0098

LUNCH & DINNER
OPEN WED-MON 11:30-CLOSE
CLOSED TUE.

CHECK INSTAGRAM
FOR FUN SPECIAL EVENTS


**WEEKLY DRINK
AND FOOD SPECIALS**


Check  


**HIRING FOR FALL SEASON
APPLY IN PERSON**

**HOMEMADE
DESSERTS**

LOCAL INGREDIENTS
FAST FRESH LUNCH & CASUAL LOUNGE
PHO • BANH MI • SALADS • SANDWICHES • SMALL BITES
CRAFT COCKTAILS • MOCKTAILS • BEER AND WINE
ELEVATE YOUR PALATE,
ELEVATE YOUR EXPERIENCE!

Find us on
 Facebook

 tripadvisor

 yelp

Authentic Mexican Food

FIESTA MEXICANA

Best Margaritas in town,
using fresh squeezed limes.

Check **The Ad-Vertiser** for Weekly Specials

Lunch Specials - All \$8.25
All Served with Rice & Beans

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

Best Mexican Food in Town
Sun-Thurs 11-10 Fri & Sat 11-11

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

98 Center
98 E. Center St. 435-355-0098
Lunch • Dinner Open Wed - Mon 11:30am - close
Elevate your palate, elevate your experience We offer a fun, fast, fresh lunch that boasts homemade Pho, Bahn Mi sandwiches, salads and cold brew, pour over and Vietnamese coffee. At night, 98 Center transforms into a casual lounge offering craft cocktails, beer, wine and delectable small plates. Our distinct atmosphere is our specialty—a place to gather and enjoy good conversation with friends.

Antica Forma
267 North Main Street 435-355-0167
Lunch • Dinner Open Daily 11am - 10pm
The name Antica Forma means "The old form." We serve pizza made by master pizzaiolo (pizza maker) Israel Hernandez who was trained in the art of pizza made in its birthplace: Naples, Italy. Authenticity and quality are important to us, so our ingredients are either imported from Italy or made fresh in house everyday.

The Alley Sports Pub & Grill
1078 Millcreek Drive 435-259-4748
Open Daily
The newest sports pub & grill inside Gravel Pit Lanes. Come enjoy the game on our 80" Ultra HD TV and our other 14 screens. Serving delicious pub grub along with beer, & handcrafted sodas. 50 beers to choose from, 24 on tap. Under 21 welcome. www.gravelpitlanes.com.

Arches Deli 218 North 100 West 435-355-0555

Arches Thai 60 North 100 West 435-355-0533
Lunch • Dinner
Open 6 days a week 11am - 9pm • Closed Tuesdays
Authentic Thai cuisine and our style Pho with fresh and healthy ingredients as well as our friendly service. Our extensive menu includes choices of organic chicken, pork, beef, seafood mix, tofu, vegetarian, squid and shrimp. We use cage free eggs. Now serving beer & wine.

Atomic Grill & Lounge
1393 North Hwy 191 435-259-5201
Morning Coffee • Lunch • Dinner Open Daily at 11:30
The ATOMIC is an eclectic eatery owned and operated by Chef Tim Buckingham offering specialty coffee drinks in the morning, quick bites to go and lunch and dinner creations (small plates, gourmet burgers, BBQ, street tacos and more). The ATOMIC has a warm dining area, a beautiful secluded patio and a lounge with unique craft cocktail creations. See full menu at atomicmoab.com.

Bangkok House Too, Sushi Bar & Asian Bistro
59 South Main St. Suite 8 435-355-0168
Lunch • Dinner • Take Out • All Day Delivery
Open Daily Mon 5pm-10pm Tues-Sun 11:30am-10pm
Our chefs prepare authentic dishes using the highest quality ingredients. We have a large menu including Sushi, Thai, Bento Boxes, Pho and Seafood. There are vegetarian options, gluten free and a kids menu. We offer take-out lunch specials.

Bike Fiend/Coffee Fiend
69 East Center 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. Free WiFi and newly renovated seating area. The fiend 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/moabbikefiend

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 with ribs to write home about. Smoking your favorites all day, every day. Casual, laid back establishment that you'll want to visit time and again. Covered patio dining and internet bar. Large Screen HD TV's. Take out available. Blu Bar specializes in Whiskey and Tequila with over 60 Ice Cold Beers. State liquor license. Live Music Daily.

Broken Oar
53 West 400 North 435-259-3127
Lunch • Dinner Open 11am Daily Closed Sunday
Come visit us at our beautiful log building and try our wide selection of beer and wine next to our giant fireplace inside, or on our enormous deck outside. Steak, seafood and meals straight from the smoker with a variety of gluten-free options in a great dining atmosphere. To Go Orders Welcome. Full menu at www.thebrokenoarmob.com.

Burger King 606 South Main 435-259-2700

Club Rio
2 South 100 West 435-259-2654
Lunch • Dinner Open everyday Till 1:00am
Late Night kitchen, featuring specialty Burgers, sauces and dressings made in house. 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.

Cowboy Grill at Red Cliffs Resort
16 Miles up Highway 128 435-259-2002
Breakfast • Lunch • Dinner
River front tables inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make reservations for private parties.

Denny's
989 North Highway 191 435-259-8839
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 435-259-0756
Dinner Open Daily at 5pm
Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at the Bistro. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Covered, secluded patio dining. Full liquor license. Reservations highly recommended.

Domino's Pizza 702 South Main, Ste 100 435-259-5555

EklectiCafe
352 North Main Street 435-259-6896
Breakfast • Lunch Open Daily 7:00am - 2:30pm
Daily 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.

El Charro Loco Mexican Grill
812 S. Main Street 435-355-0854
Lunch • Dinner / Open daily 11am
Serving authentic Mexican cuisine 7 days a week. Family owned and operated using the freshest ingredients and traditional recipes. Lunch Specials served daily from 11am-3pm. Come enjoy our intimate and friendly atmosphere. ¡El Arte de Comer Bien! The art of good eating! Patio dining.

Fiesta Mexicana
202 South Main Street 435-259-4366
Lunch • Dinner Sun - Thurs 11-10 Fri & Sat 11-11
Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 6 TVs! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$8.25 Full bar.

Gilberto's
396 South Main 435-259-1678
Breakfast • Lunch • Dinner Open 6am-2am
Newest location of family owned chain of restaurants. Enjoy the same authentic Mexican cooking as our other restaurants in Arizona, Colorado and Utah. Traditional Mexican recipes including Lengua and Menudo. Mexican bottled Coca Cola, Horchata, Rica Jamaica and Tamarindo.

Hidden Cuisine
2740 South Highway 191 435-259-7711
Breakfast • Lunch Open Daily at 6:30 am
Breakfast and lunch all day, everyday! We pride ourselves in serving fresh, healthy and homemade dishes for our discerning customers. Choose favorites such as Southwest Country Fried Steak, Crepes, Omelettes or delicious sandwiches, wraps and salads. Try our smoothies, fresh squeezed juices, coffee or espresso anytime. Please call us for catering and onsite events.

Jailhouse Cafe
101 North Main Street 435-259-3900
Open 6:30am - noon
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.

La Sal House 11 East 100 North 435-259-5725

La Hacienda
574 North Main St. 435-355-0529
Lunch • Dinner Dine In * Take Out
Wednesday-Monday 11:30 am - Close
Southwest Cuisine! We strive to provide excellent service and an inviting atmosphere, while using the freshest ingredients available. Full liquor license. Gluten free and vegetarian options available.

Love Muffin Café 139 North Main 435-259-6833

McDonald's 640 South Main 435-259-8800

Miguel's Baja Grill
51 North Main 435-259-6546
Dinner Open Daily 5pm
Genuine Mexican Cuisine, traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on fresh food and prepare it as you order it. Great Margaritas and seafood dinners are our specialty. Vegetarian, Vegan & Gluten Free items available. Proud to cook with zero trans fat.

Milt's Stop & Eat
400 East and Millcreek Drive 435-259-7424
Lunch • Dinner
Tue-Sun 11am - 8pm Closed Mondays
Moab's oldest restaurant, since 1954. Milt's serves local grass-fed, hormone-free beef burgers, classic diner sandwiches, buffalo burgers, hand cut fries. 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.miltsstopandeat.com.

For more information about these restaurants pick up a "Moab

**Moab Brewery**

686 South Main 435-259-6333
Lunch • Dinner Open daily 11:30 a.m.

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 435-259-2212

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. Organic gelato made with all fresh ingredients, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference! Check out our selection of Republic of Tea!

Moab Diner & Ice Cream Shoppe

189 South Main 435-259-4006
Breakfast • Lunch • Dinner
Mon-Thurs: 6am - 10pm
Fri-Sat: 6am - 11pm Closed Sundays

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

Moab Food Truck Park

39 West 100 North

Big Don's Pizza Bus

Delicate Donuts

Delicate Donuts offers hot, fresh, mini donuts topped with homemade original toppings and icings. Our best seller specials include the Cinnabomb, Coconut Cream, and Boston Cream. Weekend only specials include Strawberry Shortcake and Peach Cobbler served with fresh fruit and whipped cream. Catering also available.

Downtown Dawgs

Hermanos Taco Co 435-724-7348

Hōkūlia Shave Ice

Hawaiian-inspired soft-and-fluffy-as-snow shave ice, generously flowing with one of our 50 flavors imported from Hawaii. Hokulia's ice is not ground or gritty, but shaved into ultra thin ribbons. Add a scoop of ice cream in the middle, creamy Sno Cap topping or a Hawaiian favorite Li Hing Mui Powder or Coconut Flakes sprinkled on top.

Moab Waffle Co

Red Wok Kitchen

Tacos El Gordo

T-Mike's Krusty Krab

Moab Garage Co.

78 North Main
Breakfast • Lunch • Dinner
Open Wed-Mon 8am-9pm Closed Tuesdays

The Moab Garage Co. is a full service cafe offering specialty coffee, breakfast, lunch, and dinner, as well as beer on tap and an excellent wine selection. And of course our made to order liquid nitrogen ice cream. Come see all the exciting changes at The Garage. Beer & Wine Garden now open 5-10pm Wed-Sat. Must be 21+ for Beer & Wine Garden.

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

Moab Grill Steakhouse

540 South Main 435-259-4848
Breakfast • Lunch • Dinner • Catering
Open 6:30am

Enjoy our home-style cooking ranging from 'Cowboy Benedict' in the morning to hand-cut steaks and seafood. Homemade soups, pies, cobblers, espresso and crazy juicy burgers. Friday Steak and King Crab. Prime Rib Friday, Saturday and Sunday. New pasta dishes. Small private meeting room. Internet service, and 2 flat screens. Full wine and beer menu. Vegetarian and gluten free dishes. Counter Dining. Burgers cooked on the Patio 3-5pm April thru Sept.

Moab Kitchen 239 W. Center St.

Moonflower Community Cooperative

39 East 100 North 435-259-5712
Hot breakfast & lunch • Fresh coffee • Grab and go
Open daily 8am-8pm

Moonflower offers breakfast sandwiches & burritos, a hot lunch bar featuring a freshly baked entree and rotating soups, and a wide selection of grab & go sandwiches, salads, spreads, and snacks. Our deli bakes a variety of muffins, scones, cookies, cakes, and breads every day. Gluten-free and vegan options are always available. For catering, email catering@moonflower.coop

MOYO – Moab Frozen Yogurt

331 N. Main St. 435-355-0010
Open Mon - Sat 11-11 & Sun 1-10

Self-serve frozen yogurt with 14 delicious flavors of yogurt, including low fat and no-sugar added, custard and Italian ice. Our topping bar offers over 30 choices. All of our yogurts and sorbets are real dairy, live and active culture certified as well as OU-D Kosher certified. Indoor seating or covered, lighted patio with misters. Plenty of parking in back. Enjoy a free sample and meet our friendly staff.

Pancake Haus 196 South Main 435-259-7141

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

Peace Tree Juice Cafe

20 South Main 435-259-0101
Breakfast • Lunch • Dinner

Welcome to the healthy restaurant. We have full Breakfast and Lunch menus in addition to our Dinner menu. Good pasta selection. Beer, Wine, Cocktails, Fresh Juice, Fresh Fruit Smoothies, Green Smoothies.

Pizza Hut 265 South Main 435-259-6345

Quesadilla Mobilla 89 N. Main 435-260-0289

Red Rock Bakery & Net Cafe

74 S. Main Street 435-259-5941
Breakfast • Lunch
Open Daily 6:30am - 3pm

Made in Moab since 1997. Serving an array of fresh made products including bagels, scones, muffins, cinnamon rolls, cookies, brownies & other treats. Full espresso bar with locally roasted Fresh Moab Coffee. Great sandwiches. Private Conference Room available. Order ahead for faster service. Free WiFi with purchase. Featuring artwork from local artist Greg McDonald along with black & white photographer Victoria Dempster.

Sabaku Sushi 90 East Center 435-259-4455

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

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

River Grill at Sorrel River Ranch Resort & Spa

Mile 17 Highway 128 435-259-4642

Breakfast • Lunch • Dinner
Reservation Recommended

Feast on Southern Utah's spectacular scenery while enjoying delicious, locally-sourced fare. Dine indoors or al fresco by the riverside. Full liquor license and extensive wine list.

The Spoke On Center

5 North Main 435-260-7177
Lunch & Dinner Open daily 11:00 a.m.

Located right in the middle of town, corner of Center and Main Street. Delicious gourmet burgers, brews and shakes. Our menu uses the freshest ingredients available. We have something for everyone including freshly made salads, barbeque pork, fish and chips and several build your own options. Gluten free and vegetarian options are available. Full service liquor license. Take out available.

Sunset Grill

900 North Highway 191 435-259-7146
Dinner • Open 5 pm daily. Closed Sundays

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

Susie's Branding Iron

2971 South Highway 191 435-259-6275
Lunch • Dinner Open Daily 11:30am - Close

Welcome to my ranch cookhouse. Come in, take off your hat, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. Ribs served Tues. & Thurs. nights. To go orders are welcome.

Sweet Cravings Bakery & Bistro

397 North Main 435-259-8983
Breakfast & Lunch Open daily 7am - 4pm

A local's favorite featuring fresh baked goods made onsite (cinnamon rolls, cookies, pies, etc) with incredible breakfast and lunch selections. A full menu to dine in or take out on the trails. Choose from our wide selection or build your own sandwiches, wraps and paninis. Gluten Free & Healthy Options. Catering available

Szechuan Restaurant 125 North Main 435-259-8984

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

Wendy's 260 North Main 435-259-2595

Wicked Brew Espresso Drive Thru

1146 South Highway 191
Open at 6am - 3pm

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

Zax

96 South Main Street 435-259-6555
Lunch • Dinner Open Daily 11am

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

Susie's Branding Iron Open Daily 11:30am - Close

Plenty of Parking

Prime Rib • Wed., Fri. & Sat.
Ribs • Tues. & Thurs. Serving Beer & Wine

COME TASTE THE WEST
2971 South Highway 191 3 Minutes South Of Town
* (435) 259-6275 * We welcome to go orders

Sweet Cravings

Bakery + Bistro

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

Now Delivering

Open Daily 7am - 4pm

435-259-8983 • www.cravemoab.com
397 N. Main Street, Moab, UT 84532

90 N. Main St. • Moab, UT
open everyday 7am - 9pm

REPUBLIC OF TEA OUTLET

Now Serving Cold Brew Coffee
Organic Gelato Ice Cream
Espresso Coffee

www.ZAXMOAB.com
96 S Main St
Moab, Utah
(435) 259-6555

Largest selection of local Utah microbrews on tap!

PIZZA • BURGERS • PASTA • STEAKS

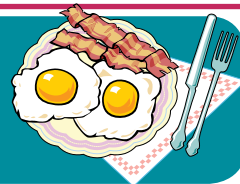
CELEBRATE
BACK TO SCHOOL ON OUR
MISTED ROOF TOP DECK
WE HAVE ALL NEW DAILY LUNCH & DINNER SPECIALS
WE HAVE SOMETHING FOR EVERYONE

GREAT OUTDOOR PATIO • LARGE GROUPS WELCOME
COME QUENCH YOUR THIRST AT THE WATERING HOLE

Menu Guide" And tell them you found them in "Moab Happenings"



Restaurant Guide



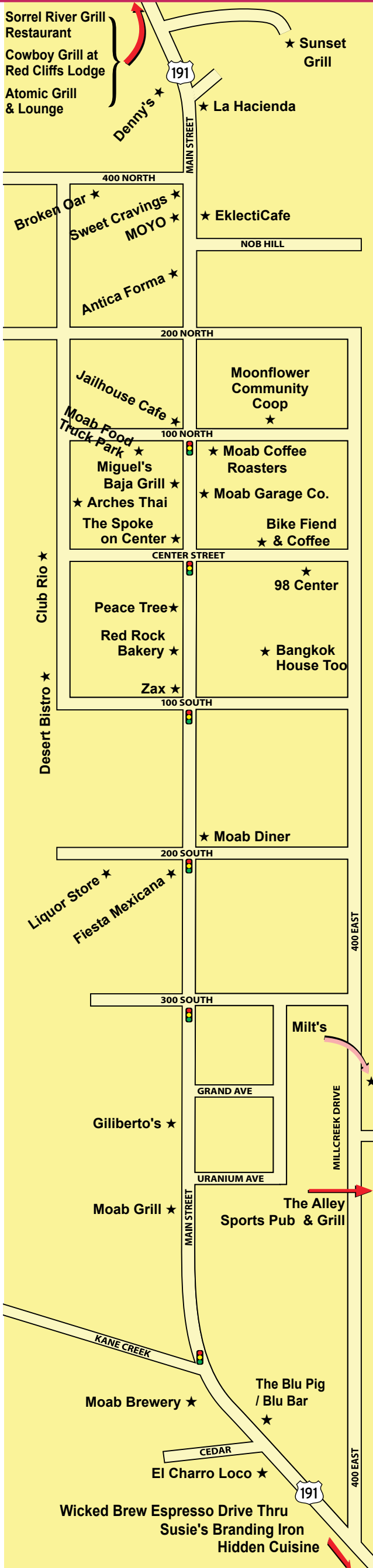
BROKEN OAR RESTAURANT

HOME OF THE FAMOUS SWEET POTATO FRIES!

JOIN US FOR
**STEAKS
BBQ
BURGERS
SEAFOOD
AND MORE!**

53 WEST 400 NORTH
435.259.3127

Open 11am Daily - Closed Sundays - To-Go Orders Welcome
For our full menu, visit www.thebrokenoarmoab.com



SUNSET GRILL

"Dining with a Million Dollar View"
Former Home of "Uranium King"
Charles A. Steen

FREE SHUTTLE 435-259-7777
Open Nightly at 5:00 p.m.
Closed Sunday

900 North Hwy 191 • 435-259-7146

Authentic Thai Cuisine

Open 6 Days a Week Closed Tue.
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Castle Valley Farms New Farmstand

Jump on your bike! Get some fresh veggies and a Carrot Hot Dog at the new Castle Valley Farms Farmstand!

Every Tuesday, starting July 31, Castle Valley Farms will be bringing their farm stand to the Youth Garden Project, Moab. They will offer local, chemical-free produce: heirloom tomatoes from cherry-size on up to beefsteak, cantaloupe, cucumbers, zucchini, yellow summer squash, eggplant, radishes, kale, beets, chard, salad mix, arugula, microgreens, onions, and garlic. Kids get to choose a FREE treat!



They will also be serving their renowned Carrot Hot Dogs! Organic carrots marinated in a delicious sauce that gives them that special "hot dog" taste, served in an organic hot dog bun (gluten free buns available), and topped with all the fixings, including vegan chili and cultured sauerkraut. Tommy, the carrot-dog man, will be there with his shots of wheatgrass juice and coconut water.



Castle Valley Farm's produce is grown with the help of students from DayStar Adventist Academy, as part of an agricultural training program for youth. All proceeds help to support the non-profit academy. DSAA and Castle Valley Farms seeks to inspire youth to see the value in useful labor that helps to serve the community while preserving our earth through sustainable and natural growing methods.

Castle Valley Farms is a long-time favorite of many residents, having served the area for many years. They will be bringing their farmstand to the Youth Garden Project, 530 South 400 East, Moab, near Mill Creek Parkway and 4th E. Street. They plan to be there every Tuesday until winter arrives.



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CASTLE VALLEY FARMS FARMERS MARKET

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Motorized Happenings

Buttes and Towers Trail

This beautiful trail visits the scenic Courthouse Pasture area northwest of Moab to provide participants with a relaxing, moderate 4 wheeling experience along with picturesque views and vistas of the beautiful reddish Entrada rock formations that are plentiful in this area. The La Sal Mountain peaks serve as a backdrop. There are many old trails in this area and this trip combines segments of them to create a pleasant and varied experience. Approximate mileage: 50 total, 25 off highway.

Scenery

Courthouse Rock dominates the beginning of the trip. As the day progresses Pasture Butte, Monitor and Merrimac Buttes, Determination Towers, Alien Rock, and Big Mesa are all viewed.

Surface

The road surface varies but stays consistent with the trail rating. It varies from bumpy rock sections to smooth sandy washes. There are two track dirt sections, a lot of fun slickrock driving that includes some sidehill areas, then sandy creek bottoms and a lot of sandy pasture area. Sprinkled among all this variety are broken, rubbly rock sections and a few short shelves.



Trail Details

No named obstacles have yet appeared on this trip. The enjoyment of viewing all the varied huge red Entrada

formations blends in nicely with the moderate 4 wheeling. The trail offers enough jeeping to keep the driver engaged while tempting driver and passengers to turn heads and look in awe at the buttes and towers all around. Most of the named rock buttes and towers are visited close up so participants can get a true feeling of their size. Occasional "scenic stops" along the way will allow time to contemplate and photograph the scenery. One narrow spot in Tusher Wash late in the day may test drivers of full size vehicles; others have negotiated it before, but some may prefer guided assistance when navigating this section.



Trail consisting of loose rocks, dirt, and sand with some slickrock surfaces, mud holes possible, no steps higher than 12". 4WD is required, aggressive tires a plus.

Trail Difficulty Ratings are for Moab area roads in dry conditions. The effects of snow or rain varies greatly depending upon the altitude of the roads and the type of soil.

NOTE: The Red Rock 4 Wheelers Club attempts to keep the trail ratings current. However weather and usage constantly alters the routes. Heavy but localized rains can change Kane Creek from a moderate trail to impassable in an afternoon. It is always wise to obtain the most up-to-date information prior to departing for a trip, and be prepared. Remember, turning back is usually an option as well.

For more information see the Red Rock 4-Wheelers website, www.rr4w.com, where the entire Easter Jeep Safari magazine is online.

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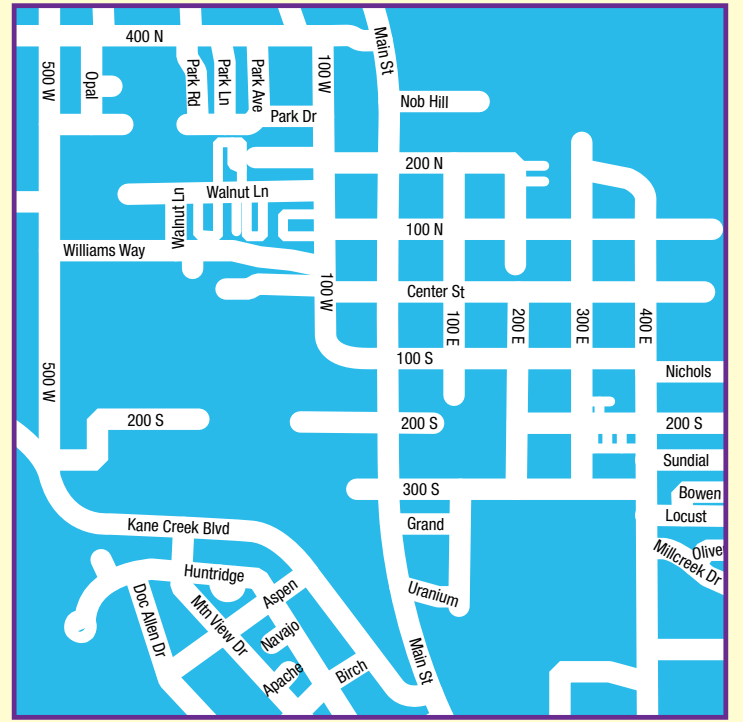
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Mileages to Moab

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

	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	579	797	784	553	376	602	691	393
Mesa Verde N.P., Colorado	278	149	99	125	390	180	135	141	273	29	178	550	54	168	434	357	233	197	76	201	198	595	867		163	144	89	188	158	115	314	504	259	388	433
Mexican Hat, Utah	382	134	52	26	323	165	120	126	202	128	163	490	143	8	270	194	247	184	61	134	131	432	704	163		129	74	25	91	99	151	341	240	373	270
Moab, Utah	362	5	74	103	356	36	73	50	239	115	34	361	160	101	396	320	115	53	122	164	161	451	717	144	129		54	151	120	53	280	475	115	235	294
Monticello, Utah	307	60	22	48	301	91	46	52	184	60	89	416	105	78	344	268	170	108	67	112	109	506	779	89	74	54		99	72	28	225	415	168	299	344
Monument Valley	324	159	73	51	277	190	145	151	227	159	188	519	168	32	236	169	248	203	86	155	152	307	579	188	25	151	99		118	125	126	316	265	394	245
Natural Bridges Natl Monument	376	129	47	65	232	150	115	121	111	129	148	493	174	92	361	287	243	177	84	43	40	525	797	158	91	120	72	118		94	244	432	136	368	363
Newspaper Rock	335	58	47	74	327	89	20	50	209	85	87	414	130	188	370	263	168	106	92	137	134	512	784	115	99	53	28	125	94		231	440	168	334	370
Page, Arizona	456	285	199	173	151	316	271	277	353	285	314	638	294	158	123	139	395	329	210	281	278	281	553	314	151	289	225	126	244	231		272	391	420	119
Phoenix, Arizona	449	480	393	367	378	506	451	467	509	475	504	826	520	348	347	217	590	519	402	471	468	287	376	504	341	475	415	316	432	440	272		66		

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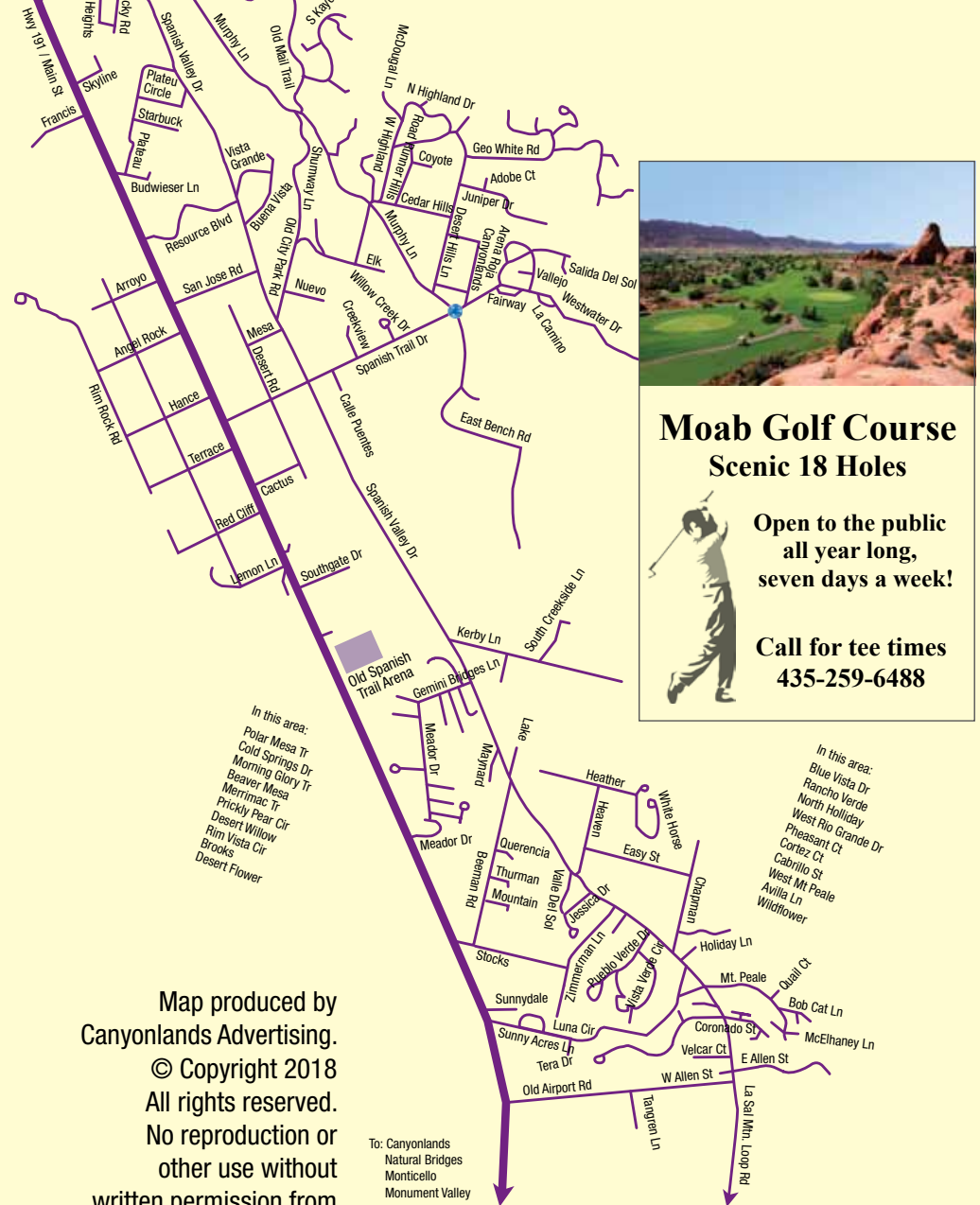
Moab Church Services Directory

Assembly of God 1202 South Boulder Avenue	435-259-7747
Bahá'í Faith	435-650-5778
Canyonlands Fellowship 111 East 100 North	435-260-2434
Church of Jesus Christ of Latter-Day Saints	
First & Second Wards 475 West 400 North	435-259-5566
Third, Fourth & Fifth Wards 701 Locust Lane	435-259-5567
Community Church 544 MiVida Drive	435-259-7319
Episcopal Church of St. Francis 250 South Kane Creek Blvd	435-259-5831
First Baptist Church SBC 420 MiVida Drive	435-259-7310
Friends in Christ Free Lutheran Church 1240 South Highway 191	435-259-4378
Grace Lutheran Church 360 West 400 North	970-946-4740
Jewish Interfaith Beit Moabi	435-260-0241
Moab Baptist Church 356 West Kane Creek Blvd.	435-259-8481
Not So Churchy in Moab notsochurchyinmoab@gmail.com	435-210-0183
Quaker Worship Group 81 North 300 East	435-259-8178
River of Life Christian Fellowship 2651 East Arroyo Rd.	435-259-8308
St. Pius X Catholic Church 122 West 400 North	435-259-5211
Seventh Day Adventist 4581 Spanish Valley Drive	435-259-5545
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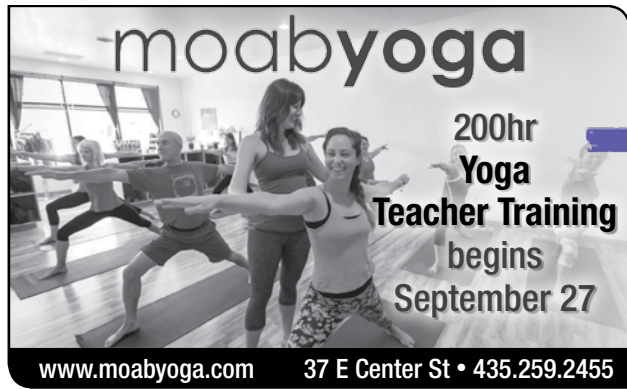
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Talking About a Revolution

In our modern lives, we live facing forward with our bodies in one plane. We sit or stand typing at desks. We sit at the wheel of a car, possibly only turning slightly to curse our fellow drivers (because why not just use your turn signal!?) Even when we walk, run, and bike, it is in the forward-facing plane. So when we twist our bodies to grab our dropped keys or pick up the baby, sometimes we end up with a twinge of pain, or more serious injury, in our necks and spines.

Stress and the Spine

Simultaneously, many of our lives brim with anxiety. Stress, and its associated hormone, cortisol, are good for our minds and bodies in small, temporary amounts—like if we suddenly noticed a lion stalking us. However, living constantly like prey takes a toll on our minds, bodies, and hearts. Many of us internalize that stress, which can manifest from muscle tightness to gastrointestinal issues. My stress indicator is debilitating heartburn.

Fortunately, there are ways to break out of this cycle of stress and release our spines and guts in one fell swoop. TWISTING.

If you are like me, perhaps you despise twisting. As a budding yoga student, when I moved into a twist, I felt discomfort, constriction, and a sense of aggravation welling up behind my heart. But after these physical revolutions, I would feel a suppleness in my body, and even more so a softening and broadening in my mind.

How the Brain and Gut Communicate

Twisting doesn't just lubricate the spine. It penetrates deep into the abdomen to stimulate the digestive system. 95% of our serotonin (the happy hormone) is produced in our guts, so when you twist, you stimulate the gut to release this hormone. You know the expressions "gut-wrenching," "butterflies in my throat," or "my stomach is in knots"? These common phrases reflect the gut's sensitivity to emotions. With 500 million neurons, the gastrointestinal system can send and receive signals to the brain and vice versa, reflecting the hardwired interconnectedness of brain and belly.

After we gently squeeze those major midsection organs with a twist, we unwind to flood the organs and tissue with fresh blood, oxygen, and nutrients. It stimulates circulation to the body and brain. This can help you think

more clearly at any moment throughout the day, or relax your center at night.

You don't need to come to a yoga class to experience the benefits of twisting. Sitting or standing with feet hip distance apart, spread your toes and imagine rooting



into the earth. From this strong base, slowly draw a deep breath in through your nose, allowing the breath to start at the base of your spine, traveling up each vertebrae and expanding your chest. Stretch the back, sides, and front as long and tall as you can, like a string was running from the earth through your spine and out the top of your head, unfurling you to the sky. On an exhale, draw the navel into the body

towards the spine, and think about initiating the twist from your core as you turn to the right, imagining your body wringing like a towel up

your spine. You can place the left hand on the outside of the right knee (if sitting,) or the right hip (if standing.) Inhale and twist a little deeper. With every gentle exhale, draw the navel in, and on the inhale open the chest and heart just a little more. Listen to your body, you know it best, and release and move to the other side when ready!

Ready for More?

If simple twists aren't getting to your anxiety, heartburn, clogged up gut, or depression, research shows that

regular yoga and meditation can help. Through yoga poses, breathing exercises, and meditation, yoga may help reduce anxiety and increase a sense of well-being. It can improve your fitness and flexibility, and reduce the risk of heart disease and high blood pressure.

The next time you feel stressed or drained, I invite you to TWIST! This simple movement can bring new perspective and gentle healing. Because it's never too late, as the Beatles said, (in Twist and Shout), to "work it on out."

Jessica Reilly-Moman is a climate researcher, social scientist, ethnographer, writer, and mother. She teaches Prana Flow yoga, a breath and movement based vinyasa flow class filled with friendship and laughter. She would love to see you at her classes: Mondays 4-5pm and Wednesdays 12-1pm, at Moab Yoga, 37 E Center St, 435-259-2455.

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- Lacerations
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- Fractures
- Sprains
- Dehydration
- Rashes
- Cold/Flu
- Headache
- Abdominal Pain
- Bladder Infections (UTI)
- Asthma
- Allergies
- Ear Infections
- Diarrhea
- High Blood Pressure
- Sinus Infections
- Vaginal Infections
- Vomiting
- Pelvic Pain
- Respiratory Illnesses
- Vaginal Bleeding

If you have an emergency, or an urgent condition that cannot wait until the office opens, do not hesitate to go to the hospital. Chest pain, slurred speech, gasping for air, and bone fragments poking through your skin are all good reasons to call 911!

For everything else, if you don't want to wait in the E.R. behind patients with life- or limb-threatening emergencies, we invite you to stop in. We'll fit you in as quickly as we can. Call us at (435) 259-4466 for directions to office.

Save yourself a lot of time. Enjoy a more personal approach. Save a lot of money.

We look forward to helping you get back on the road, the trail, the river, or wherever else you would rather be.

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Healthy Happenings

Powerful Tribute of Appreciation

The Honor Salute Program was started in 2016 by Community Nursing Services Hospice in partnership with University ROTC programs, military recruiters, reservists, National Guard and military retirees.

The Honor Salute program is a simple but powerful tribute of appreciation for the veteran's service to our country. Military personnel in dress uniform join CNS volunteers and associates at the patient's residence to conduct a formal ceremony. Veterans are presented with a personalized appreciation plaque, military service lapel pin and an American flag. Military personnel give the salute command then turn and salute the patient. Often patients return the salute.



This unique program gives pride and peace to our veterans while bringing together family and friends to celebrate their loved one's military service. Most often it is the last public thank you they will receive.

Community Nursing Services of Moab is honored to join with our local VFW team to salute our local veterans. It has been our pleasure to salute these wonderful men and woman who have given selfishly for our freedom.

Please contact Camille at Community Nursing Services for more information 435-259-0466.



Charles Hassan, Airman 1st Class for Air Force pictured with VFW members who help with the Salute. Matt Keogh, Russell Pogue, Mary Ann Hutnick-Zimmerman

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AFTER YOU'VE
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New Foundation Receives Donations to Help Local Healthcare Organizations

The Moab Healthcare Foundation recently received donations that will benefit local residents. Two major events, The Skinny Tire Festival and The Red Rock Four Wheelers' Easter Jeep Safari directed donations from proceeds raised from their events to help local healthcare organizations.

The Red Rock Four Wheelers generous donation was used to support quality of life enhancements for residents of the Canyonlands Care Center. The donation purchased an aquarium to be installed next to the common area where residents dine and watch TV. Barbarella Hill, the Director of Nursing at Canyonlands Care Center said, "It may sound a little woo-woo, but aquarium therapy has been researched and found to have numerous positive effects. It gives the residents who take care of the fish purpose and connection on a daily basis and stimulates interaction between residents and employees. It has also been found to help promote nutritional intake, which can often be a problem for residents with dementia."



Mike Kelso, President of the Red Rock 4 Wheelers, stated, "The RR4W's have supported the Friends of Moab Canyonlands Healthcare for several years. We are grateful for the efforts of the board to expand with this new Foundation which will now encompass all the major health care institutions in Grand County." Mike went on to say, "It is good to see the Moab Healthcare Foundation keeping up with the expanding growth of Grand County."

The Moab Healthcare Foundation also received a large donation of \$13,000 from the Skinny Tire Festival. Mark Griffith, organizer of the event, said, "A portion of every registration is a donation to the people of Moab. Every cyclist appreciates the opportunity to be in Moab, to experience this beautiful area, and they give back by supporting the healthcare needs of people who live here." Griffith also added, "Our donation to the foundation will primarily support the Infusion Therapy center at Moab Regional Hospital, however, we trust the foundation to look at other needs in the community and to use the money where it is needed the most."

The Moab Healthcare Foundation is dedicated to supporting local healthcare organizations that provide exceptional care for the residents of the Moab region. The foundation was initially created in 2011 to support the Canyonlands Care Center. Last year, the board decided to expand the foundation's mission and to recruit new board members. They developed a fundraising strategy to support Grand County Hospice, Canyonlands Care Center, The Moab Free Health Clinic, Moab Regional Hospital, Grand County Search and Rescue, and Grand County EMS. If other healthcare organizations or needs emerge, the foundation can consider supporting those groups as well.

Currently there are five community members serving on the board: Founding member Tom Edwards, Bob Jones, Kirstin Peterson, Mike Bynum and Beth Logan. All the board members have served on various healthcare boards in the community and are dedicated to increasing philanthropic support for healthcare in this region.



Mike Bynum, who chaired the board of Moab Valley Healthcare Incorporated for over a decade, said, "The citizens of Moab have always shown their care for others, from the potash mining disaster in the 1960's to the recent Cinema Court Fire. The foundation intends to carry on the Moab tradition of generosity by supporting the outstanding organizations in Moab that care for us when we need them the most."

"Many donors would like to direct money towards healthcare, but don't have the time to look into all of the needs of the different organizations. We can either earmark donations for a specific organization, or we can direct donations towards MHF's priority areas, depending on the donor's preferences," said foundation board chair Bob Jones.

If you are interested in donating to the Moab Healthcare Foundation, you can e-mail info@mhfmob.org or call 435-210-0087. For more information about the foundation, visit their website at mhfmob.org.

HEALTHY CLASSES

MONDAYS

10-11:30am Gentle Yoga- with Star Kolb at Moab Yoga, 37 E Center St. Class is for all levels & abilities
For info: moabyoga.com

12:00-1:00 pm Lunch Flow with Jill at Moab Yoga

4-5pm Prana Flow with Jess at Moab Yoga

5:30-6:45pm Yoga Basics with Meagan at Moab Yoga

TUESDAYS

9-10:30am Gentle Yoga- with Star Kolb at Moab Yoga

6-7:30 pm Yoga- with Porscha at Moab Yoga

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

WEDNESDAYS

9-10:15am All Levels Yoga with Meagan at Moab Yoga

12:00-1:00pm Prana Flow with Jess at Moab Yoga

5:30-6:45pm All Levels Yoga with Kristi at Moab Yoga

THURSDAYS

9-10:30am Unwind & Renew with Porscha at Moab Yoga

Noon-1pm Lunch Flow with Chelsea at Moab Yoga

5:30-6:45pm All Levels Yoga with Chelsey at Moab Yoga

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

FRIDAYS

See Moab Yoga website at moabyoga.com for special events

SATURDAYS

8:30-9:45am All Levels Yoga with Arne at Moab Yoga, 37 E. Center Street

10am Kundalini Yoga & Gong Meditation at Red Moon Lodge, 2950 Old City Park Rd. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. By donation. For info: 713-817-7859

10:30-11:45am Gentle Flow- with Jill at Moab Yoga

SUNDAYS

9-10:15am All Levels Yoga with Kristi at Moab Yoga

11:00-12:15 Level 2 Yoga with Kristi

Family Happenings

Redtail Air Adventures Loves Families!

Summertime family vacations create lifelong memories, and Redtail Air Adventures is here to help make summer unforgettable for your kids. National Park scenic Air Tours are 50% off for children 12 or under accompanied by an adult.

Youth of all ages will be able to see the terrain very clearly because each passenger has a window seat and booster chairs are provided for small ones. With headsets for all, the pilot's narration of the tour will enable children to understand where they are, and help them spot the amazing features below. And to commemorate their flight, each child will receive a Redtail Propeller badge! Opportunities to shoot unique aerial photos will encourage budding photographers to test their skills, while young geologists and junior adventurers will be stimulated to study and explore the amazing country they've seen from above.

The Arches and Fisher Towers Tour is first on the list of these exciting flights. Delicate Arch, one of the most famous natural arches in the world, will delight the youngsters. They've see it on license plates, and perhaps



hiked up to it, and now they will see it from above. It is stunning from the air! Crossing the Colorado River is also exciting, and twice as exciting if a river trip has been included in the vacation! This is a 30 minutes flight.

The Canyonlands Air Tour is longer, about 1 hour, and filled with amazing sights. Upheaval Dome—that mysterious crater in Island in the Sky District, the Confluence of the Colorado and the Green Rivers, and the countless buttes, spires and colorfully banded needles in the Maze and the Needles Districts are fascinating. This other-worldly terrain will be sure to fire up young imaginations!

On the combo tour, your family can visit both Canyonlands and Arches in 1 hour and 20 minutes. In the heat of summer, the cool cabins of Redtail's aircraft are a great change from hot, dusty trails. And if time is limited, this is an excellent way to catch both of these astounding National Parks in one comfortable visit.

The Monument Valley Navajo Tribal Park Tour is recommended especially for families interested in native American history. After flying over remote cliffs, canyons, mesas, and desert scrub, home to generations of ancient and modern Native Americans, the flight will touch down



briefly in the Monument for a pit stop. Back in the air, you will see the Mittens and other features made famous by early western movies filmed in the area. This epic flight is 2 hours 20 minutes long.

The Sunset Tour is a great way to end the day, viewing the red rocks of the Moab area in the golden light of a southwest sunset. This flight is 40 minutes long.

Memories of these family tours will last a lifetime! To book your flight, call 435-259-7421; book online at flyredtail.com, or stop by the Redtail Air Adventures Store in downtown Moab, at 23 North Main Street.

Finding Family Entertainment is Easy

Everyone knows that there's plenty to do in Moab in the daytime. Virtually every kind of outdoor adventure awaits area visitors. But at the end of the day, can one find evening entertainment in this little desert town? The answer is a resounding: yes! Moab boasts more entertainment options per capita than perhaps any town in the west, and is certainly the night life capitol of Southeastern Utah.

Live music is available at several local clubs for adults, especially on the weekends. But if you're looking for a place where kids, adults and even dogs can go be entertained downtown, then the destination has got to be



the Moab Backyard Theater, a one-of-a kind outdoor venue featuring shows five days a week.

The Moab Backyard Theater is a throwback to bygone days of American entertainment, when traveling carnivals and minstrel shows entertained lonely frontier audiences. Located just off main behind Zax restaurant on 100 South, the theater has a stage set beneath a giant cottonwood tree that is older than the town itself. Thursday through Saturday at 8pm, there is a popular magic show featuring the acclaimed magic of Rick Boretti. The show is not only mystifying but filled with humor. Adults and kids alike are entertained by what is the longest running outdoor magic



show in the southwest.

Wednesdays feature the famous Bluegrass Night at the theater, featuring the music of Quicksand Soup. They keep old-time traditional music alive and also feature original songs, backed by some of the finest pickers in the region.

New this year to the theater is the Superfresh smoothie shack. The Moab Backyard Theater is located at 56W 100 South in downtown Moab, just a half block off Main.

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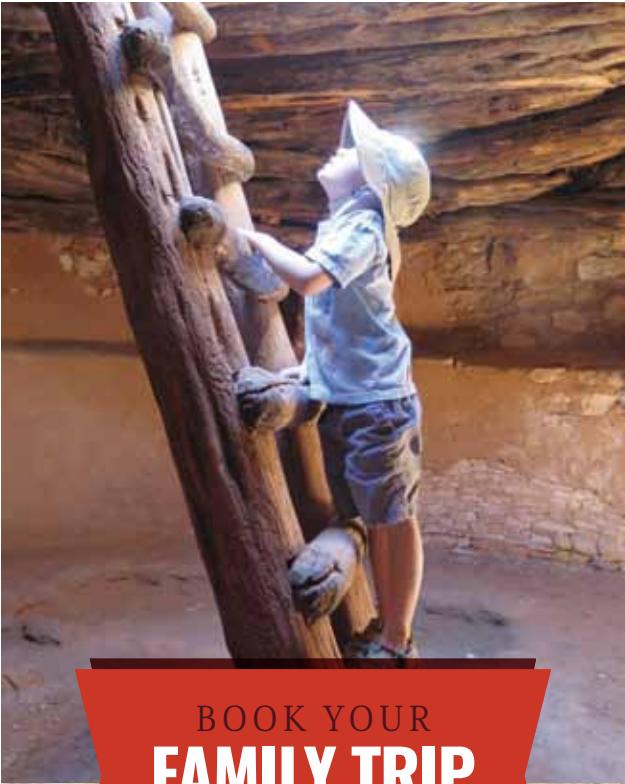
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Sustainable Happenings

The City of Moab Supports Clean Transportation Alternatives

by Rosemarie Russo

Transportation has both positive and negative effects on a given community. Moab is known for its opportunities for road and mountain biking, and many amazing bike shops, tour companies and guides have emerged over the years. Tourism has also brought carloads of visitors. According to the Utah Department of Transportation, approximately 13,000 vehicles cross the intersection of Highway 191 and Center Street each day. Americans' use of cars and trucks has increased to such an extent that the transportation sector is now the country's single largest source of carbon dioxide emissions.

Today, very real solutions exist for Moab residents seeking to reduce environmental impacts of transportation, including elective vehicles (EV) and using bicycles as an alternative to cars and trucks. In addition to lowering emissions, utilizing alternative transportation cuts fuel expenditures, extends vehicle life, reduces reliance on foreign oil, creates US jobs and improves our health.

Plug-in electric vehicles can help substantially improve air quality because they have zero (or very little) tailpipe emissions, unlike conventional vehicles. Electricity costs for vehicles usually runs about \$1.10 per charge.



There are three types of chargers for EVs. Level 1 chargers use simple household 220 volt outlet (like the ones use for clothes dryers) and meet over 80% of EV owners' needs. Level I charging takes extended time and usually occurs overnight. Level 2 chargers can provide 10-20 miles of additional range per hour. DC Fast Chargers can charge a vehicle in 20 minutes.

Through a grant program, the City of Moab has purchased and installed ten Level 2 charging stations throughout the community. They are located at Moab Spring Ranch, Adventure Inn, City Hall, ACT Campground and the Moab Golf Course. The new chargers service all types of EV including the Nissan LEAF, Mitsubishi iMiEV, Chevrolet Volt, Cadillac ELR, Ford Fusion Energy, Ford C-Max Energi, BMW i3 and Tesla. The charging station at Adventure Inn uses excess electricity from their solar panels so cars charged there are actually running off of the sun!



Other EV charging stations in Moab include the DC Fast Chargers for Tesla at Canyonlands Best Western Inn and the Level 1 charger at Crump-Reese Auto available for its customers. Plug Share (<https://www.plugshare.com/>) is an EV app that helps drivers find charging stations.

If you are interested in purchasing an EV, there is a federal rebate of \$8,000. The City of Moab is researching a group buy program that could bring the price down by several additional thousand dollars.

The City of Moab has also continued its efforts to promote bicycle commuting. A bike repair station was



installed at Swanny Park with the help of Bike Fiend who assembled it. Moab is also moving up in the rankings for the national bike challenge. Sign up at www.Lovetoride.net. The City of Moab will have monthly prize drawings for anyone who registers at least three miles per month! Two bike companies, Poison Spider and Bike Fiend, joined the new Green to Gold Business Program:

Moab has been a pioneer in promoting an active, environmentally-friendly, outdoor lifestyle, and this spirit is also evident in its support of clean transportation alternatives. For more sustainability info, contact City of Moab Sustainability Director Rosemarie Russo at rrusso@moabcity.org

Community Recycle Center

1000 Sand Flat Rd.
435-259-3867

Monday, Tuesday, Thursday
8am - 5pm
Saturday 8am - 12:30pm

Plastic 1 ~ Plastic 2 (Milk & Water Jugs)
Glass ~ Office Paper ~ Aluminum
Tin Cans ~ Cardboard

Electronics Recycling 2nd Saturday every month

*Donations cannot be accepted outside of posted business hours

Moab Clubs & Organizations

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

Alcoholics Anonymous.....	(435)-625-1342	Moab Community Dance Band (Miriam Graham).....	(516) 376-8003
For Emergencies (24/7).....	888-333-9649	Moab Community Theater (Kaki Hunter).....	(435) 259-8378
Alpha Rho Sorority (Bobbie Long).....	(435) 259-6758	Moab Country Club (Rob Jones).....	(435) 259-6488
American Legion Post (Ronald Irvin).....	(435) 719-4095	Moab Disk Golf Club (Rolf Hebenstreit).....	(208) 720-1258
Arches Education Center (Trish Hedin).....	(435) 260-8764	Moab Family History Center.....	(435) 259-5563
Arches New Hope Pregnancy Center (Debbie Nelson).....	(435) 259-LIFE (5433)	Moab Free Health Clinic.....	(435) 259-1120
BEACON (Edith Sage).....	(435) 259-2767	Moab Friends For Wheelin' Jeep Club (Melissa Fischer).....	(435) 260-7208
Bikers Against Child Abuse -B.A.C.A.(John Taggart).....	(435) 259-4756	Moab Garden Club (Tricia Scott).....	(303) 880-9158
Boy Scouts of America (Jim Bethel).....	(435) 637-8059	Moab Half Marathon (Justin & Denise Ricks).....	(435) 259-4525
Boy Scouts of America Utah National Parks Council.....	(801) 437-6222	Moab International Film Festival (Nathan Wynn).....	(435) 261-2393
Canyonlands Field Institute (Resford Rouzer).....	(435) 259-7750	Moab Masonic Lodge #30 (Gregory Klepzig).....	(435) 260-1823
Canyonlands Rodeo Club (Kirk Pearson).....	(435) 260-2222	Moab Music Festival (Laura Brown).....	(435) 259-7003
Colorado Outward Bound School – Moab Basecamp (Casey Montadon).....	(303) 968-4407	Moab Rock Club (Jerry Hansen).....	(435) 259-3393
Community Rebuilds (Emily Niehaus).....	(435) 260-0501	Moab Roller Derby (Jessica O'Leary).....	(575) 635-3898
Daughters of Utah Pioneers (Shirley Stewart).....	(435) 259-7797	Moab Rotary April Action Car Show.....	(435) 260-1948
Deadhorse Motorcycle Club (Ron Dickerson).....	(435) 260-8213	Moab Solutions (Sara Melnicoff).....	www.moab-solutions.org ... (435) 259-0910
Delicate Stitchers Quilt Guild (Deleska Behunin).....	(435) 210-0904	Moab Sportsmen's Club (Frank Darcey).....	(435) 259-2222
Friends of Arches and Canyonlands Parks (Joette Langanese).....	(435) 259-0108	Moab Taiko (Michele Blackburn).....	(435) 259-0816
Friends of Indian Creek.....	(435) 259-6639	Moab Trails Alliance (Kirstin Peterson).....	(435) 259-5223
Friends of the Grand County Library (Meg).....	(435) 259-1111	Moab Valley Multicultural Center (Rhiana Medina).....	(435) 259-5444
Girl Scouts of The U.S.A. (Michelle Hill).....	(435) 259-5884	Nursing Home Abuse Support (Nicole Peters).....	www.nursinghomeabusesupport.com
Grand Area Mentoring (Dan McNeil).....	(435) 260-9646	Order of the Eastern Star (Fran Townsend).....	(435) 259-6469
Grand County Democratic Party (Bob Greenberg).....	(435) 259-7013	Plateau Restoration/Conservation Adventures (Tamsin McCormick).....	(435) 259-7733
Grand County Extension & 4-H (Michael Johnson).....	(435) 259-7558	PleinAir Moab/Red Rock Arts Festival (Meg Stewart).....	(435) 259-6272
Grand County Education Foundation (Melodie McCandless).....	(435) 259-9797	Red Rock 4-Wheelers (Ron Brewer).....	(435) 259-7625
Grand County Food Bank.....	(435) 259-6456	Rotary Club (Dave Bierschied).....	(435) 260-1968
Grand County Hospice (Jessie Walsh).....	(435) 259-7191	Seekhaven Crisis Center (Abigail Taylor).....	(435) 259-2229
Grand County Library (Meg).....	(435) 259-1111	Senior Center (Verleen Striblen).....	(435) 259-6623
Grand County Kids Rock (Debbie Thurman).....	(435) 260-1039	Sierra Club (Marc Thomas).....	(435) 259-3603
Grand County Republican Party.....	grandcogop@gmail.com	Southeastern Utah Back Country Horsemen (Steve Schultz).....	(435) 220-0860
Humane Society of Moab Valley.....	(435) 259-4862	Southern Utah Wilderness Alliance (Neal Clark).....	(435) 259-7090
KZMU Community Radio (Marty Durlin).....	(435) 259-8824	The Moab Healthcare Foundation (Tom Edwards).....	(435) 260-1504
Ladies Golf Club (Chris Corwin).....	(435) 210-0599	Toastmasters (Jim Webster 435-259-8037) or (Daniel McNeil).....	(435) 260-9646
League of Women Voters (Barbara Hicks).....	(435) 259-5306	Trail Mix Committee (Paul Spencer).....	(978) 688-7480
Lion's Club (Tom Warren).....	(435) 259-7834	Utah Avalanche Center.....	(888) 999-4019 or (435) 259-5200
Moab Aglow Lighthouse Fellowship (Murine Gray).....	(435) 259-5514	Utah Conservation Corps (Sean Damitz).....	(435) 797-0964 ext 1
Moab Arts Council (Theresa King).....	(435) 259-2742	Utah Friends of Paleontology – Gastonia Chapter (Lee Shenton).....	(435)-259-9533
Moab Arts Festival (Theresa King).....	(435) 259-2742	Utah State University Moab.....	(435)-259-7432
Moab Arts & Recreation Center (Meg Stewart).....	(435) 259-6272	Valley Voices (Marian Eason).....	(435) 259-6447
Moab Bird Club (Nick Eason).....	(435) 259-6447	Veterans of Foreign Wars (Fred Every).....	(435) 260-1277
Moab Chamber of Commerce (Laici Shumway).....	(435) 259-7814	WabiSabi www.wabisabimoab.org	(435) 259-3313
Moab City Animal Control.....	(435) 259-8938	Young Life Moab.....	(435) 260-0285
Moab City Recreation (Patrick Trim).....	(435) 259-2255	Youth Garden Project (Ruth Linford).....	259-BEAN (2326)

1000 year old Happenings

Visit a restored Kiva dwelling to learn about the Puebloan lifestyle

Within the desert landscape of southern Utah is the Edge of the Cedars State Park Museum, where visitors can learn about the ancestral lifestyle and culture of the Puebloan people. The park gained its nickname “Edge of Cedars” from cowboys in the 1800s because of the natural boundary between the green forest and the dry desert. However, before it was home to cowboys, the Puebloan people inhabited the area from 825 to 1125 AD.

Aspects of Ancestral Puebloan lifestyle are displayed throughout the 6.65 acre area of Edge of the Cedars State Park. The Puebloan lifestyle is shown in many ways, including a restored kiva—an underground dwelling. Archaeologists excavated and restored the kiva behind the museum to give visitors a first-hand look at the unique structure. Climbing down into the 1,000-year-old, square-walled room, sightseers experience the living space that the Puebloans used for religious rituals and political meetings.

Just as archaeologists excavated the kiva dwelling outside, they work inside the museum to restore the Puebloan pottery. The museum displays the largest collection of Ancestral Puebloan pottery in the Southwest. The delicate and beautifully painted pottery along with other artifacts are shown in permanent exhibits that can be seen year-round. Temporary exhibits throughout the year are also shown. Both types of exhibits are a good activity for children and adults.



Another park activity, includes seeing the petroglyphs, Puebloan basketry, jewelry, tools, a Horse Rock Ruin basketry collection, a macaw feather sash and more. Guided tours are available or one can walk down the short, paved trail around the park. The trail showcases native plants, outdoor sculptures and petroglyphs.

An activity for adults, is the Four Corners Lecture Series that are held regularly throughout the summer at the Edge of the Cedars State Park. Harvey Leake, Wetherill historian, is scheduled to speak Saturday, August 25, 2018 at 2 p.m. about “The Wisdom of Wolfkiller: A Nineteenth Century Navajo Shepherd and Sage.” Other speakers throughout the year are posted to the Facebook page.

Edge of the Cedars State Park was designated a State Historical Monument in 1970, and has been listed on the National Register of Historic Places since 1974 by the Division of Utah State Parks and Recreation. Edge of the Cedars is a perfect family-friendly state park to picnic, inspire and educate visitors about the prehistoric and contemporary Native American cultures in the Four Corners Region.



Edge of the Cedars State Park Museum Information

Location: 600 W 400 North, Blanding, Utah

Entrance: \$5 per person, \$3 for children and seniors

Hours: Monday-Saturday 9-5 p.m., Sunday 9-4 p.m. Closed Thanksgiving, Christmas and New Year’s Day

Lectures and Events: For more information, call 435-678-2238 or facebook.com/4CornersLectureSeries/



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PINNACLE HELICOPTERS

HELICOPTER TOURS

“I love Moab and all it has to offer, but seeing the landscape from above is an experience I am glad to have! The pilot was friendly and informative. It was a day that I will remember, and a tour that I highly recommend!”

“Did this tour along with my kids, age 11 and 8. All loved it! It gives you a perspective on the canyons near Moab that can’t be seen any other way. If you are going to Moab, I would strongly encourage a helicopter ride, and Pinnacle is outstanding.”

“We’ve been lucky enough to fly with Pinnacle Helicopters twice now and both times were an absolute blast. The Moab desert is very beautiful and even better from the sky. Do yourself a favor and book a trip.”

\$10 off
per person with promotion code
HAPPENINGS

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Festival Happenings

Red Rock Arts Festival: October 6-13 Celebrating Land-Inspired Art

by Meg Stewart

The Moab Arts and Recreation Center (MARC) is proud to announce the second annual Red Rock Arts Festival: Celebrating Land-Inspired Art. To start the week off, we welcome 100+ artists from all over North America at the 9th Plein Air Moab painting competition. The weeklong festival takes place Saturday, Oct. 6 through

The Red Rock Arts Festival (RRAF) plein air competition offers a rare chance to see artists in action and then to purchase their original artwork. Painters work to capture the surrounding landscape and can often be seen along roadways, trails and even the streets of downtown Moab any time between Oct. 6 and Oct. 13. Artists compete for big prize money, inspire and learn from one another, while doing what they love -- painting.

RRAF attracts amateur and professional artists from all over the U.S. This year is certainly no exception. For the art collector, this festival is exhilarating. Artist styles vary from the detailed to the expressive.



Red Rock Street Fest - Saturday, Oct. 13, noon-8 p.m. - 100 East & 100 North

- Artisan Vendors, local and regional!
- 8 Hours of LIVE MUSIC!
- Local Community Booths with Demonstrations, and Crafts for all!
- Plein Air Painting
- Second Annual ArtTrails Sculpture Exhibition

The MARC staff is collaborating with local and regional nonprofits, businesses and individuals to offer a diverse variety of programming and sponsorships. Anyone interested in getting involved or volunteering can visit www.redrockartsfestival.com for details, or call 435-259-6272 and be sure to mention you read about it in *Moab Happenings*.



Saturday, Oct. 13, 2018. Enjoy viewing and purchasing beautiful, fresh paintings beginning Tuesday, Oct. 9. Featured events throughout the week: Storytelling, live music and sketch crawls. THEN Red Rock Street Fest to top it all off!

Mark your calendar for the much anticipated Red Rock Street Fest on Saturday, Oct. 13 from noon to 8 p.m., on 100 North and 100 East, surrounding the MARC. A classic block party in conjunction with October's Moab ArtWalk will feature live music, an eclectic mix of artisan vendors, local nonprofits, food trucks, a community celebration, DIY crafts and more! See www.redrockartsfestival.com for details.

Are you a painter? Artist? Art lover? Do you feel awe just looking at epic Moab landscapes? Interested in exploring different art forms while connecting with the land? Have you ever participated in a plein air painting festival? This is your chance! All levels of artists are welcome! Details and registration information are available at: www.redrockartsfestival.com

Some artists prefer bold colors; others use a muted, almost monochrome palette. Some artists lean toward the realistic while others try to capture mood, feeling, or something a bit more elusive. Expect to find art for an investment of \$20- \$1,500. Each artist sets his or her own price, and art enthusiasts can delight in finding something they love amongst the myriad of options. Any art lover can expect to find variety at Plein Air Moab, as more than 300 pieces of artwork go on sale starting Tuesday afternoon, Oct. 9.

GALLERY MOAB LCA

Art by Local Artists
Open Daily 12 - 9pm



"Hypnotic"
by Page Holland

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15th Year!
**2018 MOAB ARTISTS
STUDIO TOUR**



September 1, 2 & 8
Moab and Castle Valley artists open their studios from 10 a.m. to 4 p.m.

For information and to download a map:
moabstudiotour.com



Over 3 days visit 12 artists in 9 studios, buy original art, and see artist demonstrations.
Thanks to the **Moab Music Festival** and the **Moab Arts Council**.

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We've added Party Supplies to our
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Hours: Mon-Wed-Fri 10-5
Tue-Thur 11-6 Sat 10-2

435-259-6497

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702 S Main St. #5
In the Kane Creek Shopping Center
Open daily (Call for hours)
Join our Loyalty Program






RED ROCK ARTS FESTIVAL

MOAB, UTAH • OCTOBER 6-13, 2018

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