

# ADULTS RIVER ADVENTURES

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591

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Raft from Rocky Rapid to Takeout. Includes BBQ lunch COLORADO RIVER P.M. HALF-DAY along the river. 10:45am - 4:00pm (min age: 5)

**S61** 

**S71** 

Enjoy exciting whitewater rapids & lunch in this unique WESTWATER CANYON FULL-DAY Canyon. 7:30am - 6:00pm (min age: 10)

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**62**S Transportation, board rental, instruction, guide, snacks and water are included. (min age: 10)

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ADULTS

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over petrified dunes and desert scenery. (3 hrs)

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oasis. Includes bike rental, helmet, water. (4 hrs)

s110 s95 Relaxing downhill ride w/ breakfast. Enjoy grand vistas CANYONLANDS SUNRISE DOWNHILL at every turn. Departure times vary. (5 hrs)

# **ARCHES N.P. TOURS**

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391 Explore a maze of astounding hidden chasms with one of our guides on this unique hike . 7:15am - 12:30pm

698

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

s77 s53

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rock backdrop. Departs 8am (min age: 8)

s173 s125

57

JETBOAT 3 HOUR FUN RUN TOUR uise the Colorado River near Canyonlands NP. Departs 8am, 1pm (3 hrs)

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UNSET JETBOAT & DINNER

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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

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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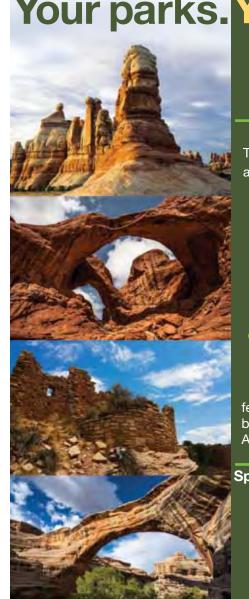
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Your parks. Your heritage. National Park Service CENTENNIAL

Join rangers in celebrating 100 years of the National Park Service. There will be fun activities for kids and chances for all ages to learn about the National Parks in the area and beyond.

# August 25, 2016 Events:

Community Fair at the Moab Information Center – 9 a.m. to 4 p.m.

Archaeology, geology, artifacts, kids' activities, and much more. Talk with Rangers from Arches, Canyonlands, Natural Bridges and Hovenweep.

**Centennial Film Series at Arches** National Park – 7 p.m. (doors open 6:30pm)

There are over 400 National Parks and Monuments! Get to know a few of them outside of our area through select films. Celebrate with birthday cake! Get free tickets (required) available on August 18th at Arches NP or at the Moab Information Center on Center and Main.

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# MUSIC AND ART HAPPENINGS

# Moab Music Festival hosts refurbished musical art project

Each fall, the Moab Music Festival solicits funding applications from all Grand County School District music programs. These Education Initiative Awards help support the needs of local music programs through the purchase

of classroom music equipment, new musical scores, performance uniforms, etc.

Applications from the fall of 2015 brought to the Festival's attention the dire state of instrument lending libraries across various programs, a project too large for the Education Initiative Awards alone. Various programs were storing old, beat-up instruments that were beyond repair, in addition to a significant backlog of salvageable instruments awaiting funds for repairs. Meanwhile, participation in Moab's music programs is growing, and the need for rentable instruments can't keep up.

The Festival saw a unique opportunity and organized a project that would help teachers clear out irreparable instruments and use them to fund the backlog of more basic instrument repairs as well as purchase new instruments. The Festival coordinated with Gallery Moab's Page Holland to distribute nearly a dozen irreparable instruments from the BEACON Moab Strings program and the Grand County Middle and High School Band programs to local artists. Over the past six months, eight artists have turned these instruments into works of art. All pieces will

> be on display at the Museum of Moab from August 17-September **30.** The exhibit will be a stopping point on the September 10 Art Walk, accompanied by live performances from both the string and band programs.

The artwork will be sold via online public auction, which will run September 1-15. All artists have volunteered their time and skills for this project, with the exception of an optional modest supply stipend. Proceeds from the sales of the artwork will be distributed to the respective programs just in time for school to start up in the fall. More information about this project is available online at www.moabmusicfest.org/ instrument-art-auction.







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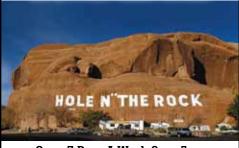
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# MOAB AREA EVENTS CALENDAR



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## August Events

- Aug 1 Chess Club at The Alley Sports Pub & Grill 6pm til Aug 5 Rock the Mic: An Open Mic, 8pm Moab Arts & close, 1078 Millcreek Dr. 435-259-4748.
- Aug 2 Sheng Zhen Healing Gong is a moving and non moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 North 500 West. 435-260-9678.
- Aug 2 Film at John Wesley Powell River History Museum Documentary "Voyages Without Trace". article on page 8A
- Aug 3 Toastmasters is a self-paced public speaking club. Held at Zions Bank building at noon on the first & third Wednesday of each month.
- Aug 3 Hip Hop for Families starring Mr. Kneel, 1:30pm at Star Hall, 159 E. Center St. This performance is sponsored by the Grand County Summer Reading Program.
- Aug 3 Moab Backyard Theater Bluegrass Night with Quicksand Soup. Free. 8pm Behind Zax at 56W 100 South. See ad on this page.
- Aug 3 Swing Dance Night at Club Rio learn to Swing Dance! Join us every 1st & 3rd Wednesday night brought to you by the Moab Swing Dance Community. Beginner lesson at 8pm for just \$5 (no experience or partner necessary!) & dance the night away to sweet swing & blues tunes. Social dancing from 9pm-11pm is always Free to all, ages 21+. Center & 100 West. 435-225-6248
- Aug 4 Moab Farmers' Market Swanny City Park from 4:30-7pm. Fruit, veggies, entertainment & education for the whole family. Sponsored by the Southeastern Utah District Health Department. info: (435) 259-5602.
- Aug 4 Free Lecture Series Respect & Protect Public Aug 7 Jurassic Walk and Talk at the Mill Canyon Tracksite. Awareness Campaign - Ashley Losey & Dianne Olson. Join BLM & Tread Lightly for the Moab kick off of Respect & Protect, our cultural resources public awareness campaign. We hope to get the public interested their heritage & aware of ways to enjoy archaeological & paleontological sites responsibly. We want to catch people's attention, inform their behaviors, & give people the opportunity to act. We will be speaking about the campaign's key messages & how we will be deploying that message locally & across the state. Sponsored by the Canyonlands Natural History Association & Museum of Moab. 6pm at the Moab Information Center, corner of Center & Main. see article on page 3B
- Aug 4 Moab Backyard Theater Magic Night with the awardwinning magic of Rick Boretti. 8pm \$5. Behind Zax at 56 W 100 South.
- Aug 4-8 Annual River Rafting Trip for Women -Canyonlands Field Institute's annual river rafting trip for women is led by our Director Karla VanderZanden. Enjoy three nights camping & river running on the Colorado River from Ruby-Horsethief down through Westwater Canyon. Reconnect, revel, & relax with stories, nature walks, & river running. Bring your mothers & daughters! To enroll either email info@cfimoab.org, call 435-259-7750, or go online cfimoab.org.
- Aug 5 Jurassic Walk and Talk at the Dinosaur Stomping Ground. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, bring the kids by the Moab Information Center at 6 pm for "Fun with Fossils"—a free hands-on learning activity led by a paleontologist. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.
- Aug 5 Gravel Pit Lanes 7pm No-Tap Monte Carlo, Moab Style! We throw some colored pins into the mix. Get a strike on colored pin combinations & win from \$1 to \$25. We match you with a random secret partner every game to give you even more chances to win \$\$\$. Call (435) 259-4748 to reserve a spot - only 12 lanes available.1078 Millcreek Dr.
- Aug 5 Moab Backyard Theater Magic Night with the awardwinning magic of Rick Boretti. 8pm \$5. Western Music with The Canyon Cowboys. 9pm Free. Behind Zax at 56 W 100 South.

- Recreation Ctr. (111 E 100 N) All art forms welcome, first time sharers encouraged! Sing/spit, sing/spin your way into the weekend. Please be punktual!
- Aug 5-7 Cortez Rendezvous Hot Air Balloon Rally bring your family & friends to meet the pilots & crews. Flying from Parque de Vida in Cortez, Colorado at 6:30am. For info 505-977-2679.
- Green River, One Night Only, Tuesday, 7 pm. FREE. Aug 6 Jurassic Walk and Talk at the Copper Ridge **Dinosaur Trackway.** Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, come by the Moab Information Center at 6 pm for "Bones, Stones, and Fossil Zones"—a free paleontology talk about the Moab area's dinosaurs. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.
  - Aug 6 Relay For Life, Old Spanish Trail Arena, Fundraiser for the American Cancer Society from noon to midnight. see ad on page1B
  - Aug 6 Nine Ball Pool Tourneys 6:30pm til close, Gravel Pit Lanes, 1078 Millcreek Dr, 435-259-4748.
  - Aug 6 Moab Backyard Theater Magic Night with the awardwinning magic of Rick Boretti. 8pm \$5. Behind Zax at 56 W 100 South.
  - Aug 6 Arches National Park Night Sky Program- a ranger program followed by a constellation tour & telescope viewing at Delicate Arch Viewpoint, 9-11pm. Experience the park after dark. Bring a chair, red flashlight to help maintain night vision & perhaps a jacket. 435-719-2299.
  - Aug 6-7 Golf Tournament at Moab Golf Club join 3 'n 1 Mixed Bestball, 2705 E. Bench Road. Call 435-259-6488.
  - Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, come by the Moab Information Center at 6 pm for "Dino Tracks and Facts"—a free paleontology talk about dinosaur tracks found in the Moab area. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.
  - Aug 8 Chess Club at The Alley Sports Pub & Grill 6pm til close. 1078 Millcreek Dr. 435-259-4748. See ad pg 10A.
  - Aug 10 Moab Backyard Theater Bluegrass Night with Quicksand Soup. Free. 8pm Behind Zax at 56W 100 S.
  - Aug 11 Earth Connections Camp Canyonlands Field Institute's 1-day camp for American Indian Youth to perpetuate or spark an interest in Science, Technology, Engineering, and Math (STEM) in Bluff, Utah. Includes sessions on water resource science, mechanical engineering, anthropology and botany that are immersed with culture. We are currently recruiting up to 30 (ages 5-12) American Indian students and teachers from Grand and San Juan counties. In partnership with the BLM, Utah State Office of Education, BoR, NPS, and others. The camp is free and transportation and lunch will be provided. Call Canyonlands Field Institute at 435-259-7750 or go online at cfimoab.org for more information.
  - Aug 11 Moab Farmers' Market Swanny City Park from 4:30-7pm. Fruit, veggies, entertainment & education for the whole family. Sponsored by the Southeastern Utah District Health Department. info: (435) 259-5602.
  - Aug 11 Free Lecture Series Utah's First Dinosaur Discovery - John Foster. In August of 1859 a military expedition led by Capt. John Macomb entered southeastern Utah on its way to find the confluence of the Colorado and Green rivers. Accompanying Macomb and his train of soldiers, surveyors, and mules was the expedition naturalist, John Newberry. On a cliff high above one of their camps Newberry, happened across what turned out to be the first dinosaur reported from Utah and the geologically oldest sauropod dinosaur known from North America. Unfortunately, the site was lost to history soon after when Newberry, Macomb, and the rest of the nation got entangled in the Civil War. But more than 115 years later, a Moab resident set out to relocate this important lost site. Sponsored by the Canyonlands Natural History Association & Museum of Moab. 6pm at the Moab Information Center, corner of Center & Main.

# **DEADLINE for SEPTEMBER Events Calendar: AUGUST 20, 2016**

Listings in the *Moab Happenings* Events Calendar are FREE!! Do you know of an event for the Happenings calendar?? Call (435) 259-8431 or fax us at (435) 259-2418

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Moab Happenings • August 2016 • 5A

# 2016 EVENTS

# **2016 MOAB EVENTS**

August 6 . . . . . Relay for Life (Am. Cancer Society)

August 25 . . . . . National Park Service Centennial

September 1-12. . Moab Music Festival

September 3-4 . . Moab Studio Tour

September 3-5 .. RR4 Wheelers Labor Day Campout

September 22-25 Moab Skydive Festival

September 22-25 Moab Festival of Science

September 23 . . . Dancing with the Moab Stars

Sept 30-Oct 1 . . Moab Pride Festival

Sept 30-Oct 1 . . Outerbike Fall

October 1 ..... Moab Century Tour

Oct 1-8 ..... PleinAir Moab

October 7-9 . . . . Rock, Gem & Mineral Show

October 20-22.. Jeep Jamboree October 23..... The Other Half

October 27-30.. Moab Ho-Down Mtn Bike Festival

November 1..... Dia de Los Muertos

November 4-6 . . Moab Folk Festival

November 4-6 . . Celtic Festival "Scots on the Rocks" November 9-12. . Moab Senior Games

November 11-13. Moab Salsa Bachata Dance Festival

November 25-27 Moab International Film Festival December 2..... Christmas Tree Lighting

December 2-3... Grand Center X-mas Gift Fair

December 3..... MARC Holiday Gift Fair December 3..... Winter Sun Run 10K

December 3..... Electric Light Parade

Dec 16 & 17 . . . . Community Rebuilds Holiday Theater

# August Events (continued)

**Aug 11 Moab Backyard Theater** - Magic Night with the award-winning magic of Rick Boretti. 8pm \$5. Behind Zax at 56 W 100 South.

## Aug 12 Garden Dinner at Youth Garden Project with

Guest Chef Ken Moody
- Enjoy a 4-course meal surrounded by garden beauty to celebrate ingredients grown locally and regionally and prepared by one of Moab's best Chefs! 7 pm. Reservations required, \$50/person, proceeds support YGP programs. RSVP by August 10th at 435-259-2326 or kate@vouthgardenproject.org.



Aug 12 Jurassic Walk and Talk at the Mill Canyon Bone Trail. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, bring the kids by the Moab Information Center at 6 pm for "Fun with Fossils"—a free hands-on learning activity led by a paleontologist. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.

Aug 12 Art in the Parks - Join Community Artist in the Parks Maddie Logowitz out and about in the Arches National Park. Bring your art supplies, or just come to chat. Bring food, water, sunscreen and a hat. Pine Tree and Tunnel arches 7 am - 10:30 am and Arches Visitor Center 11 am - 12:30 pm.

Aug 12 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 12 Moab Backyard Theater - Magic Night with the award-winning magic of Rick Boretti. 8pm \$5. Western Music with The Canyon Cowboys 9pm free. Behind Zax at 56 W 100 South.

Aug 12-13 Women's Redrock Music Festival - 10th Annual Music Festival by women for everyone! for tickets & info, womensredrockmusicfest.com. See ad pg 20B.

Aug 12-13 Sixth Annual George Geer Memorial Car Show - see classic, hot rods & more. Cortez, Colorado. Local food, vendors & music. Friday night Burn-Out Contest at Angel's End Zone & Car Show at Centennial Park all day on Saturday. For info 970-560-2572.

Aug 13 Jurassic Walk and Talk at the Poison Spider Dinosaur Trackway. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, come by the Moab Information Center at 6 pm for "Bones, Stones, and Fossil Zones"—a free paleontology talk about the Moab area's dinosaurs. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.

Aug 13 Military Appreciation Day at Dead Horse Point State Park - free admission to veterans & active duty military plus 20% off all purchases at the visitor center gift shop & Pony Expresso coffee shop. For info: 435-259-2614.

Aug 13 Artist Reception at Gallery Moab - The gallery will host a reception for Guest Artist Nancy Lewis from 6:00 to 9:00 P.M. Her paintings will be on display through the month of August. Gallery artist Carolyn Tibbetts will also be featured. Gallery Moab is located at 87 North Main Street. For more information call 435/355-0024.

**Aug 13 Moab Backyard Theater** - Magic Night with the award-winning magic of Rick Boretti. 8pm \$5. Behind Zax at 56 W 100 South. Aug 14 Jurassic Walk and Talk at the Dinosaur Stomping Ground. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, come by the Moab Information Center at 6 pm for "Dino Tracks and Facts"—a free paleontology talk about dinosaur tracks found in the Moab area. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.

Aug 15 Chess Club at The Alley Sports Pub & Grill - 6pm til close. 1078 Millcreek Dr. 435-259-4748.

Aug 16 Touring Mushroom Author Peter McCoy from 6-8pm at the Moab Library, 257 E. Center St. A free evening presentation & reading on McCoy's new & unprecedented book, Radical Mycology: A Treatise On Seeing & Working With Fungi. Fungi are everywhere around us, fulfilling critical ecological roles & sustaining whole habitats. Mushrooms & other fungi are deeply woven in the history of the Earth & human cultures from around the world. Today mushroom cultivation is increasingly proving its ability to address a range of pressing global issues, from food shortages, to chronic disease rates, to environmental degradation. Most people are unaware of the importance that the Fungal Kingdom holds in stewarding our world.

**Aug 17 Toastmasters -** is a self-paced public speaking club. Held at Zions Bank Building at Noon on the first & third Wednesday of each month.

Aug 17 Moab Backyard Theater - CD Release Party!! Bluegrass Night with Quicksand Soup. Free. 8pm Behind Zax at 56W 100 South. See article on pg 10A.

Aug 17 Swing Dance Night at Club Rio - Beginner lesson at 8pm for just \$5 (no experience or partner necessary!) Social dancing from 9pm-11pm is always FREE to all, ages 21+. 2 S. 100 West. For info: 435-225-6248

Aug 17-Sept 30 Display at Museum of Moab of refurbished Musical art instruments. This artwork will be sold via online public auction that will run from Sept 1-15. See article on pg 3A. www. moabmusicfestival.org/instrument-art-auction.

Aug 18 Moab Farmers' Market - Swanny City Park from 4:30-7pm. Fruit, veggies, entertainment & education for the whole family. Sponsored by the Southeastern Utah District Health Department. info: (435) 259-5602.



Aug 18 4th Annual Moab BandAid Fundraiser at Farmer's Market - Swanny City Park. Live performances from 5-7 pm by the Grand County High School Marching Band, the Moab Community Dance Band, and the Fiery Furnace. Free, but will happily accept donations for the Grand County High School Marching Band.

Aug 18 Free Lecture Series - The Patterson Bundle - Join BLM Archaeologist, Don Montoya, as he discusses the Patterson Bundle; a leather wrapped assemblage of Native American artifacts that was discovered in the Book Cliffs of southeastern Utah in the early 1980s. The Patterson Bundle was held and displayed temporarily at the Museum of Moab and at the

Moab BLM Office. Due to government regulations the bundle was taken to the Utah Museum of Natural History where it resides today. Don's presentation will be about the Patterson Bundle and what we can do to bring it back to Moab. Sponsored by the Canyonlands Natural History Association & Museum of Moab. 6pm at the Moab Information Center, corner of Center & Main.

Aug 18 Moab Free Film Screenings - 7pm at Star Hall, 159 E. Center St. Janis: Little Girl Blue a moving, insightful portrait of the original "Rock Chick" Janis Joplin, a woman with a ferocious, soulful voice who broke into the male-dominated music scene but grappled with her inner demons & addictions. Brought to you by the Utah Film Center & Grand County Public Library.

Aug 18 Moab Backyard Theater - Magic Night with the award-winning magic of Rick Boretti. 8pm \$5. Behind Zax at 56 W 100 South.

### Aug 18 "What About Recycling?" 5:30 - 7pm

What does number 7 plastic mean? What about cereal boxes? Pizza boxes? Blue glass? Styrofoam? Packing peanuts: Electronics? Also where do various recyclables go when they are recycled in this town? Where does our waste go? What is the status of community composting? Find out the answers to many of your questions about recycling in Moab in an interactive presentation by Dr. Roslynn Brain, USU Moab at the MARC.

Aug 18-21 Helper Arts, Music & Film Festival Live music, art yard for kids, car show, food, gallery stroll. Helperartsfest.com see article/ad on p. 8B

Aug 19 Jurassic Walk and Talk at the Copper Ridge Dinosaur Trackway. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, bring the kids by the Moab Information Center at 6 pm for "Fun with Fossils"—a free hands-on learning activity led by a paleontologist. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.

Aug 19 Moab Backyard Theater - Magic Night with the award-winning magic of Rick Boretti. 8pm \$5. Western Music with The Canyon Cowboys. 9pm Free. Behind Zax at 56 W 100 South.

Aug 19 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 20 Jurassic Walk and Talk at the Mill Canyon Tracksite. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, come by the Moab Information Center at 6 pm for "Bones, Stones, and Fossil Zones"—a free paleontology talk about the Moab area's dinosaurs. For directions and additional info, see page 3B or call the BLM at (435) 259-2100.

Aug 20 Canyon Country Discovery Center,
Monticello Grand Opening Celebration of Four
Corners School of Outdoor Education's new
campus, 10 am - sunset, Live music R. Carlos
Nakai Jazz Quartet, food, art, games and more.
see ad & article pg 19A.

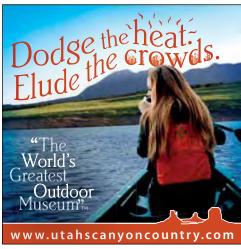
**Aug 20 Moab Backyard Theater** - Magic Night with the award-winning magic of Rick Boretti. 8pm \$5. Behind Zax at 56 W 100 South.

Aug 21 Jurassic Walk and Talk at the Mill Canyon Bone Trail. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, come by the Moab Information Center at 6 pm for "Dino Tracks and Facts"—a free paleontology talk about dinosaur tracks found in the Moab area. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.

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# MORE MOAB AREA EVENTS







Edge of the Cedars State Park Museum

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

Day Visits: \$5 per person or \$20 a carload \$3 Children 6-12 Tour Buses \$3 per person Annual Passes are \$75 Park Hours: Mon-Sat 9am-5pm Sunday 12-4pm

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

# August Events (continued)

- Aug 21 Canyonlands Field Institute Annual Benefit Dinner & Silent Auction At Whispering Oaks Ranch in the La Sal Mountains. Keynote speaker is Kevin Jones. Dinner provided by Love Muffin. Rides to and from Moab are available. Tickets cost \$60 and must be purchased in advance. Call 435-259-7750 or go online cfimoab.org/events for info and to purchase tickets. See article on p. 19A
- Aug 22 Chess Club at The Alley Sports Pub & Grill 6pm til close. 1078 Millcreek Dr. 435-259-4748.
- **Aug 24 Moab Backyard Theater -** Bluegrass Night with Quicksand Soup. Free. 7:30pm Behind Zax at 56W 100 S.
- Aug 25 Moab Farmers' Market Swanny City Park from 4:30-7pm. Fruit, veggies, entertainment & education for the whole family. Sponsored by the Southeastern Utah District Health Department. info: (435) 259-5602.
- Aug 25 Moab Backyard Theater Magic Night with the awardwinning magic of Rick Boretti. 8pm \$5. Behind Zax, 56 W 100 S.
- Aug 25 Founders Day, Celebrate NPS 100 Birthday with a Community Fair at Moab Information Center from 9 am to 4 pm. The parks of the Southeast Utah Group (Arches NP, Canyonlands NP, Hovenweep National Monument and Natural Bridges National Monument) will join all units of the National Park System in celebration to commemorate this historic birthday. To celebrate 100 years of preserving America's most treasured places as national parks, rangers will offer fun, family-friendly activities throughout the day at the MIC (corner of Center and Main Street) downtown Moab. Stop by and join in the fun!
- Aug 25 Centennial Film Series at Arches National Park Visitors Center. 7 pm. (doors open at 6:30 pm) Movie Night showcasing park films from lesser-known units of the National Park Service in celebration of the National Park Service's 100th Birthday. Get free tickets (required) available on August 18th at Arches NP or at the Moab Information Center. See ad on page 2A.
- Aug 25 National Park Service Centennial The National Park Service turns 100 years old in 2016 & we want everyone to join the party! On 16 days in 2016, all National Park Service sites that charge an entrance fee will offer free admission to everyone. Visit nps.gov/findapark/feefreeparks.htm.
- Aug 26 Jurassic Walk and Talk at the Poison Spider Dinosaur Trackway. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, bring the kids by the Moab Information Center at 6 pm for "Fun with Fossils"—a free hands-on learning activity led by a paleontologist. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.
- **Aug 26 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 26 Moab Backyard Theater Magic Night with the award-winning magic of Rick Boretti. 8pm \$5. Western Music with The Canyon Cowboys. 9pm Free. Behind Zax at 56 W 100 South.
- Aug 27 Jurassic Walk and Talk at the Dinosaur Stomping Ground. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, come by the Moab Information Center at 6 pm for "Bones, Stones, and Fossil Zones"—a free paleontology talk about the Moab area's dinosaurs. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.
- Aug 27 Edge of the Cedars State Park Museum Lecture Series - join Laurie Webster on Re-Excavating Ancient Textiles, Baskets, Wood, & Hides from Southeastern Utah, 2pm. See ad pg 8A
- Aug 27 Moab Backyard Theater Magic Night with the award-winning magic of Rick Boretti. 8pm \$5. Behind Zax at 56 W 100 S.
- Aug 27 Latin Night at Club Rio 8pm come to Club Rio for a \$5 All Levels bachata lesson with Hurricane Rita. No partner necessary to dance! Followed by Bachata, kizomba, Zouk, & Salsa until 11pm. Perfect for a date night! 21+ (2S 100W). dancemoab.com/ for more information.
- Aug 28 Jurassic Walk and Talk at the Copper Ridge Dinosaur Trackway. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, come by the Moab Information Center at 6 pm for "Dino Tracks and Facts"—a free paleontology talk about dinosaur tracks found in the Moab area. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.
- Aug 29 Chess Club at The Alley Sports Pub & Grill 6pm til close. 1078 Millcreek Dr. 435-259-4748.
- Aug 31 Water Harvesting, Conservation & Use 6pm at USU Moab pergola, 125 W. 200 South. Learn how to design from water to plants. Focus on various strategies for efficient

- water use (passive, & active water harvesting & holistically designed drip irrigation systems). Free! Sign up by emailing beeinspiredmoab@gmail.com.
- Aug 31 Moab Backyard Theater Bluegrass Night with Quicksand Soup. Free. 8pm Behind Zax at 56W 100 South.
- Aug 31 Free Latin Night at Club Rio Kizomba -8 pm come to Club Rio for a \$5 All Levels kizomba lesson with Hurricane Rita. Followed by social dance until 11pm. (2S 100W). dancemoab.com.

# September Events

- Sep 1-12 Moab Music Festival. The 24th annual festival features music in concert with the landscape. Chamber music, jazz, Latin and traditional music. See article on pg 17A. For tickets and program: www.moabmusicfest.org
- Sep 1 Schubert/Beatles, Star Hall, 7:30 pm Part of the Moab Music Festival concert season. For ticket and program info: moabmusicfest.org
- Sep 2 Jurassic Walk and Talk at Mill Canyon Tracksite. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, bring the kids by the Moab Information Center at 6 pm for "Fun with Fossils"—a free hands-on learning activity led by a paleontologist. For directions and additional info, see page 3B or call the BLM at (435) 259-2100.
- Sep 2 Opening Night: Spanish Gold. Star Hall, 7:00 pm Part of the Moab Music Festival concert season. For ticket and program info: moabmusicfest.org Moab Artist Studio Tour reception before and at intermission.
- Sep 2 Gravel Pit Lanes 7pm No-Tap Monte Carlo, Moab Style! We throw some colored pins into the mix. Get a strike on colored pin combinations & win from \$1 to \$25. We match you with a random secret partner every game to give you even more chances to win \$\$\$. Call (435) 259-4748 to reserve a spot only 12 lanes available.1078 Millcreek Drive.
- Sep 2-6 RR4W Labor Day Campout

  Annual event hosted by Red Rock 4 Wh

Annual event hosted by Red Rock 4 Wheelers. see details in Jeep Safari Magazine p.64,65 or visit rr4w.com to register.

- Sep 3 Jurassic Walk and Talk at the Mill
  Canyon Bone Trail. Join a BLM paleontologist
  for a free walk with dinosaurs at 9 am. After
  daytime adventuring, come by the Moab
  Information Center at 6 pm for "Bones, Stones,
  and Fossil Zones"—a free paleontology talk
  about the Moab area's dinosaurs. For directions
  and additional information, see page 3B or call
  the BLM at (435) 259-2100.
- **Sep 3 Nine Ball Pool Tourneys** 6:30pm til close, Gravel Pit Lanes, 1078 Millcreek Dr, 435-259-4748.
- Sep 3 Pacquito D'Rivera Ensemble, Red Cliffs Lodge, 6pm Part of the Moab Music Festival concert season. For tickets: moabmusicfest.org
- Sep 3-4 Moab Artists Studio Tour. Visit artists in the native habitat in Moab and Castle Valley. Twelve artists will open their studios Saturday and Sunday from 10am 4 pm. For maps visit: www.moabstudiotour.com FREE ADMISSION, see article on pg 1B
- Sep 4 Jurassic Walk and Talk at the Poison Spider Dinosaur Trackway. Join a BLM paleontologist for a free walk with dinosaurs at 9 am. After daytime adventuring, come by the Moab Information Center at 6 pm for "Dino Tracks and Facts"—a free paleontology talk about dinosaur tracks found in the Moab area. For directions and additional information, see page 3B or call the BLM at (435) 259-2100.
- Sep 4 Open Rehearsal Conversation, Star Hall, 11:00 am Free admission, Part of the Moab Music Festival concert season. For ticket and program info: moabmusicfest.org
- Sep 4 Clarice Assad + OFF THE CLIFF, Red Cliffs Lodge, 6pm Part of the Moab Music Festival concert season. For ticket and program info: moabmusicfest.org

www.moabhappenings.com

Moab Happenings • August 2016 • 7A

# and MORE MOAB AREA EVENTS

### Sep 5 LABOR DAY

- Sep 5 Rocky Mountain Power Family Concert, 2:00 pm Free admission, Old City Park. Part of the Moab Music Festival concert season. www. moabmusicfest.org
- Sep 5 Chess Club at The Alley Sports Pub & Grill 6pm til close. 1078 Millcreek Dr. 435-259-4748.
- **Sep 7 Toastmasters -** is a self-paced public speaking club. Held at Zions Bank Building at Noon on the first & third Wednesday of each month.
- Sep 7 Swing Dance Night at Club Rio learn to Swing Dance! Join us every 1st & 3rd Wednesday night brought to you by the Moab Swing Dance Community. Beginner lesson at 7pm for just \$5 (no experience or partner necessary!) & dance the night away to sweet swing & blues tunes. Social dancing from 8pm-10pm is always FREE to all, ages 21+. (2 S. 100 West.) 435-225-6248
- Sep 9 19th, 20th and 21st Century American Masters, 7pm, Star Hall. Part of the Moab Music Festival concert season. For ticket and program info: moabmusicfest.org
- Sep 9 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.
- Sep 10 Renee Rosnes Quartet, Sorrel River Ranch, 6pm Part of the Moab Music Festival concert season. For ticket and program info: moabmusicfest.org
- Sep 10 Indian Summer Festival & Car Show-10am-3pm at Veterans Park, Monticello, Utah. Sponsored by the Monticello Rotary Club. Dutch Oven Cook-off, Car Show, Rummage Sale. For info call Wayne 435-419-0271 or Jennifer 435-419-0749.
- Sep 10 Art Walk You can enjoy Art Walk on the second Saturdays of April, May, June, September, October & November, from 6-9pm. Visit up to eight different venues, see & appreciate many different art displays & enjoy refreshments. For info visit moabartwalk.com or call 435-259-6272.
- **Sep 10 Nine Ball Pool Tourneys** 6:30pm til close, Gravel Pit Lanes, 1078 Millcreek Dr, 435-259-4748.

### Sep 10 Moab Bike Patrol Training

Moab Bike Patrollers assist riders with bike repair

Utah's largest finest Southwest Gallery 435-259-8118 100 South Main Moab, Utah 84532 www.hogantrading.com

and first aid. They also work on trail projects and provide information about riding options and trail use. Learn more at moabbikepatrol.com. Email Russ at moabbikepatrol@gmail.com regarding the training and membership.

### Sep 10-11 Steak & Suds, Moab Golf Tournament

- Sep 11 Closing Night:Ars Longa, Vita Brevis, 7pm Star Hall. Part of the Moab Music Festival concert season. For ticket and program info: moabmusicfest.org
- Sep 12 Chess Club at The Alley Sports Pub & Grill 6pm til close. 1078 Millcreek Dr. 435-259-4748.
- **Sep 13 Sheng Zhen Healing Gong -** is a moving and non moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 North 500 West. 435-260-9678.

### Sep 14-18 Utah Navajo Fair

- Sep 16 Dinosaur Tracks Paleontology Join Canyonlands Field Institute on this day-long tour from Moab. We will visit some of the most spectacular of the Moab area's many dinosaur footprint sites of the Jurassic and Cretaceous periods, seeing tracks left by carnivorous and herbivorous giants! Bring a camera and be prepared to walk where dinosaurs roamed millions of years ago. For more info or to enroll call CFI at 435-259-7750 or go online at cfimoab.org
- Sep 16 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.

### Sep 16-17 Green River Melon Days

- Sep 17 Chaco Canyon and the Rise of Complexity in the Middle and Northern San Juan Regions, Susan Ryan, 2 pm Edge of the Cedars State Park Museum, Blanding. See ad on p.8A
- Sep 17 Nine Ball Pool Tourneys 6:30pm til close, Gravel Pit Lanes, 1078 Millcreek Dr, 435-259-4748
- Sep 19 Chess Club at The Alley Sports Pub & Grill 6pm til close. 1078 Millcreek Dr. 435-259-4748.
- Sep 20 Sheng Zhen Healing Gong is a moving and non moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 North 500 West. 435-260-9678.
- **Sep 21 Toastmasters -** is a self-paced public speaking club. Held at Zions Bank Building at Noon on the first & third Wednesday of each month.
- Sep 22-25 Moab Festival of Science- Connecting and inspiring the citizens of Eastern Utah, particularly youth, with the wonders of science and the joy of scientific discovery.
- Sep 23 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.



- Sep 23 Dancing with the Moab Stars 2016- based on the popular hit TV show, Dancing with the Stars, The Moab Valley Multicultural Center is excited to present this 3rd annual event. Don't miss this fun community event, dance competition, & MVMC fundraiser. It has always been a sold-out show, so be sure to get yourself a ticket early! For info 435-259-5444.
- Sep 23-25 Red Rocks Amateur Golf Tournament Moab Golf Course, 259-6488
- Sep 24 National Park Fee Free Day -The National Park Service turns 100 years old in 2016 & they want everyone to join the party! On 16 days in 2016, all National Park Service sites that charge an entrance fee will offer free admission to everyone. For more info visit nps.gov/findapark/feefreeparks.htm.
- Sep 24 Nine Ball Pool Tourneys 6:30pm til close, Gravel Pit Lanes, 1078 Millcreek Dr, 435-259-4748.

# Sep 25-Oct 1 Gay Adventure Week and Moab Pride Festival

- Sep 26 Chess Club at The Alley Sports Pub & Grill 6pm til close. 1078 Millcreek Dr. 435-259-4748.
- Sep 27 Sheng Zhen Healing Gong is a moving and non moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 North 500 West. 435-260-9678.
- Sep 30 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.
- Sep 30-Oct 2 Outerbike Fall, bicycle manufacturers expo. test rider your favorite new bike. registration includes, shuttles, prizes, movies and entrance to parties. for more info. see description on p. 2B www.outerbike.com

### Oct 1 Moab Century Tour

Oct 1-8 Plein Air Moab

Oct 8 Art Walk - Enjoy Art Walk on the second Saturdays of April, May, June, September, October & November, from 6-9pm. Visit up to eight different venues, see & appreciate many different art displays & enjoy refreshments. For info visit moabartwalk.com or call 435-259-6272.

Oct 9 Ride of the Ancients see ad on pg 9B.



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# MUSEUM HAPPENINGS

# Documentary at John Wesley Powell River History Museum

"Voyagers Without Trace", a documentary uncovering the story of French adventurers who passed through Green River 78 years ago returns for a ONE NIGHT ONLY showing at the John Wesley Powell River History Museum.

Ever since John Wesley Powell first floated past what is now Green River, Utah, river runners have been coming through town, either to resupply or fill up on melons. One of the most notable parties to cross Green River is now the subject of an award-winning documentary "Voyagers Without Trace," showing at the John Wesley Powell River History Museum, August 2 at 7:00 p.m.

Several local residents, such as Nancy Dunham, Waldo Wilcox, Rey Lloyd Hatt, Joanne Chandler, and the 2012 Melon Queen, Destiny Holbrook, participated in the making of the film. The film crew stayed in Green River for three days, filming various locations

around town while staying at the Green River Bunkhouse, Sleepy Hollow Motel and Robber's Roost.

"We are so excited to return Green River, enjoy some melons, and share the film with the community," says Emmy Award-winning filmmaker Ian McCluskey who will be present for a Q & A after the film.

"Voyagers Without Trace introduced Green River, Utah, to audiences around the world," says Tim Glenn, Executive Director to the John Wesley Powell River

History Museum. "It will be so exciting to bring the crew back to Green River and relive the journey."

"Voyagers Without Trace" tells the thrilling adventure story of two newlyweds and their best friend who in 1938 became the first kayakers to float the Green and Colorado

> Rivers. The 80-minute film invites viewers on a treasure hunt with the filmmaker as he uncovers the personal stories of the kayakers who drifted into obscurity after they returned home to France at the brink of World War II. The film shows never before seen footage, and is perhaps the first adventure film shot in color.

> McCluskey, who had never kayaked before, teamed up with experienced kayakers and Kate & Paul Kuthe, to take on the infamous whitewater of the Green and Colorado rivers. The all-volunteer film crew spent 31 days shooting on the river.

> The John Wesley Powell River History Museum screening is the first showing of a three-part Summer Screening Series.

"Voyagers Without Trace" travels to Salt Lake City on August 3, then Green River, Wyoming, August 4.

What: "Voyagers Without Trace" ONE NIGHT ONLY SHOWING

**When:** Tuesday August 2, 7 p.m.

Where: John Wesley Powell River History Museum,

1765 E Main St., Green River

Cost: FREE



For more information on the film, visit:

FrenchKayakFilm.com

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



# What's Lurking Behind the Scenes at the Museum of Moab part 2

The Museum of Moab is the Moab Valley's center for cultural and natural history of eastern Utah and the Moab area. The exhibits include everything from a Jurassic dinosaur found just south of town to archaeological artifacts to tools and historical artifacts from pioneer settlement to mining equipment and geologist Charlie Steen's bronzed boots commemorating the day in 1952 that he found the Mi Vida mine deposit.

The heart of any museum, and the core of its exhibits, is the COLLECTIONS and the Museum of Moab has quite a variety. We house material for the BLM and the Forest Service. We have many photos from Fran Barnes and others, projectile points from the Park Service, the Tanners, and John Williams, and memorabilia from Lloyd Pierson.



We have baby clothes, tools of all sorts, a railroad lantern. quilts, Native American pottery and baskets, doll clothes, medical instruments, adding machines, farming and forestry tools, bricks from Star Hall, and lots of rocks (just to name a few of the items in the collection)! Most of this material was donated by area residents to preserve the history of our region. The Museum is currently working

Collection room

on raising money to build a new facility including both larger exhibits and a larger collections area to better care for more of this historic material.

So stop on in and see what's new. If you've not visited us yet, come and check out the Museum of Moab at 118 East Center Street!

See our website www.moabmuseum.org for information on our exhibits, tours, and programming.



# "DRIFT & DREAM" Watercolor & Oil Paintings of Rivers John Wesley Powell River History Museum, Green River, Utah

"Connecting people and communities to the significance of river history by celebrating the cultures and landscapes of the Colorado Plateau" is the mission statement of the John Wesley Powell River History Museum in Green River, UT. One local Utah artist has been capturing that beauty for thirty-five years. Her name is Serena Supplee of Moab, UT.

"A great artist is always before their time or behind it." ~George Edward Moore

Serena Supplee is an artist that exemplifies talent,

dedication, and persistence in one's craft. For a decade she worked as a guide on the Colorado, Green and San Juan Rivers. She continues to row her boat and follow her heart down rivers that inspire her drawing and painting.

Serena's artwork may be most recognized from the more than 100 images she has published as notecards since 1983 as well as wall calendars since 2008. The John Wesley Powell River History Museum is a longstanding supporter of Serena's.

The Museum will be displaying her artwork from now until - May 30th, 2017. Serena Supplee is a woman of quality and her work reflects that.

'Quality begins on the inside... then works its way out." ~Bob Moawad

For more information on this exhibit please contact: The John Wesley Powell River History Museum 1765 E. Main Street, Green River, UT 84525 435-564-3427 johnwesleypowell.com



'Getting to the Point" 40x60 Oil Painting

# EDGE OF THE CEDARS State Park Museum

660 W. 400 NORTH, BLANDING UTAH FOR MORE INFO CALL 435-678-2238

# 2016 Lecture Series

All events are on Saturday afternoons at 2:00 p.m. in the Museum Auditorium

August 27» Laurie Webster, Re-Excavating Ancient Textiles, Baskets, Wood, and Hides from Southeastern Utah: Latest Findings for the **Cedar Mesa Perishables Project** 

September 17» Susan Ryan, Chaco Canyon and the Rise of Complexity in the Middle and **Northern San Juan Regions** 

October 22» R.E. Burrillo, The Lens of History: **Documenting Impacts to Archaeological Sites** on Cedar Mesa

# On Exhibit

**Ancient Skies Through Ancient Eyes** Photography by Bob Maynard

Colorful Impressions of A Beautiful Land and Its People

Paintings by Gary Guymon All lectures are at the Edge of the Cedars Auditorium

and are free to the public.

www.moabhappenings.com

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# STUNTS, STARS AND LEGENDS

Stunts, Stars and Legends

TAP CANUTT:

The son of famed stuntman/stunt-coordinator, was born Edward Clay Canutt. Tap worked for different Western Productions from "Only the Valiant" (1951) to the "Wild Bunch" (1969) and he was there when epic movie Stars got into trouble. "Ben-Hur", "Spartacus" or "EI Cid" were just a few..

Tap became part of Kit West's stunt crew. He was the stunt double for Boyd in "Fall of the Roman Empire" and for "El Condor" production. He was the Stunt Coordinator and directed different stunt scenes as Second Unit Director.



## **CHARLTON HESTON:**

Born John Charles Carter or Charlton John Carter is a Hollywood Star, who appeared in 100 films of a course of 60 years. He played Moses in "The Ten Commandments" in 1956 for which he received his first Golden Globe Award nomination. He also starred in "Touch of Evil" (1958), "Ben Hur", for which he won the Academy Award for Best Actor (1959) "EI Cid" (1961), and "Planet of the Apes" (1968). He also starred in "The Greatest Show on Earth" (1952), and "The Big Country" (1958).

In 1944 Heston enlisted in the U.S. Army Air Forces. He served for two years as a radio operator and aerial gunner on a B-25 Mitchell Bomber stationed in the Alaskan Aleutian Islands.

After the war He lived in Hell's Kitchen in New York City where he worked as an artist's model. He played a number of roles in CBS's Studio One in the 1950s.

After Marlon Brando, Burt Lancaster and Rock Hudson turned down the title role in "Ben Hur", Heston accepted the role.



In 1996, Heston had a hip replacement. He was diagnosed with prostate cancer in 1998. In 2002, he publicly announced that he had been diagnosed with symptoms consistent with Alzeimer's disease. In 2003, he received the Presidential Medal of Freedom at the White House from President George W.Bush.

# Movie & Western Memorabilia Museum at Red Cliffs Lodge

Red Cliff's 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 Commancheros*, and *Rio Conchos*.

The late George White was founder of the Moab to Monument Valley Film

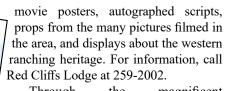
# A partial list of stars that have made movies in Moab

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.

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,



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.



Article and drawings by John Hagner

### Films Made in the Moab Area

1939 - Stagecoach

1949 - Wagon Master

1950 - Rio Grande

1950 - The Battle At Apache Pass

1953 - Taza, son of Cochise

1958 - Warlock

1959 - Ten Who Dared

1961 - Comancheros

1963 - The Greatest Story Ever Told

1963 - Cheyenne Autumn

1964 - Rio Conchos 1966 - Wild Rovers

1966 - Fade In

1967 - Blue

1975 - Against a Crooked Sky

1982 - Spacehunter: Adventures in the Forbidden Zone

1984 - Choke Canyon

1985 - MacGyver

1987 - Nightmare at Noon

1988 - Sundown: Vampires in Retreat

1988 - Indiana Jones and the Last Crusade

1990 - Thelma and Louise

1992 - Knights

1992 - Slaughter of the Innocents

1993 - Geronimo: An American Legend

1993 - City Slickers II: The

Search for Curly's Gold

1993 - Lightning Jack

1994 - The Great American West

1995 - Larger Than Life

1995 - Riders of the Purple Sage

1995 - The Sunchaser

1996 - Breakdown

1996 - Con-Air

1997 - Lost Treasure of Dos Santos

1998 - Chill Factor

1998 - Galaxy Quest

1999 - The Adventures of Joe Dirt

1999 - Mission Impossible II

1999 - Vertical Limit

2000 - Nurse Betty

2001 - Touched by an Angel 2002 - Austin Powers 3

2005 - Don't Come

Knocking 2008 - Star Trek

2000 - Stat 116K

2009 - The Canyon

2009 - Remember I'll Always Love You

2010 - 127 Hours

2010 - John Carter of Mars

2013 - After Earth

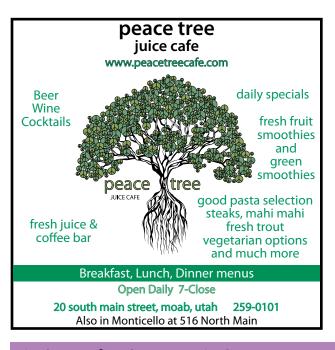
2013 - The Lone Ranger 2014 - Need for Speed

2014 - Transformers: Age of Extinction

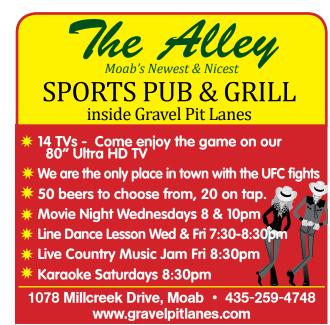


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# LIVE MUSIC







# Moab Live Music

- 98 Center, Jasper Groff
- Blu Bar, Jon O, 7pm Aug 1
- Blu Bar, Jasper Groff, 7pm Aug 2
- Aug 3 Blu Bar, Community Music Night hosted by Scott Ibex, 7pm
- Aug 4 Blu Bar, Lost Buffalo, 7pm
- Aug 5 The Alley, Live Country Music Jam, 8:30pm
- Aug 5 Blu Bar, Rogue Assets, 7pm
- Aug 6 The Alley, Karaoke, 8:30pm
- Blu Bar, Rogue Assets, 7pm Aug 6
- Blu Bar, TBA, 7pm Aug 7
- Aug 8 98 Center, Jasper Groff
- Blu Bar, Jon O, 7pm Aug 8
- Blu Bar, Jasper Groff, 7pm
- Aug 10 Blu Bar, Community Music Night hosted by Scott Ibex, 7pm

Aug 11 Blu Bar, Lost Buffalo, 7pm

- Aug 12 The Alley, Live Country Music Jam, 8:30pm
- Aug 12 Blu Bar, Blackkiss, 7pm
- Aug 13 The Alley, Karaoke, 8:30pm
- Aug 13 Blu Bar, TBA, 7pm
- Aug 14 Blu Bar, Jenna Talbott, 7pm
- Aug 15 98 Center, Jasper Groff
- Aug 15 Blu Bar, John O, 7pm
- Aug 16 Blu Bar, Jasper Groff, 7pm
- Aug 17 98 Center, John O
- Aug 17 Blu Bar, Community Music Night hosted by Scott Ibex, 7pm
- Aug 18 Blu Bar, Lost Buffalo, 7pm
- Aug 19 The Alley, Live Country Music Jam, 8:30pm
- Aug 19 Blu Bar, Rogue Assets, 7pm
- Aug 20 The Alley, Karaoke, 8:30pm

- Aug 20 Blu Bar, Alan & Valerie Brown 7pm
- Aug 21 Blu Bar, Jenna Talbott, 7pm
- Aug 22 Blu Bar, Jon O, 7pm
- Aug 23 Blu Bar, Jasper Groff 7pm
- Aug 24 Blu Bar, Community Music Night hosted by Scott Ibex, 7pm
- Aug 25 Blu Bar, Lost Buffalo, 7pm
- Aug 26 The Alley, Live Country Music Jam, 8:30pm
- Aug 26 Blu Bar, TBA, 7pm
- Aug 27 The Alley, Karaoke, 8:30pm Aug 27 Blu Bar, TBA, 7pm
- Aug 28 Blu Bar, Jenna Talbott, 7pm
- Aug 29 Blu Bar, Jon O, 7pm
- Aug 30 Blu Bar, Jasper Groff 7pm
- Aug 31 Blu Bar, Community Music Night hosted by Scott Ibex, 7pm

# Music Locations

Blu Bar 811 S. Main Street 435-259-3333

Club Rio 2 South 100 West 435-259-2654

The Alley Sports Pub & Grill 1078 Millcreek Dr. 435-259-4748

**Backyard Theater** 56 W. 100 South (behind Zax Restaurant) The Atomic Lounge 1393 N Hwy 191 435-259-5201

98 Center 98 Center Street 435-355-0098

**Eddie McStiff's** 59 S. Main Street 435-259-2337

# Bluegrass Band Set For Double CD Release Party At Backyard Theater

Local western Bluegrass band, Quicksand Soup, is set to release two CD's of new music simultaneously on Wednesday, August 17th at Moab's Backyard Theater. Admission is free.

The band has been hosting a free bluegrass show every Wednesday at the theater for the last couple of years, and has seen the night's popularity increase steadily. "People love that mountain

music," says Sand Sheff, guitarist and banjo player for Quicksand Soup. "It seems to speak to people in some way that's hard to put a finger on."

Indeed, all over the nation, traditional acoustic music has seen a resurgence over the last couple of decades. Bluegrass festivals have become popular family destinations and old-time music has even created a few "stars" like Alison Krauss and the Old Crow Medicine Show. Out west, bluegrass festivals can be found all across

Colorado in the summertime.

Quicksand Soup is distinctly Moab Bluegrass, however. The band is made up of four local men with deep roots in Moab. Guitarist David Steward has been in

> Moab since the early 1980's. He is known as one of the most talented and versatile pickers in the area, equally adept at performing country, rock or jazz. He lights up the acoustic guitar with a showstopping flatpicking style. He is also an established songwriter who contributes an original composition to one of the CD's.

Mandolin player Eric Jones

is a Rocky Mountain native raised in the small town of Dinosaur, Colorado. He has also been in Moab for decades. He performed with the popular bluegrass band, Big Timbre, for many years.

Bassist Alan Snow is only 17 years old, but has already been making a name for himself as an exciting performer. He takes the lead vocals for two songs on the new CDs.

Sand Sheff is the leader of the band, and one showcases CDhis original material. Sheff, born in Flagstaff



AZ, is a veteran of the Nashville and Austin music scenes with some 14 albums to his name.

The CDs were recorded in Moab at Jon Olchewski's home studio. One is titled "Heading to the Hills" and the other "Walk on In."

The show will start Wednesday, August 17th at 8pm. dmission is free. The Backyard Theater is one of the only consistent outdoor venues in the west, and features magic and music five nights a week. It is located behind Zax Restaurant at 56W. 100 South.







www.moabhappenings.com

Moab Happenings • August 2016 • 11A



# RESTAURANT GUIDE













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

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

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

Moab boasts four upscale lounges. The Atomic Lounge crafted cocktail lounge, next to Atomic Burger, The Ghost Bar, upstairs at Jeffrey's Steakhouse and Blu Bar located in The Blu Pig. They have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind. 98 Center is the newest lounge.

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

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

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

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







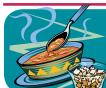
Serving Breakfast, Lunch & Dinner Full Bar, Beer, Local & International Wine List 17 Miles Northeast of Moab on Scenic Hwy 128 435-259-4642 | www.sorrelriver.com

A FARM-TO-TABLE FINE DINING EXPERIENCE









# RESTAURANT GUIDE



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# RESTAURANT











### 98 Center

98 E. Center St. Open 11am - Midnight 435-355-0098

435-355-0533

98 Center invites you to elevate your palate, elevate your experience. By day we offer a fun, fast, fresh lunch that boasts homemade Pho, Bahn Mi sandwiches, salads and an endless supply of cold brew, pour over, and Vietnamese coffee. By night 98 Center transforms into a casual lounge offering craft cocktails and small plates that include pork belly, scallop dish and fennel bulb. Our distinct atmosphere

is our specialty—a place to gather, listen to live music, or enjoy good conversation with friends over our selection of signature cocktails, beer and wine.

Lunch Specials • Dinner Open Wed-Sun 11am-9pm

At Arches Thai we strive to serve you authentic Thai cuisine and our style Pho with fresh and healthy ingresdients 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 Burger, BBQ & Lounge

**Arches Thai** 60 North 100 West

1393 North Hwy 191 Open Daily Sat & Sun Brunch 10am-3pm

435-259-6092

The ATOMIC is an eclectic eatery owned and operated by Chef Tim Buckingham. Whether you are looking for that specialty coffee drink in the morning and a quick bite to go or you want to enjoy one of his lunch and dinner creations from his refined menu of small plates, gourmet burgers, BBQ and more. You may choose your setting either from the warm earth toned dining area, the beautiful secluded patio or mingle in the lounge imbibing with one of his unique craft cocktail creations

### The Alley Sports Pub & Grill

1078 Millcreek Drive Open Daily

435-259-4748

435-355-0899

The newest sports pub & grill insde 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, 20 on tap. Movie Night Wednesdays 8 & 10pm showings. Under 21 welcome. wwwgravelpitlanes.com.

### Bangkok House: Thai & Sushi Bar

2728 S. Hwy 191

Lunch • Dinner

Sun. - Thurs. 11 - 9:30 Fri. & Sat. 11 - 9:30

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

### Bangkok House Too, Sushi Bar & Asian Bistro

59 South Main St. Suite B

435-355-0168

Dine In • Take Out Open Daily 11:00-9:30 Sunday close at 5:00

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

(Formerly Moab Classic Bike & Coffee)

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, come and taste the difference. 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/pages/Moab-Classic-Bike/129161960570308

### Blu Pig & Blu Bar

811 S. Main

435-259-3333

Lunch • Dinner • Take Out Open Daily 11:30-close

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

### **Broken Oar**

53 West 400 North Open 5pm Nightly - Closed Sundays 435-259-3127

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

Burger King 606 South Main 435-259-2700

Club Rio

2 South 100 West 435-259-2654

Open everyday Till 1:00am

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

China Cafe 812 South Main 435-259-7933

### **Cowboy Grill at Red Cliffs Resort**

16 Miles up Highway 128

435-259-2002

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

### Denny's

989 North Highway 19

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

Open Tuesday-Sunday 5:30pm-9:30pm

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

### Eddie McStiff's

59 South Main Street

435-259-2337

435-355-0854

Lunch • Dinner Open 11:30am

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

### El Charro Loco Mexican Grill

812 S. Main Street

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.

### **EklectiCafe**

352 North Main Street

435-259-6896

Breakfast • Lunch Daily 7:00am - 2:30pm

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

### Fiesta Mexicana

202 South Main Street

435-259-4366

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 \$7.75 Full bar.

### Giliberto's

396 South Main

435-259-1678

Open 24 hours everyday

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.

### Jailhouse Cafe

101 North Main Street

435-259-3900

Open Wednesday - Monday 7am-Noon Closed Tuesday

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

### Jeffrey's Steakhouse

218 North 100 West

435-259-3588

Open at 5:00pm Call for reservations. Our mission at Jeffrey's is to provide our guests with the

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

### La Hacienda

574 North Main St.

435-355-0529

Lunch • Dinner Open Noon - Close Closed Tuesday

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

Love Muffin Café 139 North Main 435-259-6833 McDonald's 640 South Main 435-259-8800 www.moabhappenings.com Moab Happenings • August 2016 • 13A



# GUIDE P

435-259-6546











### Miguel's Baja Grill

51 North Main Open Daily at 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

435-259-7424 400 East and Millcreek Drive

Open Tue.- Sun. 11am - 8:30pm Closed Mondays

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

### Moab Brewery

686 South Main 435-259-6333

Lunch & Dinner Open 11:30am DAILY

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

### **Moab Chevron Deli**

435-259-2212 817 So Main (inside Moab Chevron) Deli Open 5 a.m. - 8 p.m.

Open 24 hours a day. Featuring Moab's favorite Champs chicken, sandwiches and much more. Now offering Udi's gluten free sandwich bread. Call in orders welcome. Store & Fuel open 24 hrs. Deli & call in orders 5am-8pm.

### **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

### **Moab Diner & Ice Cream Shoppe**

189 South Main 435-259-4006

Breakfast • Lunch • Dinner

Mon-Thurs: 6am - 10pm Fri-Sat: 6am - 11pm

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

### **MOYO – Moab Frozen Yogurt**

331 N. Main St. 435-355-0010

Open Mon-Sat 11-11 Sun 12-10

MOYO is a self-serve frozen yogurt shop that offers 14 delicious flavors of yogurt, including low fat and no-sugar added. We also have custard and Italian ice. Our topping bar offers over 30 choices, from healthy to decadent, to enhance your froyo experience. All of our yogurts and sorbets are real dairy, live and active culture certified as well as OU-D Kosher certified. Come down and enjoy our indoor seating or our covered, lighted patio with misters. We also offer plenty of parking in back. Enjoy a free sample and meet our friendly staff.

### **Moab Grill Steakhouse**

540 South Main 435-259-4848

Breakfast • Lunch • Dinner • Catering Open 6:30am

Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to hand cut choice steaks and seafood for dinner. Our homemade soups, pies, cobblers, espresso and our crazy juicy burgers are good any time of day. Family Fun Seafood Night. Saturday and Sunday - Slow Roasted Prime Rib. Small private meeting room. Internet service, and catch up on the news on 2 flat screens. Full wine and beer menu. Vegetarian and gluten free dishes. Counter Dining.

Pancake Haus 196 South Main 435-259-7141

### **Paradox Pizza**

702 South Main St 435-259-9999

4pm-10pm Thurs-Mon

At Paradox Pizza, everything is made in house, from our pizza

dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly.

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

# **Peace Tree Juice Cafe**

435-259-0101 20 South Main

Breakfast - Lunch - Dinner Open Daily 7 - Close

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

435-259-6345 Pizza Hut 265 South Main

Quesadilla Mobilla 89 N. Main 435-260-0289

### Red Rock Bakery & Net Cafe

435-259-5941 74 S. Main Street

Breakfast • Lunch Open Daily at 7am 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 for the trails. Order ahead for faster service. Free WiFi with purchase. Featuring artwork from Greg MacDonald &

Sabaku Sushi 90 East Center 435-259-4455

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

### **Sorrel River Grill Restaurant**

17 Miles Northeast on Scenic Hwy 128 435-259-4642 Breakfast • Lunch • Dinner & Drinks

Enhanced Utah Dining Experience. Overlooking the Colorado River, enjoy delicious menu offerings from tender aged beef entrées, mouth watering seafood specials and garden fresh vegetable dishes direct from the ranch's organic garden. Full liquor license and extensive wine list. Casual dress. Reservations recommended.

### The Spoke On Center

Alex Burbidge.

5 North Main 435-260-7177

Lunch & Dinner Open daily 11:00 a.m. Moab's newest restaurant 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. If burgers are not your favorite, 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 also available. Full service liquor license. Take out available.

### **Subway Sandwich Shop**

299 South Main 435-259-SUBS

Breakfast & Lunch Open 7am everyday

NOW SERVING BREAKFAST ALL DAY! Create your own healthy sandwiches and salads. Five varieties of freshly baked bread. Load up your subs with lots of fresh veggies and one of SUBWAY'S special sauces. Located inside 7/11 Convenience Store (corner of 300 South and Main)

### Sunset Grill

900 North Highway 191 Dinner • Open 5 pm daily. Closed Sundays

Steaks, Seafood, Pasta, Prime Rib. Freshingredients 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 11am - 10pm

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

### **Sweet Cravings Bakery & Bistro**

397 North Main

Breakfast • Lunch Open 7 days a week 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

Szechuan Restaurant 125 North Main 435-259-8984

### Twisted Sistas' Café

11 E. 100 N. Main Street 435-355-0088

Lunch: 11:45am - 3pm. Dinner: 5pm - 9pm

Twisted Sistas' cafe will make your tastebuds dance!! Featuring fresh tapas, soups, salads and main course plates. Sandwiches, wraps & burgers served at lunch only. We also offer a selection of homemade desserts. Enjoy fabulous

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

cocktails at our Trail Bar! www.twistedsistascafe.com.

### Wicked Brew 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 • Family Dining • Catering

Open daily at 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 out on our all-weather covered patio. Watch favorite sporting events on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Full liquor license. Locally owned and operated. Call us to host your event on our patio, in our tavern or for your holiday celebration.



Breakfast/Lunch Sandwiches & Salads **Endless Homemade Pastries** 

Boxed Lunches • Caterina Now Delivering

**Open Daily** 7am-4pm

435-259-8983 • www.cravemoab.com

397 N. Main Street, Moab, UT 84532





www.ZAXMOAB.com

96 S Main St



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



# RESTAURANT GUIDE

★ Sunset

Sorrel River Grill Restaurant

Cowboy Grill at

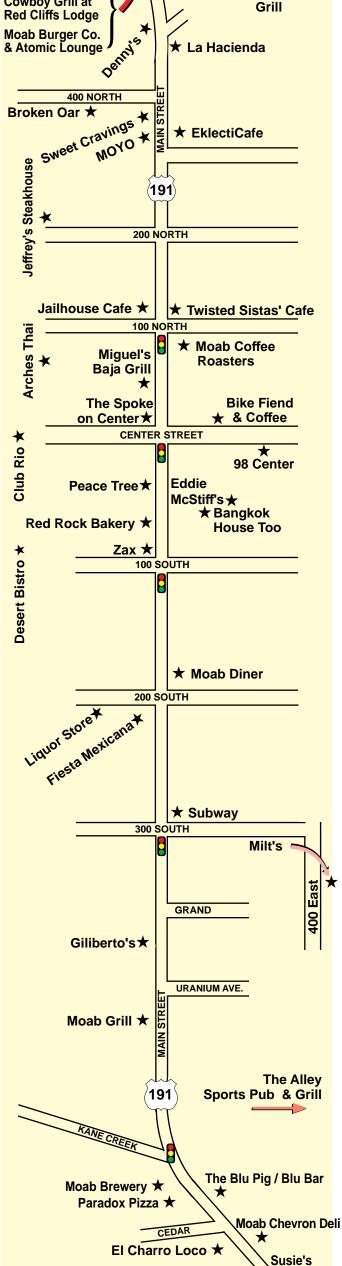


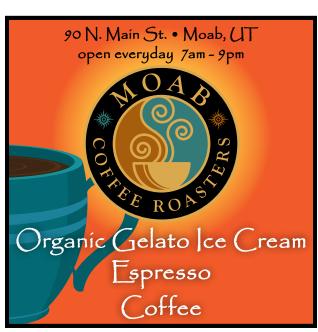




















RESTAURANT GUIDE

**Bangkok House** 

**∖Iron** 

Wicked Brew Espresso Drive Thru



# RESTAURANT GUIDE





# **FREE DELIVERY**

### Authentic

thai - sushi - teriyaki - tempura - bento seafood - rice & noodles

> Sun. - Thurs. 11 - 9:30 Wed. Closed Fri. & Sat. 11 - 9:30

2728 S. Hwy 191, Moab | 435-355-0899 | 5 min. from DOWNTOWN!

WWW.BANGKOKHOUSEMOAB.COM









# Zinzi Catering

by Marie Charlton & Lorynn Charlton

Zinzi was born in South Africa where she learned to become a Pastry Chef. Her motivation to begin to cook came from most of her family. Her mother was especially encouraging of Zinzi's passion to cook. moved to America some time later and decided to pursue this dream of cooking. Here in Moab she started her own catering service, Zinzi M Catering, and even has her own website!

The Moab Farmers' Market happened to be a great way for her to show people what she could do,

and to just make people happy with her delectable cooking. She offers up a great variety of baked goods ranging from wonderful cupcakes, to scones.

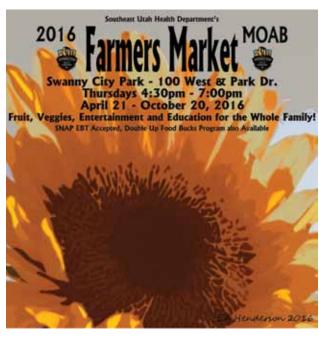
One of Zinzi's favorite things about the Farmers' Market

is seeing the joy that comes to her customers faces when they bite into one of her fabulous treats. She appreciates all of the sweet vendors that work alongside her, as well as the new people she meets.

Over all Zinzi loves the Moab community and all of the fun new people she gets to meet. So come on down to The Moab Farmers' Market every Thursday from 4:30 to 7:00 at Swanny City Park to meet Zinzi, her wonderful smile, and her upbeat personality.

You can reach Zinzi at 720-560-2986 or email her at zinzim.catering@gmail.com. Also go check out her cool website, zinzimcatering.com

















16A • Moab Happenings www.moabhappenings.com

# CUISINE HAPPENINGS

# Restaurant 101

My oldest brother has 4 teenage kids, ranging from 18 years old down to 14. About a year ago we invited them down to work at The Broken Oar during their summer break to get them some extra school money. Their dad is a very hard worker and he had taught his kids to do the

same. They were great workers, excited to learn and anxious to do whatever was asked of them. Every night when they came home, they would tell me another new discovery they made about the restaurant. My favorite came from my 14-year old nephew who referred to the server trays as having a "magical force field" since things would tip over but never fall off. The day he found out it was only a textured surface keeping them on was a sad day indeed! It was so exciting to see the restaurant business through new eyes and it gave me a realization that not everyone knows what actually goes on behind the scenes, so this month's article is an opportunity to get a behind the scenes look at what restaurant work is all about and what makes good service.

People always say that your first impression is the lasting impression, and it's true. An essential yet simple way to give people a great dining experience is to greet them in a friendly, prompt manner. This is most often done by a competent host. One of the things, we stress most when training our hosts is that they should treat their job as if they are the host of a party or event at their home, they are literally THE HOST of the restaurant and they should act and take ownership in that role. They should greet the guests, introduce them to their server, make sure they are taken care of during their meal, and then bid them farewell at the door. This first impression allows the diner to be comfortable in the restaurant, making them want to stay longer and eat more. Also, when guests are comfortable, they are less likely to get frustrated over wait times when the restaurant is especially busy.

The most memorable part of any dining experience, aside from the food, is the impression and attention you receive from your server. A server's job can be extremely difficult. It is entirely performance based, their restaurant pays them an hourly wage of just over two dollars which is almost instantly eaten up in taxes and the rest of their wage is dependent on the tips they receive. They are the

front line of the dining experience and their performance will make or break the diner's experience. There can have a beautiful setting, amazing food, but if a server was inattentive or incompetent, a guests' entire experience is tainted. Therefore, it is so important that a server be prompt,

efficient, friendly, and available. To do so, they should be able to continue fostering the feeling of comfort created from the beginning of their experience, and know that friendliness will make them approachable and likeable. An efficient server will have an excellent knowledge of the menu. They will

know how to answer questions regarding ingredients and allergy-related questions. When asked, they can give recommendations, or pairing suggestions. This will give the customer the confidence in their meal even before they taste it.

I can be quite the indecisive person, so

one thing I often do in restaurants is ask the server what they recommend .There is nothing more disheartening then the server hesitantly telling me, "Well, \_\_\_\_ is pretty good." Or worse, not being able to give me a recommendation at all. Instantly, I know that server doesn't like their food enough to eat it themselves and, and if they don't want to eat it...why should I?

Once the server has their guests excited about their meal, now the server's job is to keep them happy until they get their food. Keeping their drinks full, providing a house salad, or simply being available, a good server is not just someone who takes an order and fetches food, a good server is also an entertainer when necessary. They can do this by talking, telling stories, suggesting or discuss ingmemorable sites and activities. Generally, a person who is talking and laughing is not going to be worried about how long their food may take.

A server is a perfect metaphor of a swimming duck, composed on the surface, but working like crazy behind the scenes. They also have a large support team helping them

do it. The support team includes the hosts, who continue to take care of guests even after they turn their service over. They have bussers, who clean their tables, clear patrons' empty plates and much more. There are food runners, who deliver food, giving servers as much time as possible at their tables. Food runners are paid a normal hourly wage, but the servers also are required to "tip out" a percentage of their tips to their support team, because without them they wouldn't be able to do half of what is required.

Now let's talk about what all that service means in cold hard cash...Before meeting my husband Randy, I was probably a "tipping snob." I didn't go out much, and when I did I probably tipped about 10-15% tops...Not because

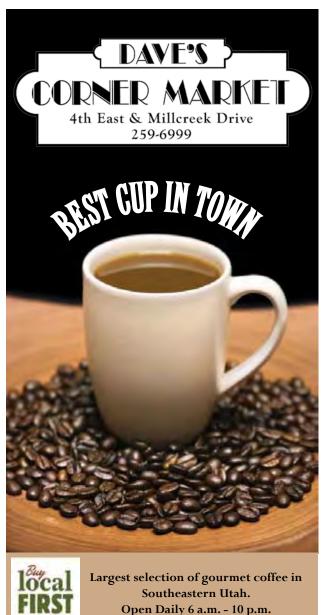
I didn't think they deserved it, or didn't want to tip well, but that I didn't know what was acceptable or considered a good tip. Now when I go out to dinner with my husband, I am frequently blown away with what kind of tip he will give. A good tip is 20% of the bill, anything more is exceptional and any less means there was room for improvement. Randy is a solid 20% tipper, unless it is exceptionally bad. On multiple occasions, I have seen servers run us down to actually thank him for his tip. He is very aware of what good service is and the effort it takes and he rewards servers accordingly. If we ever go to the same place twice, the serving staff always remember 'him and treat him even better the next time.

by Adrena Apadaca

So, here is a shout out to all the servers and support staff in restaurants in Moab. Excellent service isn't easy, but incredibly memorable when you experience it! At the Broken Oar, we constantly train and impress upon our staff the importance of quality service. So here's a huge thank you to all of our staff who strives to give the quality of excellence we expect! Come on down to the Broken Oar restaurant and let us treat you to a fine dining experience. The Broken Oar is opened nightly at 5:00 pm, located at 53 West 400 North. Come in, call (435)259-3127 for a reservation, or visit www.thebrokenoarmoab.com.

Randy and Adrena Apadaca own and operate the Broken Oar restaurant.





www.moabhappenings.com Moab Happenings • August 2016 • 17A

# MUSIC FESTIVAL HAPPENINGS

# The Moab Music Festival™ Heats Up The Red Rocks With Latin Sounds!

This September, the Moab Music Festival™ celebrates 24 years of music in concert with the landscape<sup>TM</sup>. Over 12 days, genres will bend and blend, echoing off canyon walls in sunset along the Colorado River; intimate Music Walks of miraculous natural beauty will lead to stunning performances by renowned virtuosi; and three noon concerts in the sonically perfect and visually breathtaking Colorado River Grotto will feature a grand piano arriving the same way audience does – by jet boat!

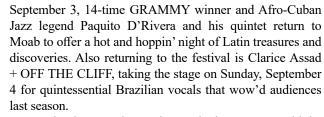
From September 1 through 12, the festival becomes "the hottest ticket of the season" (Sunset), as it offers 17

concerts indoors and out, on land and by the banks of the Colorado River. "Our 24th season hosts 10 concerts outdoors, many of them in wilderness settings," commented co-founder, Music Director, and pianist Michael Barrett. "The red rock desert and Colorado River always seem to give our concerts an added depth we can find only here."

Highlighting opening weekend is a

mini-festival of jazz and traditional Latin American music, which is sure to heat things up! Starting the festivities on

Friday, September 2 is an evening infused with the passion and danger of flamenco and the lyricism of zarzuela, spotlighting the Paraguayan "guitarist extraordinaire" (The Washington Post) Berta Rojas. The next night, on Saturday, Clarice Assad. Photo by Amara Photos



And what Moab Music Festival season would be complete without the free annual Labor Day Rocky Mountain Power Family Concert in Old City Park? Bring your dancing shoes, because all the artists from the Latin

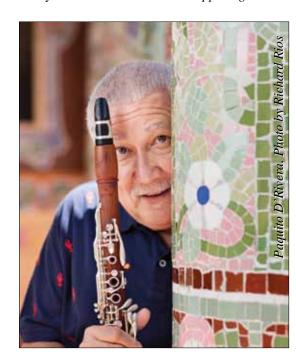
> Festival come together on Monday, September 5 in a fusion of Cuban, Paraguayan, Brazilian sounds that are sure to ignite musical fireworks! Bring the kids and a picnic, and get ready to catch the (heat) wave!

> Before these vibrant Latino sounds and artists take center stage, young and old, first-timers and old-timers will delight in an unusual concert that kicks off the entire 24th

Moab Music Festival at Star Hall on Thursday, September 1, and will be long-remembered. The beloved New York Festival of Song offers "a delightful anomaly" (Opera News) - Schubert/Beatles celebrates two careers separated by a century-and-a-half that captured the ethos of their eras: Schubert and the team of McCartney and Lennon.

The festival schedule also includes intimate evenings of music, food and wonderful company at spectacular private homes and ranches of red rock country. Like the music, there's something for everyone! For 12 days in September, "this adrenaline-fueled town makes room for classical-music lovers and out-of-town musicians who come here for concerts which explore more subtle extremes of intimacy with nature and silence - an experience that draws performers and audiences closer together" (The Wall Street Journal).

For more concert and ticket information about the 24th Moab Music Festival<sup>TM</sup>, visit www.moabmusicfest. org or the Festival Office at 58 East 300 South, Moab, or phone the Box Office at (435) 259-7003. And be sure to mention you read about it in Moab Happenings.









Moab, UT

moabmusicfest.org



Maps also available at Moab Information Center 25 E Center St., Gallery Moab 87 N. Main and artist studios.

For more information visit: www.moabstudiotour.com 18A • Moab Happenings www.moabhappenings.com

# NIGHT SKY HAPPENINGS

# The Night Sky for August 2016

AUGUST SUNRISE & SUNSET TIMES

sunset assumes a landscape.)

DATE	SUNRISE	SUNSET
1	6:20am	8:28pm
2	6:21am	8:27pm
3	6:22am	8:26pm
4	6:23am	8:25pm
5	6:24am	8:24pm
6	6:25am	8:23pm
7	6:26am	8:21pm
8	6:27am	8:20pm
9	6:28am	8:19pm
10	6:28am	8:18pm
11	6:29am	8:17pm
12	6:30am	8:15pm
13	6:31am	8:14pm
14	6:32am	8:13pm
15	6:33am	8:12pm
16	6:34am	8:10pm
17	6:35am	8:09pm
18	6:36am	8:08pm
19	6:36am	8:06pm
20	6:37am	8:05pm
21	6:38am	8:03pm
22	6:39am	8:02pm
23	6:40am	8:01pm
24	6:41am	7:59pm
25	6:42am	7:58pm
26	6:43am	7:56pm
27	6:44am	7:55pm
28	6:44am	7:53pm
29	6:18am	8:31pm
30	6:19am	8:30pm
31	6:20am	8:29pm

flat Deneb in Cygnus, Vega in Lyra, and Altair in Aquila—you are looking horizon. Actual time may across one of the dark voids within the spiral galaxy and into vary depending upon the the Sagittarius Arm of the Milky Way. At this time of year the flattened disk we see of the Milky Way is nearly perpendicular to the Earth's equator as well as the celestial equator. If you have a clear view of both eastern and western horizons, you can find the celestial poles of the galaxy. The north celestial pole is found in Coma Berenices low on the northwestern horizon. The south celestial pole lies within the square of Pegasus low on the eastern horizon.

### **VISIBLE PLANETS** Evening (Before Midnight)

Jupiter 4 – Jupiter lingers in the western sky for almost an hour after Venus sets. Their distance diminishes as Jupiter rises earlier and Venus rises later each day. By August 27, the two planets appear about 0.5 ° apart, after which Jupiter sets earlier than Venus and fades into the glare of the setting sun. (Magnitude -1.6)

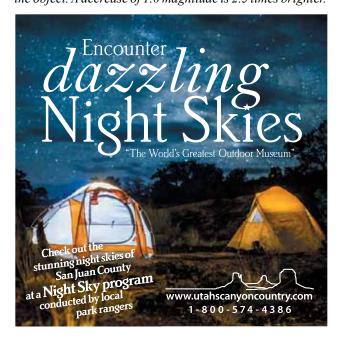
the overhead sky at the head of Scorpius. The red planet moves noticeably eastward each nightapproaching Saturn later in the month when they line up vertically above red star Antares. (Magnitude -0.4) Mercury ¥ - Look for Mercury before August 19 when it is higher in the western sky than Venusabout 15° above Venus on August 1st. The distance decreases over the next few weeks. On August 16 Mercury appears about 8°

above the horizon. Within a few days it is setting ahead of Venus.

**Saturn** 5 – The ringed planet trails Mars by about 15° at the beginning of August. Saturn ends its retrograde western movement on August 13 and resumes its eastern progression through the night sky. By August 24 Saturn, Mars, and Antares have converged into a nearly vertical line at the neck of Scorpius in the southwestern sky. They set in tandem around midnight until month's end. (Magnitude +0.1)

Venus ♀ - Brilliant Venus cannot be missed on the western horizon as civil twilight gives way to nautical twilight. Venus maintains its claim as the "evening star" throughout the month as both Mercury and Jupiter do-si-do around and below it and disappear into the sun's glare. (Magnitude -3.8)

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



The Milky Way splits the sky from north to south on August evenings. It's easy to Moab UT (at City Hall) spot-stretching from Cassiopeia through Cygnus, Aquila, and Sagittarius. When you 38°34' N Latitude - 109°33' W Longitude (The time of sunrise and look towards Cygnus and the Summer Triangle—formed by the three stars 4048 ft - 1234 m Elevation Hold the star chart high above your head and match the compass directions to the direction you are facing. Adjust the star chart by orienting Ursa Major (Big Dipper) to Camelopardalis match its position in the sky. The star chart approximates the sky from astronomical twilight to midnight. As the night and month progresses,

E

Mars ♂ - Mars claims

August 2 – New moon (2:44pm) yields dark skies for several nights.

MOON HAPPENINGS

August 10 – Waxing first quarter moon lights the evening sky then sets soon after midnight.

S

August 18 – Full moon (3:26am) rises at 8:25pm.

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

Twilight is often the best time to look for Venus and Mercury because they frequently rise or set within onehalf to one hour of sunrise or sunset. Twilight transitions between night and day in three stages at each end of the day. Morning twilight begins with astronomical twilight as the eastern horizon brightens —about 1-1/2 hours (nearly 2 during summer months) before sunrise when the sun is 18° below the horizon. Nautical twilight takes over for another 30-40 minutes—as the sun passes 12 ° below the horizon

0.5 °less that width of the little finger.

By Faylene Roth

the constellations shift

toward the northwest. The celestial equator is

measured in hours (h).

measured

arm's length to measure

apparent distances in the

sky. The width of the little

finger approximates 1.5°.

Middle, ring, and little

finger touching represent

about 5°. The width of a fist is

about 10°. The fist with the thumb

extended at a right angle equals 15°.

The hand stretched from thumb to little

finger approximates 20°-25°. The diameter

of both the full moon and the Sun spans only

degrees.

The ecliptic is

Hold your hand at

and the overhead sky turns blue and color returns to the surrounding landscape. The final stage—civil twilight begins when the sun ascends to 6° below the horizon and provides adequate light for most outdoor activities for the half hour before the sun crests the horizon. The opposite progression occurs after sunset. Civil twilight covers the period after sunset during which daytime light quality persists for about one-half hour. Color then fades from the landscape during the 30-40 minute period of nautical twilight during which the overhead sky darkens while the western sky retains color. Astronomical twilight then transitions to night skies that are now darkened along the horizon.

### MAJOR METEOR EVENTS

Shower	Peak (August)	Range (August)	Constellation Radiant	Rate (/hr)	Details	Conditions
Perseids	12/13	1-26	Perseus	50-80	Swift, bright, persistent trains	Waxing moon sets at 1:23am

Best time to view any meteor event is between midnight and morning twilight when the radiant is overhead.

Trace the path of any meteor backwards through the sky to reach its radiant--the region of the sky from which meteors appear to originate.

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



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# OUTDOOR EDUCATION HAPPENINGS

# CFI Annual Benefit Dinner and Silent Auction

Canyonlands Field Institute (CFI) is excited to announce our annual Benefit Dinner and Silent Auction this August 21st. This year we will be returning to Whispering Oaks Ranch for a night dedicated to furthering our mission of, "providing quality outdoor education on the Colorado Plateau, to inspire care of wild places and renew the human spirit." Your attendance will provide support for our youth education programs.

The night will be full of lively conversation and merriment highlighted by our keynote speaker Kevin Jones. Kevin Jones is an archaeologist with decades of experience in the region. For seventeen years he was the State Archeologist of Utah. He is the author of an ethnographic novel "The Shrinking Jungle," set among the Aché,

hunter-gatherers of Paraguay, among whom he lived and studied as part of his dissertation research at the University of Utah. Jones will deliver an engaging and interesting talk that will surely leave everyone sitting on the edge of their seats.

Live music will be provided by Paul Roach and Tim Brown. Both of which are excellent musicians and sure to be a fun and entertaining time. Dinner will be a sumptuous

picnic style meal. The rest of the evening will include time to look at the exciting silent auction items we have this year! Between our outfitters and the local business owners, we have a really great range of items.

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

For more information or purchase a ticket about our Benefit Dinner and Silent Auction go to our website at cfimoab.org, call 435-259-7750, or email: info@cfimoab.org and be sure to mention you read about it in *Moab* 

Happenings.





# Canyon Country Discovery Center - Grand Opening in Monticello

Are you searching for new summer time activities? The Four Corners School of Outdoor Education has events and educational activities daily to engage your children in learning and fun! Their interactive science center, the Canyon Country Discovery Center, is open Tuesday to Saturday from 10AM-6PM. Hour long STEM-centered programs are scheduled at 11AM and 2PM each day. Guests can explore learning station exhibits about sustainable energy; water and weather; the how's and whys of earth science; art of the Colorado Plateau; and on Saturdays can go on a mini-adventure hike around the campus to learn about animal tracks, bugs, wind, and more!

Fridays and some Saturdays throughout the summer, you can join a Stars and S'mores program that brings constellations to life while enjoying a sweet treat around the campfire! On-staff astronomy experts and high-powered telescopes will send your family over the moon. August dates include the 12th, 13th, and 26th. September dates include the 2nd, 3rd, 10th, and 17th. All programs take place from 8:30-10 PM.

If you're looking for daytime adventures, the Four Corners School offers day hikes to Cedar Mesa and Canyonlands National Park. Half-day long adventures include the Butler Wash ruins; House on Fire Ruins, Pothole Point petroglyphs and ruins; and the spectacular Chesler Park Overlook in the Needles District of Canyonlands.







Full day adventures include Lost Canyon Loop, Mule Canyon, and Chesler Park Loop. Come out for an unforgettable outdoor experience!

After 14 years of work, the Canyon Country Discovery Center is having its Grand Opening on Saturday, August 20th from 10AM to sunset. There will be musical performances by the R. Carlos Nakai Quartet and 5 other bands, a keynote speaker- Commander John Herrington, food, cultural demonstrations, artisans, games, educational programs, learning station exhibits, and much more. We hope to see you there. Visit www.fourcornersschool.org for more information about us!







# **Grand Opening Celebration**

Celebrate the opening of the Four Corners School of Outdoor Education's new campus.

Canyon Country Discovery Center

1117 N. Main St. Monticello, UT Saturday, August 20, 10am-Sunset

Workshop and Keynote Address by Astronaut John Herrington

Live Music with the R. Carlos Nakai Jazz Quartet Food Vendors, Artisans, Games, Star Party, and More!



www.fourcornersschool.org

435-587-2156

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# NATURE HAPPENINGS

# Summer Cloudscapes

The spectacular redrock landscape loses a little of its luster during the summer season when clouds are absent. Though the rocks take on the glow of sunrise and sunset they seemed washed out against a clear blue sky in the middle of the day. Framed by thunderheads or brushed by thin strands of cirrus clouds, the cloudscape compliments the landscape.



Clouds also offer respite from the intense sun. The welcoming shade provides relief from the oven-like air. Plus, the clouds offer that vague promise of a badly needed rain,

a promise which often evaporates like virga rain.

Hanging from the underbelly of a dark thunderhead are tentacles that seem like wisps of smoke. Although raindrops condense at higher elevations and descend





towards the ground, the high temperatures and low humidity are not conducive to their longevity. The raindrops evaporate before they hit the ground, and these wisps are called virga.

Virga is Latin for

"twig" or "branch" and that's what these cloudy limbs resemble. The streaks form a dramatic image, but offer

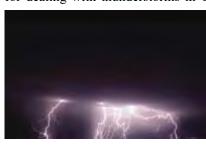
In the canyons and low-lying deserts, beating the heat means being active in the early morning or later in the day. This crepuscular approach is one that many species of wildlife employ to avoid the midday sun.

Of course, another way to avoid being a parched desert rat is to go up in elevation, seeking mountain breezes and forests with trees larger than the starting center of the Utah Jazz. These dark forests of aspen, fir, spruce and pine provide shade against the sun. Mountain streams carry cold runoff from last winter's snows and mountain breezes caress the skin.

But the mountains offer their own challenges to the summer skyscape. As hot air rises and picks up moisture, the mountains form an ideal structure against which thunderheads build.

Like the proverbial, "Where there's smoke, there's fire," these thunderstorms may have lightning associated with them.

"When thunder roars, go indoors," is a great rhyme for dealing with thunderstorms in Urban areas, but not



when out in the mountains. When you see lightning start counting. Every 5 seconds represents one mile in distance, but lightning can easily travel

many miles so a mile distant isn't a safe buffer. Or start counting and if the thunder roars before 30 seconds are up, go indoors. Again, this 30-30 rule works in town or a campground if you are near a vehicle.

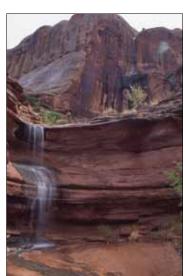
If the option to move indoors or into a vehicle or cave that is several times deeper than it is high doesn't

A NATURAL HISTORY WRITER. Based in the Pacific Northwest, Damian Fagan is a freelance natural history writer and nature photographer who focuses on the flora and fauna of the American Southwest and the Pacific Northwest. Of course, this gives him a good excuse to go hiking. Follow Damian's writing adventures

at damianfagan.blogspot.com



By Damian Fagan



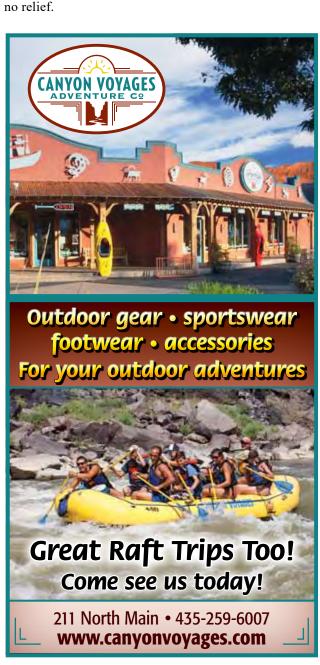
exist, consider another option.

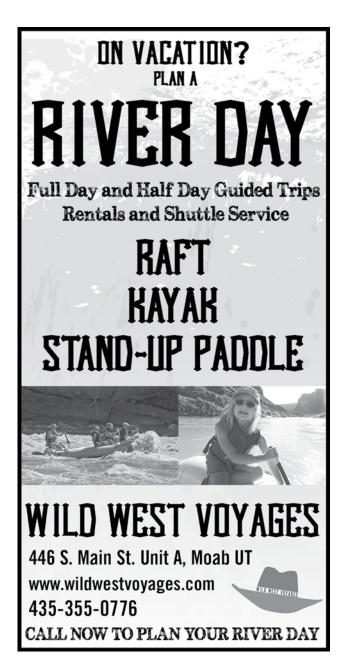
Move away from tall objects, especially the lone tree atop some mesa or the isolated rock spire. Move downslope, but stay out of ravines. Crouch down into a squat, but don't lay flat on the ground. Toss the hiking poles aside and, if in a group, spread out 100' apart. Gaze upwards or out towards another distant mesa and enjoy

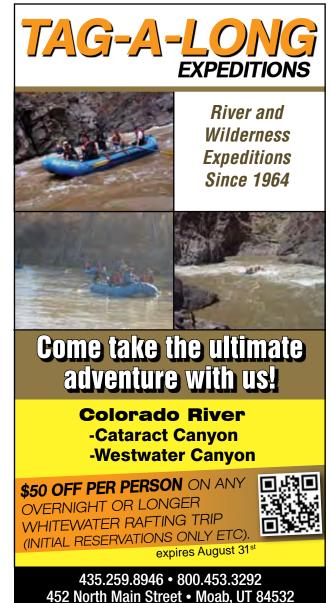
the view. Chances are pretty good, like 500,000 to 1, that you'll be telling the tale of the thunderstorm from hell later in the evening.



And next time, when the forecast reads chance of afternoon thunderstorms, keep an eye on the sky and plan your adventure accordingly.







www.tagalong.com

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# ADVENTURE HAPPENINGS

# "Let's Give 'Em Something to Talk About!"

Moab & Utah

'Bout a couple weeks ago I was making my Swirlin' Eddy rounds, checking out my domain on the local sections of the Colorado River. Cruisin' around at surface level about

a mile above the highway bridge, minding my own business, I come upon a vehicle almost entirely submerged on river left. Nothing but a formerly slick black rooftop and about 2 inches of window. Creepy, like a sunken ship, silently filling with red silt and looking all at once grim yet alive with the promise of a good story.

I took a few moments to flow through it and explore the interior: a small box of dental toothpicks floating up top, owner's manual

missing, keys still in the ignition, interior seating only a luxury car can offer. That thing was an Audi A8, practically brand new! I know what you're saying: it's probably a 1992 Nissan Stanza that was pushed into the river. But I, Swirlin' Eddy, hereby swear I saw it up close.

Let's start swirling some rumors! There is massive potential to stir the story pot with this one. It was a stolen car. It was a shuttle vehicle. It was a drug run. It was a

sleepy tourist on a whirlwind epic national parks tour who realized all too late that the

> American West can't be won in a day. My conjecture? The ghost of Sir William Granstaff himself, come to check on his cattle in style. Even old timey cowboys get to drive Audis in heaven.



I heard from a reliable source (OK, a river guide, but a reliable one as river guides go...) that the guy driving that car was listening to REM while easing on down that River Road. Top three guesses: Driver 8? Find the River? Nightswimming?

I also heard tell of the driver making a superhero leap from his door, mid-air, flinging himself from the doomed vehicle and into not scratchy tamarisk but soft willow Lovingly penned by Swirlin' Eddy for Wild West Voyages

branches that cushioned his landing. Stuck that landing with both feet, thrusting peace signs into the air as he did it. This is legendary heroism folks, the likes of which only Bruce Willis could interpret in the film version and do it any justice.

By the time you read this there will be official reports about this vehicle, which will have long since been removed from the river, dripping with shame and sludge. I much prefer the wistful tales of heroics and espionage that accompany rumor and conjecture. River culture brims with it. Let's not be confused by the facts, folks. On the contrary, let's talk it up for future generations!

\*Shout out to Bonnie Raitt for the song title that inspired this month's edition of Swirlin' Eddy's River Blog! Check out Swirlin' Eddy's River Blog at http://www. wildwestvoyages.com/swirlin--eddy-s-river-blog.html

Wild West Voyages offers guided daily river trips, equipment rentals and river shuttle service. Raft, kayak, or stand up paddle: All Trails Lead to the River! Give them a call at 435-355-0776 to arrange your river day, or visit www.wildwestvoyages.com.

# Adventure Park Moab Is Just Plain Fun

Adventure park, challenge course, ropes course, aerial adventure...so many names for a place that is just plain fun and a great way to challenge yourself a little or a lot. Ropes

course is what most of these parks were called back in the 1960's and 70's when my uncle built one up at the Ycamp on Lake Wenatchee in Washington. He just cut some trees, built a climbing tower (with no plastic holds, you just climbed the horizontal poles with the bark still on), a giant swing (self-facilitated, you climbed the huge ladder and swung off on the rope swing), and a



ropes course that wasn't too far off the ground. Like today's courses, it challenged your balance, strength, agility, and maybe your fears.

Challenge courses have come a long way in the last few decades and you can find them in most major cities and some smaller ones like Moab. Adventure Park Moab is a special place. A local couple brought their dream of having a challenge course to Moab and made it happen.

Typically, a person who comes to the Adventure Park

Moab begins with gearing up on safety equipment and

then learning how to negotiate the course on a training station down low on the ground. Once familiar with the system, we climb up to the 30' platform via a climbing wall or a cargo net. Some think the cargo net is the easier option, but don't be

Once you are on top, the world is your oyster... you can choose from multiple different elements to cross and figure out. That's right, it is

more than a physical challenge, there are some thinking elements to the course. Like a puzzle. Very fun if you are into puzzles. Or a mental challenge.

The word challenge gets thrown around a lot in the adventure park world. Challenge by choice is the mantra, and it means just that. No one at the park will pressure you into doing anything you don't want to do. However, if your goal is to cross the dangling logs and you need support, that's why we're here! Physical and emotional support is what we, the facilitators, do.

To exit the course, many choose the giant swing. The swing is a serious thrill where the participant steps off the 30' platform to pendulum off of a double cable for a few minutes until released at the bottom.

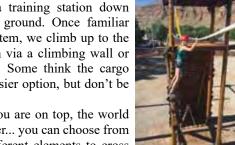
Another very thrilling option is the thirty-foot Leap of Faith. Here, you climb a freestanding post about 25' with the support of a toprope. Once on the post, you jump for the trapeze bar which is just out of reach but not too difficult for the average adult to catch. Missing is nearly as fun too. A true leap into space!

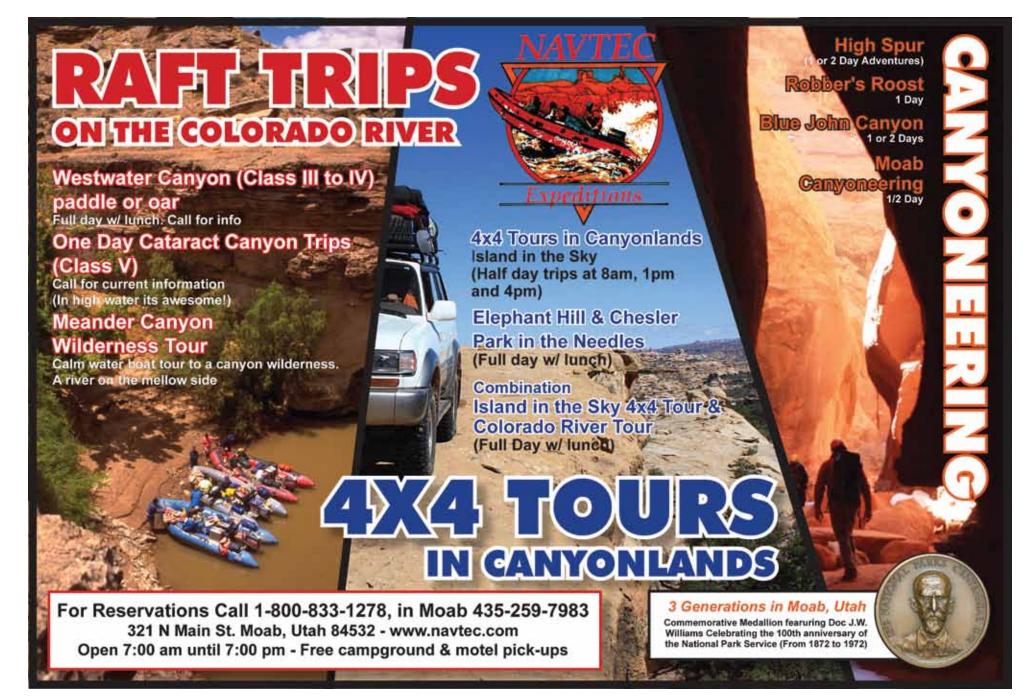
The beauty of the adventure park is that when you are done, you will most likely feel a sense of accomplishment that will stay with you. You have grown as a person. Maybe overcome a little fear. And seen what you are capable of.

So if you want lots of challenge, a little challenge, or just a thrill ride, Adventure Park Moab is a pretty fun place.

Adventure Park Moab is also happy to host birthday parties at a special price per child. Call 435-259-4424 for details. Open 7 days a week.

Please take advantage of the 20% local discount with your Moab ID! Bring your friends and family to 422 Kane Creek Blvd. www.adventureparkmoab.com





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# PHOTOGRAPHY HAPPENINGS

# Photographing the Red Rocks Country: Using the Mirrors of Nature: Capturing Reflections in Water

Is it sometimes OK for a photographer to see double? When Nature provides a natural mirror in the form of water, the answer is, absolutely. When your main subject can be seen again in an upside-down reflection it can create fascinating images.

Capturing a reflection requires water that is still, or nearly so. The wave-swept ocean or a rolling stream cannot serve as natural mirrors. Look for ponds or lakes when the wind is still, or quiet pools along streams.

Making great reflection images isn't as easy as it seems. Not only do you need smooth water, but also an interesting subject to reflect. And, the subject must be positioned so that you can make its reflection appear in the water.

An example is Fig. 1, a scene in Idaho's Sawtooth Mountains, reflected in a quiet lake in early morning. I walked down to the water's edge from my campsite and immediately saw that the water was calm, providing a

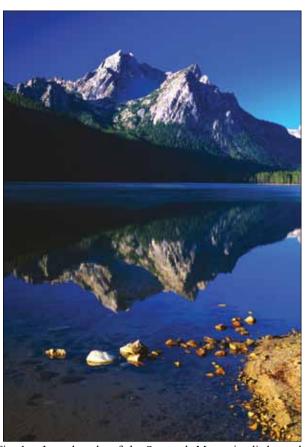


Fig. 1 – Jagged peaks of the Sawtooth Mountains lit by early morning light are repeated in the still waters of a mountain lake.

bright reflection of the mountains beyond. I composed the picture with a few shoreline details to provide a base for the image, giving it apparent depth.

When photographing reflections a polarizing filter is often useful, by rotating the filter to remove light striking the water from the sky. This will make the reflected subject jump out. Buying and learning to use a polarizer is one of the best things you can do to improve your landscape photographs.

Fig. 2 offers another example of a reflection photo, this one made along Duck Creek in southwestern Utah. I noticed the grove of blazing yellow aspens and walked along the nearby creek until I found a stretch of still water to serve as a mirror. Note how the larger group of trees was positioned at the one-third area at the left side of the composition, in keeping with the rule-of-thirds I wrote about last month.\*





Fig. 2 – Blazing yellow aspens line up to have their portrait made, and the beauty is multiplied in the still waters of Duck Creek.

As with the previous photo, this photo was made on film with a Linhof 4x5 inch view camera.

Still another effect is demonstrated in Fig. 3, a picture made at Navajo Lake, high in Colorado's San Juan Mountains at the headwaters of the West Fork of the



Fig. 3 – A barren glacial landscape high in the San Juan Mountains is reflected in the still waters of Navajo Lake, at the headwaters of the Dolores River's West Fork.

Dolores River. The stark glacial landscape is repeated to create an interesting composition. If you're interested in visiting this nearby location, the scenic trail to Navajo Lake is 9.2 miles round trip with an altitude change of 1834 ft.

Here's yet another example, this time a reflection in a forest service pond along a Jeep trail above Aspen, Colorado in the West Elk Mountains (Fig. 4). Here the David L. Brown is a professional photographer who lives in Moab. He is a Life Member of the American Society of Media Photographers and offers workshops and tours in the Moab area. His website is at www.imagequest.photo, and he can be reached at 435-210-8158.

By David L. Brown

reflection is less prominent than in the previous examples, letting the snow-capped mountain and fall aspens dominate while adding a touch of reflected brilliance by the snow capped mountains reflected in the water. In this case a light breeze was creating ripples in the pond, giving the reflection a soft effect.

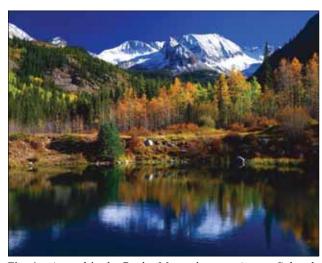


Fig. 4 – A pond in the Rocky Mountains near Aspen, Colorado reflects a majestic mountain peak and fall aspens.

There are relatively few opportunities for reflection photos around Moab, but there are some places to apply these techniques. Warner Lake in the La Sal Mountains is an excellent example and I included an example in my March *Moab Happenings* column\*. After rains, waterfilled potholes on slickrock become potential mirrors, for example near the Three Gossips in Arches National Park. Sometimes even stretches of the Colorado River can provide nice reflections when the water is calm.

Next time you're out photographing, keep an eye out for a chance to start seeing double, by viewing the landscape with the aid of Nature's mirrors.

You can find August Sunrise/Sunset times on the Night Sky Happenings, on page 18A.

\* See article archive online.



www.moabhappenings.com Moab Happenings • August 2016 • 23A

# AERIAL HAPPENINGS

# Monsoon Season

By the time you're reading this, it has hopefully already started: the clouds slowly forming and then billowing on the horizon...the blistering heat of the day broken up by welcome, though sometimes intense showers and thunderstorms. Visitors to the Southwest may be perplexed when they hear locals excitedly chatting about "monsoon season." "Monsoons?" I've been asked, incredulously. "Like India?" Well, actually yes.

Along Asia's southern coast, intense summer temperatures in the Thar Desert and elsewhere create an expansive low pressure system of rising warm air. Cooler, moisture-laden air currents from the Indian Ocean rush in to fill this gap. These sea breezes drift north until they reach a barrier that they cannot easily pass: the Himalayas. Unable to continue holding

moisture, the rising and cooling ocean air develops into a system of nearconstant rainstorms that stretch across the subcontinent.

In North America, the process is similar. Summer temperatures in June and early July create a persistent high pressure system over the deserts of northern Mexico and the southwestern United States. Cooler air from the Pacific and Gulf of California enters to July 2014 lightning strikes over the nearby hitting obstructions such as the Sierra State Park. Photo by Brandon Connare..



A July 2013 monsoon storm over Dead Horse Point. Photo by Crystal White

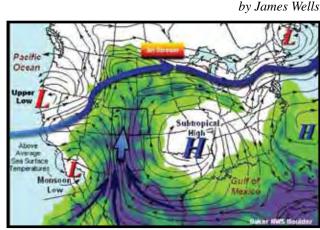
Madre and Colorado Plateau. The highland regions of the American Southwest are much smaller than the Himalayan Mountains, of course, resulting in a different pattern of precipitation. Instead of a steady rain that rarely stops, we receive two months of fairly predictable thunderstorms.

The almost-daily cycle involves scattered storms forming over higher elevations during the early afternoon, and then spreading to the lower elevations by the evening.

From a distance, or from inside a shelter, the storms can be awe inspiring. Against the backdrop of booming thunder, cascading waterfalls form across slick rock cliffs, filling the dry washes below with torrential flash floods. What is awe inspiring can also prove deadly, however, if one is caught unprepared. Mountaineers know the risks well, and

> will often hit the trail early enough to summit by noon at the latest. Likewise, canyoneers will avoid slot canyons if a storm looms in the distance.

> The exposed mesa top of Dead Horse Point can be particularly dangerous in a thunderstorm. As there is little to no shelter along any of our trails, make sure to check with the visitor center for the latest weather conditions before setting out on a hike or bike ride. The visitor center, your personal vehicle, or any of the



A typical monsoon weather pattern over North America, with ocean air currents bringing moisture to Mexico and the Southwestern States. Image by Mike Baker of the Denver/ Boulder National Weather Service Office

restrooms spread throughout the park can serve as adequate protection against lightning. Fortunately, it's easy to see storms forming a long distance away up here, so make sure to reach one of these places as quickly as possible if you do. Please do not seek refuge under the shade structure at the Dead Horse Point overlook! It was never designed to provide safety in the event of a thunderstorm, and rainwater pooling underneath could pose a serious risk in the event of a lightning strike.

None of this is meant to scare – merely to inform. "Storm chasing" during monsoon season can actually be a lot of fun and can yield some incredible photographs in the wide open country we have in and around Dead Horse Point. Just make sure to be safe while you do it.

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



fill the gap, and drops its moisture upon San Rafael Swell, taken from Goblin Valley

# Great Shots With Helicopter Aerial Photography

Whether you are a novice professional photographer, Utah's Southeastern Canyon Country and brilliant red rocks are a photographer's paradise! Arches National Park, Capitol Reef National Park, Zion National Park and so many more which are fairly accessible from the ground.

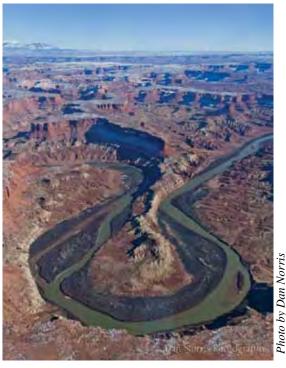
But. there are certain perspectives and photographs that can only be captured from above.

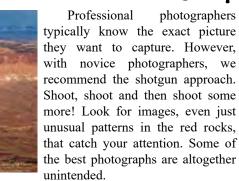
Upheaval Dome, Chesler Park, and the Confluence are just a few examples of massive geological features that are nearly impossible to truly capture from the ground.

Photo by Dan Norris

Helicopter aerial photography is the best option for capturing these elevated moments, and Pinnacle Helicopters, located right here in Moab, excels in aerial photography in southeast Utah. Local owner and pilot, Ben Black, has extensive experience in delivering these magical opportunities, provided by this amazing landscape, to all levels of photographers.

Pinnacle Helicopters operates from Canyonlands Field Airport. The seating arrangement of the helicopter allows each passenger to have a window seat, and for the serious photographer, the aircraft doors can be removed. While photos taken through the aircraft windows at times can be incredible, there is always a risk of reflection and glare from the window glass. Doors off flying is ideal to ensure that the perfect shot is crystal clear.





Additionally, some of the best photographs are not taken on days with perfect blue skies. Low laying clouds

and intermittent rain showers can make for incredible photo opportunities. Not all is lost when the temperatures plummet and the snow blankets the canyon country. Moab streets are quiet, hotel rooms are cheap, and the photography is spectacular.

Finally, be sure to take your eye off of your camera from time to time and allow yourself to delight in this incredible scenery with your eyes and other senses, and enjoy the thrill of flight!

For more information, please visit www. moabhelicopters.com, call 435-220-0041 or email info@ moabhelicopters.com. Be sure to mention you read about it in Moab Happenings.



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# **Make way for the MOAB GIANTS!**



# Follow them straight to our Tracks Museum for Giant discoveries!

- 100+ life-size dinosaurs
- Outdoor Trail
- Museum with interactive technology and exhibits
- 3D Theater
- Dig it out areas
- Gift Shop: books, models, wearables
- Moab Giants Cafe
- More attractions coming soon!

EXPERIENCE MOAB GIANTS FOR YOURSELF Ly 1 Jam - 6pm

SR313, 112 West (Hwy 191) 9 miles north of Moab, at the corner of Hwy 191 and Dead Horse Point turn off. 435.355.0288 www.moabgiants.com **Moab Giants** 







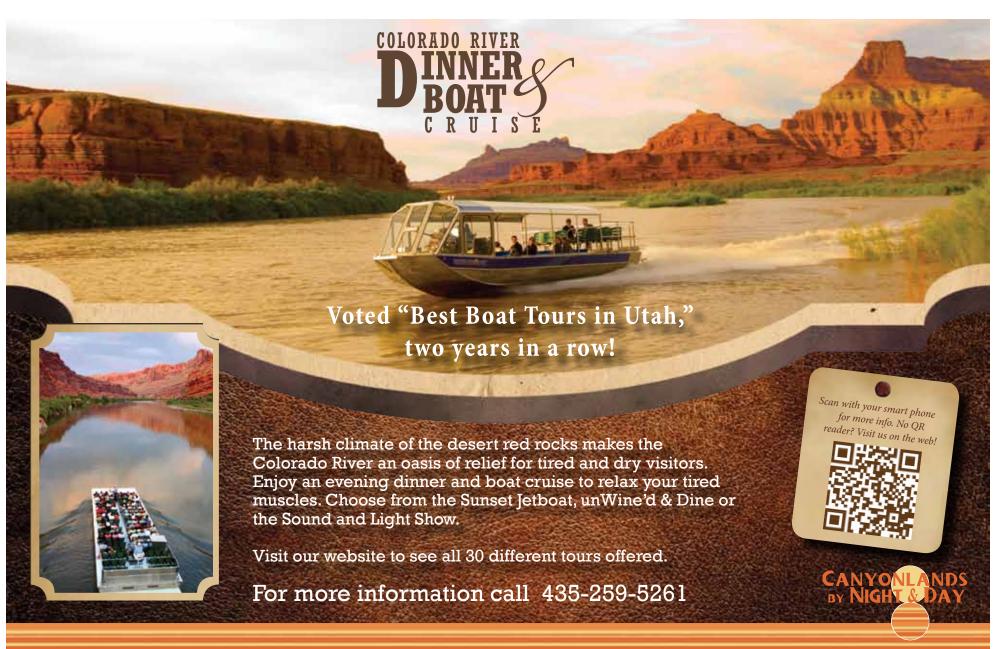
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August 2016

EVENTS





A Kaleidoscope Of Creativity:

Iwelve artists share their artistic space, September 3 & 4 Moab Artists' Studio Tour

Artists' Studio Tour, reveals a kaleidoscope of talent, artistry, and and viewer can connect. That connection happens during the 13th annual Moab Studio Tour, to be held Labor Day Weekend on amazing personalities. "Man has a need to make a mark," says an oil painter. The mark (artwork) creates a place where artist Saturday Sept. 3rd and Sunday Sept. 4th.

Maps can also be obtained at the Moab Information Center at The studios can be found on the map located on the website; moabstudiotour.com where links to personal websites can also be found. It can give you an idea of what you'll find at each studio. Center & Main and at each artist's studio and Gallery Moab at 87

organizing. Others have decided to let their space be what it Some artists have prepared their studios by cleaning and always is - a mess. Regardless of condition, all artists are ready to share and look forward to seeing returning patrons, art lovers, friends and new visitors.

to explore mosaics of glass, stone and tile. And treasures of color The tour will definitely open your eyes to treasures like can be found in the work of Karen Chatham, using the exciting Kristi Peterson's Mosaic Garden, a place where visitors are free medium of alcohol ink

creates jewelry. The eye is the key to herself as an artist. Helen is free. Yrma paints, sometimes whimsical, animal portraits and creating oil Open from 10 am to 4 pm both Saturday & Sunday, the event translating of her own by caintings of her day and night dream images.



Painting by Yrma Van der Steenstraeten

Ceramics by Joanne Savoie

Serena Supplee at work Alcohol ink painting by Karen Chatham

Love of the land, sky and water is readily apparent in the paint vibrant pastel landscapes of the Colorado Plateau. Working from sketches rather than photographs, gives Serena Supplee the outdoor painters. Sandi Snead says, "I paint what I love." Ultimately the viewer can share this excitement in her oil and pastel paintings. Tim Morse, an oil and watercolor artist, enjoys soaking up the scene and getting in touch with nature. Sarah Hamingson's careful examination of land and sky allow her to freedom to use her imagination yet keeps her views believable.

Visitors can become involved in dialogues with the artists. Nick Eason interacts with visitors by showing his stunning wood sculptures that capture the curves and subtle lines seen in wildlife. Michael Ford Dunton takes time to share his stone and steel abstract sculptures that are formed from an image in narrative, figure sculpting is very satisfying to Tricia Ogilvy. his mind. Hearing laughter from visitors when they see her clay, Joanne Savoie enjoys making functional and non-functional ceramic art that reflects her fascination for rocks and other textured objects.

is happening in the city and the In Moab, the 9 artists are Helen Becker, Karen Chatham, Nick Eason, Sarah Hamingson, Tim Morse, Kristi Peterson, Joanne Savoie, Sandi Snead and Serena Supplee. In Castle Valley are Michael Ford Dunton, Tricia Ogilvy and Yrma van der the artists on September 3rd and 4th because a kaleidoscope of creativity Steenstraeten. Remember to visit all

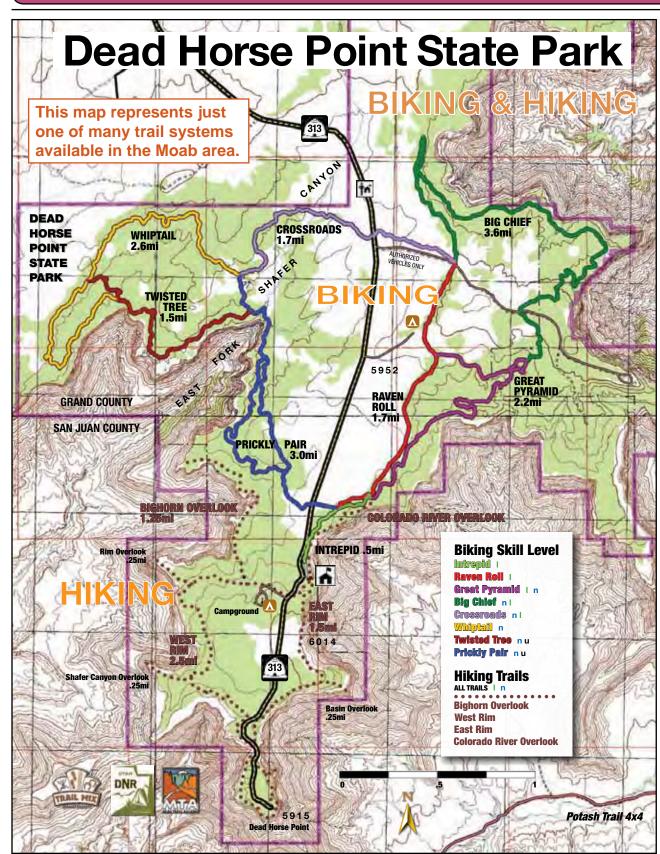


Wood sculpture by Nick Eason

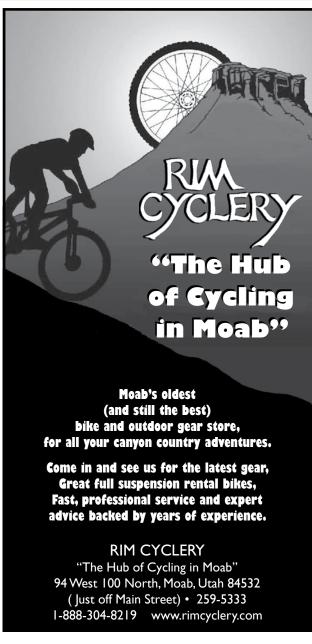
countryside.

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# ROAD & MOUNTAIN BIKING







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

- OUTERBIKE FALL September 30-October 2, 2016. Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.
- MOAB CENTURY TOUR Landscape Worth Training For! October 1, 2016. Utah's most scenic road cycling routes with 40, 65, and 100 mile options. Ride along the scenic Colorado River for 40 miles or challenge yourself with a 60 mile ride to the edge of the earth—Dead Horse Point State Park overlooking the Colorado River 2000 feet below. Or combine both and make this your century ride! Enjoy weekend of fabulous roads, cycling icons, delicious food, superior support staff in route vehicles and at water and food stations. For more info visit skinnytireevents.com or call 435-260-8889. This annual event benefits the Moab Cancer Treatment Center and the Lymphoma and Leukemia Society.
- MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 27-30, 2016. Presented by ChilePepper Bike Shop this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.
- MOAB ROCKS MOUNTAIN BIKE STAGE RACE, Spring 2017. 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.
- POISON SPIDER BICYCLES SPRING THAW, Spring 2017. 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 11-14, 2017. Four days of road cycling along the Colorado River, Dead Horse Point State Park, and the coveted ride through Arches National Park. This event benefits the two room cancer treatment center at the Moab Regional Hospital and other cancer survivorship programs and research. For more info visit skinnytireevents. com or call 435-260-8889.
- OUTERBIKE SPRING 2017. Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www. outerbike.com.
- 6<sup>th</sup> ANNUAL GRAN FONDO MOAB, May 2017. 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.

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# DINO TRACKS & ROCK ART

# "Respect and Protect" Campaign Makes Tracks in Moab

by Jessica Uglesich

On July 28th, the state-wide "Respect and Protect" program officially kicked-off in Moab with an informative launch held at the Moab Information Center. The program, initiated by the Bureau of Land Management (BLM) Utah and Tread Lightly!, aims to eliminate looting and vandalism of paleontological and archaeological sites through public outreach and education about the significance of these recourses.

Moab is a gateway to natural and cultural worlds of the past. Embedded in raw rock exposures and etched on staggering cliff faces are clues to the prehistoric creatures and ancient cultures that once traversed this land. When studied by qualified scientists, any piece of bone or pile of chipped chert you stumble across could potentially lead to a major discovery, and even small finds can teach us truths about past environments or past cultures. And, more often than not, scientifically significant finds are made by nonscientists exploring an area who happen to come across something interesting and report it to the appropriate land agency or museum. Unfortunately, when these pieces of the past are taken out of their natural context by personal collectors, it is impossible to understand where they fit in the larger picture of Earth's history. To understand the significance of such paleontological and archeological resources is to understand earth processes,

biological behaviors, and the nature of nature, which is to constantly recycle earth's products—a sometimes slow, but unyielding, cycle of destruction and creation. What that means to us is that these small pieces of pottery or seemingly insignificant bone scraps are limited and bound for destruction—along with the information they contain. That is why public stewardship of archaeological and paleontological resources is so essential.

As a community fascinated by fossils and artifacts and what they tell us, we must collectively protect them. We must notify land agency officials when we find such resources, so that scientists can work their knowledge on the site and can communicate to us all their scientific discoveries. When we think of it this way, commandeering a piece of bone or piece of pottery for one's fireplace mantle not only does a disservice to the scientific community and all those yearning for knowledge, but it also does a disservice to the collector, who might never learn the cool facts their "souvenir" could've taught them.

As part of the "Respect and Protect" program, the BLM Moab Field Office is offering free paleontologist-guided and archaeologist-guided tours of significant sites in the Moab area, during which visitors will learn all kinds of interesting things about paleontology and archaeology, and will be able to ask questions about these sciences and



Photo courtesy of White Raven Eye

the "Respect and Protect" campaign. The ultimate goal of the program is to engage and educate the public in the stewardship of archaeological, paleontological, and natural resources, so that collectively we can all contribute to the wonder of cultural and natural sciences.

For schedule of tours and talks, please see calendar below or contact the BLM Moab Field Office at 435-259-2100 and be sure to mention you read about it in *Moab Happenings*.



Two young paleontologists scout out a track of a big, meat-eating theropod at Copper Ridge.



 $BLM\ Pale onto logist\ ReBecca\ Hunt-Foster\ talks\ to\ visitors\ about\ the\ dinosaur\ tracks\ at\ the\ Mill\ Canyon\ Tracksite.$ 



These rock stars try to locate bone embedded in Jurasic-aged rock at the Mill Canyon Bone Trail.



U.S. Department of the Interior Bureau of Land Management

# JURASSIC WALKS AND TALKS

Copper Ridge - First tracks of a long-necked, plant-eating sauropod dinosaur ever found in Utah! And tracks of a large, meat-eating dinosaur with a limp!

**Dinosaur Stomping Ground** - Over 2,300 single tracks—mostly from big, meat-eating dinosaurs—in an area of about two acres, known as the Moab Megatracksite!

Mill Canyon Dinosaur Bone Trail - Dinosaur bones of Allosaurus, Camarasaurus, Camptosaurus and Diplodocus still encased in Jurassic-aged rock!

Mill Canyon Dinosaur Tracksite - One of the largest dinosaur tracksites known in the United States! 6 different dinosaur tracks and crocodile tracks from 112 million years ago!

Poison Spider Dinosaur Tracksite - 190 millionyear-old tracks preserved in between prehistoric sand dunes!

Fun with Fossils - A short show-and-tell talk will be led by a BLM paleontologist, followed by a fun and engaging activity appropriate for all ages.

Bones, Stones, and Fossil Zones - Join us as we learn about the geology and fossil discoveries in the Moab area.

Dino Tracks and Facts - Join us as we learn how tracks are made and where we find them in the Moab area.

### August 2016

TUESDAY

31	1	2	3	4	5	6
	Potash Road Rock Art@10:30 AM Poison Spider Rock Art @ 1:00 PM			Walk & Talk: Potash Road Rock Art @ 1:00 PM	Dinosaur Stomping Ground @ 9 AM "Fun with Fossils" @ 6 PM	Copper Ridge @ 9 AM "Bones, Stones, and Fossil Zones" @ 6 PM
7	8	9	10	11	12	13
Mill Canyon Tracksite @ 9 AM "Dino Tracks and Facts" @ 6 PM		Sego Canyon @ 10:30 AM		Walk & Talk: 22 Sheep Panel @1:00 PM	Mill Canyon @ 9 AM "Fun with Fossils" @ 6 PM	Poison Spider @ 9 AM "Bones, Stones, and Fossil Zones" @ 6 PM
14	15	16	17	18	19	20
Dinosaur Stomping Ground @9 AM Dino Tracks and Facts" @ 6 PM		Sego Canyon @ 10:30 AM	Potash Road Rock Art @ 10:30 AM Poison Spider Rock Art @ 1:00 PM		Copper Ridge @ 9 AM "Fun with Fossils" @ 6 PM	Mill Canyon Tracksite @ 9 AM "Bones, Stones, and Fossil Zones" @ 6 PM
21	22	23	24	25	26	27
Mill Canyon @ 9 AM "Dino Tracks and Facts" @ 6 PM	Sego Canyon @ 10:30 AM	Potash Road Rock A @ 10:30 AM Poison Spider Rock Art @ 1:00 PM	rt		Poison Spider @ 9 AM "Fun with Fossils" @ 6 PM	Dinosaur Stompin Ground @ 9 AM "Bones, Stones, and Fossil Zones" @ 6 PM
28	29	30	31	1	2	3
Copper Ridge @ 9 AM "Dino Tracks and Facts" @ 6 PM					Mill Canyon Tracksite @ 9 AM "Fun with Fossils" @ 6 PM	Mill Canyon Bone Trail @ 9 AM "Bones, Stones, and Fossil Zones" @ 6 PM

The Bureau of Land Management (BLM) "Respect and Protect" campaign adds free tours and talks to its program in Moab! Every weekend from July 29 through Labor Day, BLM paleontologists and archaeologists will lead alternating free tours of public dinosaur fossil sites and historic sites in the Moab area. Weekend evenings a BLM paleontologist will give free dinosaur talks at the Moab Information Center (MIC) in downtown Moab.

In May of 2016, the BLM and Tread Lightly! launched the "Respect and Protect" campaign to eliminate looting and vandalism of archaeological, paleontological, and other natural resources. These tours and talks are offered through the "Respect and Protect" campaign in order to engage and educate the public in the stewardship of paleontological and archaeological resources.

Programs are presented at several locations throughout the Moab area. To find your way there, pick up a free map at the Moab Information Center or the Bureau of Land Management, or on the web. These programs run from July 29th through September 4th of 2016.

For driving directions and more information, please contact: Bureau of Land Management (BLM) Moab - 435-259-2100 Moab Information Center (MIC) - 435-259-6003



### Poison Spider Rock Art

The rock art located at Poison Spider Mesa includes some of the most unique petroglyphs found in this region. The panels include petroglyphs that illustrate a fusion of Fremont and Ancestral Puebloan styles, suggesting the two cultures influenced each other.

## Potash Road Rock Art Several of Moab's most

Several of Moab's most renowned rock art panels are located along HWY 279. Petroglyph styles include Fremont and Ancestral Puebloan.

### Sego Canyon Rock Art

The rock art of Sego Canyon includes world class rock art that spans thousands of years with panels from the Ute Tribe, the Fremont Culture, and Barrier Canyon Style.

### 22 Sheep Panel on Kane Creek

The 22 Sheep Panel is one of approximately 20 panels located along this canyon ridge that include Fremont and Ancestral Puebloan rock art styles.

### Historic Mill in Mill Canyon

Mill Canyon was named after this early twentieth century copper mill, which was one of the first copper mills in the region.

Talks with both a paleontologist and archaeologist are shown in green.

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# HIKING HAPPENINGS

# Gold Knob - Whoopee, We Now Have A Trail

At 11,055 feet Gold Knob is one of the lowest and easiest peaks in the La Sal Mountains to climb. Nevertheless with a gain of over 1600 feet, this climb shouldn't be taken lightly. The double whammy of high elevation and a steady steep grade can take its toll. Now for some good news: the recent construction of a trail to the

top makes this hike much easier than it used be.

We are lucky to have visions of the La Sal Mountains on our eastern horizon, and even luckier to have this delightful alpine Mecca a short drive away. Consequently my early arrival at Warner Lake will hopefully give me the chance to beat an expected change in the weather. On this quiet morning in early July wind warnings are up, and I am anxious to reach Gold Knob's summit before the predicted afternoon zephyr breezes in.

At Warner Lake, elevation 9400 feet, the cool air embraces me as I stroll over to get a quick look at Haystack Mountain's reflection on the serene, blue water of the lake. According to excerpts from the histories of George A. Day and Eli Day, published in volume 41 of The Canyon Legacy, this location was originally called "The Upper Place," where in the early 1900s Herbert Day set up a dairy farm. He and his wife Mary, along with their twelve children, lived here in the summer to take advantage of the good grazing for their livestock. Up here they also had a ready-made market for their products with residents at Miners Basin, Gold Basin and stockmen who worked in the mountains. In the winter the Day family moved their dairy to the "Lower Place," now known as

Wilson Mesa. Herbert Day and the older boys built the Warner Lake dam and ditch for their irrigation system on Wilson Mesa. The lake, however, received the name Warner, after a forest service ranger, who lived there in the early 1930s. The original homestead was abandoned in 1912 leaving nothing except



the lake, dam and ditch. Rebuilt in the spring of 1933 by the Civilian Conservation Corps, this system is still used for transporting water from Mill Creek to the reservoir.

The temptation is strong to linger at this idyllic spot, but I'm on a mission to cover ground while I comfortably can. Walking back past the parking area to the billboard, my four-mile round-trip hike begins at the sign for Miners Basin Foot Trail. As I pass

through two gates, a refreshing grove of aspens and the richness of blue lupines encompass me. A right turn onto a dirt road is immediately followed by a sharp right marked with an arrow.

The sun hasn't arrived yet as I walk through thick stands of Engelmann spruce and firs. Right away the serious upgrade slows me down. At this early hour the dampness



and deep shadows provide an uplifting change from the desert heat. Below the path the creek tumbles down a series of playful, mini-sized waterfalls. Eventually I pass by a jumble of loose rock called scree, before stepping

over the only stream crossing. Oh how I cherish this lush Garden of Eden. Although the desert blooms are long gone, splendid mountain wildflowers such as blue columbines, red columbines, Richardson geraniums, bluebells and white violets continue to bloom all summer long.

When I reach a transition from deep forest to aspenlined meadows I see a signed junction – left to stay on the

> Miners Basin trail or right for the Mountain View trail. Swinging left I start a long series of switchbacks. Now I feel the wind kicking up its heels and I envy a buck in velvet nestled down for a nap. But since I'm almost half way



Switchbacks are a nice change from going straight up. Each turn gives me a gentle boost in elevation until I reach another sign to turn for Gold Knob. If I went straight I'd be at the wooded protection at Miners Basin Pass in a matter of minutes. But despite the wind my

by Marcy Hafner

quest remains Gold Knob, which is still half a mile away.

In the open meadows, my little venture turns into a hang-onto-your-hat walk. Hefty gusts threaten to flatten

the lovely blue flax, cutleaf daisies and blue pentstemon. The aromatic smell of pine mixed with mint fills the air, and the aspen leaves gyrate in a dizzying tossed salad of heart-shaped green. Meanwhile a junco's high-



pitched twill is hard to hear above the wind's overpowering roar. So much for making it to the top before the big blast hits!

I mark my progress one switchback at a time knowing every step moves me higher until – Phew! - I have reached the top! What a wonderful surprise to discover that on the leeward side the wind isn't blowing. I am so excited that I can stay much longer than anticipated. The super-charged white-throated swifts, one of the fastest flying birds in North America, like it here, too, as they constantly give me a close buzz.

> Now reaping the rewards of this spectacular panoramic scene, I can see all the way to the Henry Mountains, the Bookcliffs and the Abajos. And down below, there's Castle Valley, Porcupine Rim, Moab and Behind The Rocks. When I turn my attention to the La Sal peaks I gaze at the prominent presence of Tuk No, Tukuhnikivatz, Mellenthin, Haystack, Manns, Pilot and Green.











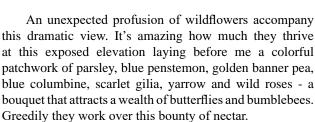








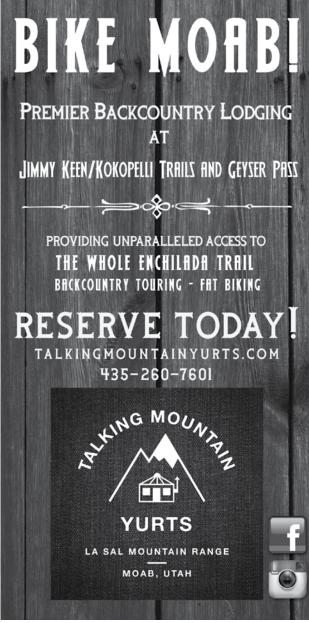


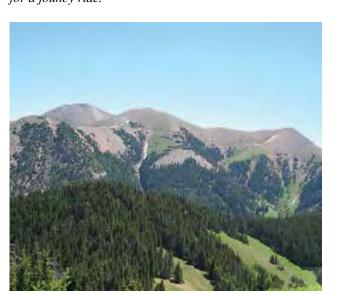


Every windblown step of this climb has been worth it, and I am thrilled to be sitting at this marvelous, out-of-thewind spot with its bird's eye view. All along I suspected that the end result would justify the drafty walk up!

To get to Warner Lake from Moab go south on Highway 191 for about eight miles before turning left at the sign for the Ken's Lake-La Sal Loop Road. Then turn right onto Spanish Valley Drive, which quickly becomes the La Sal Loop Road. Drive 14 miles and turn right at the sign for Warner Lake. The five mile dirt road to the lake, which is only open during the summer and early fall, is suitable for any vehicle but be aware that the washboard surface makes for a jouncy ride.

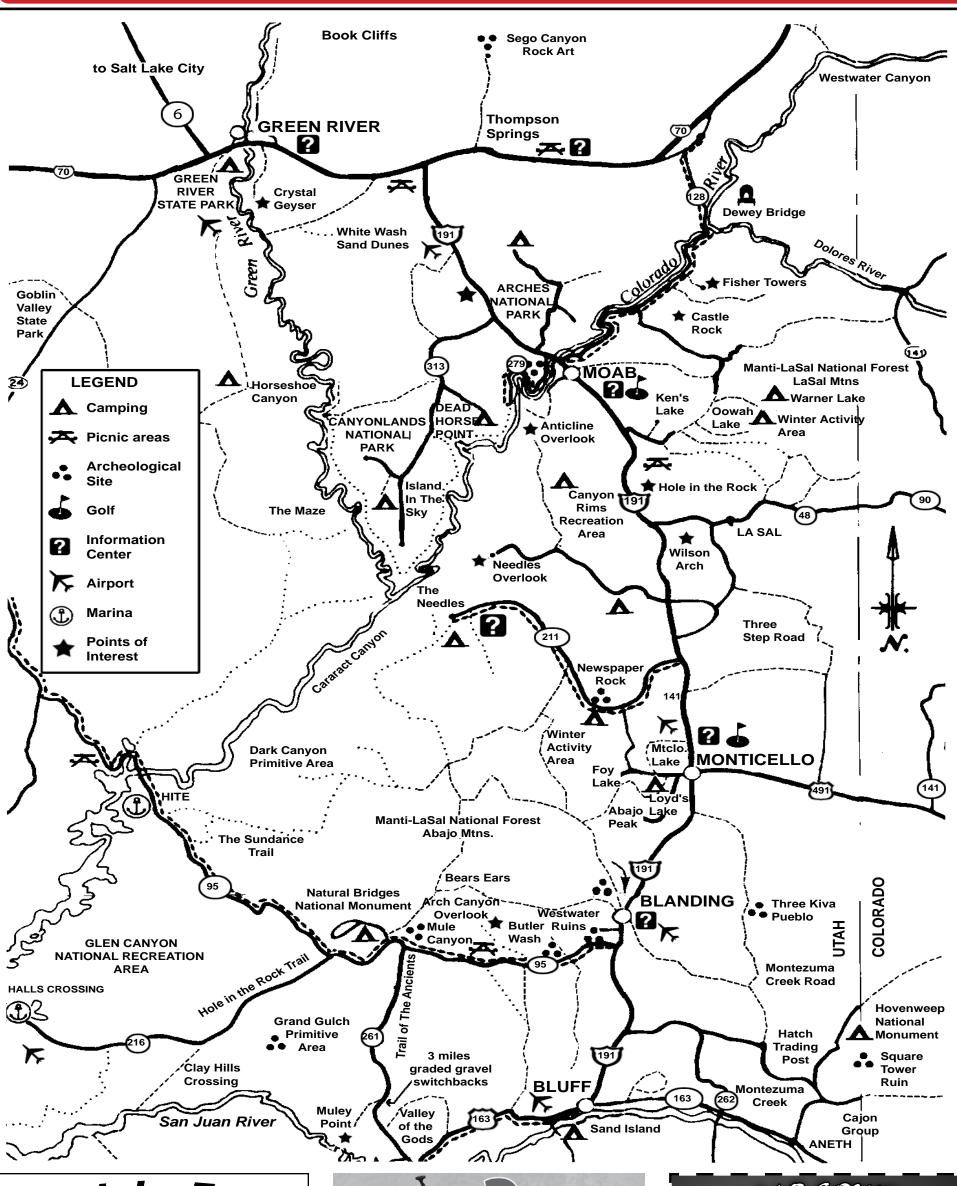






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# SOUTHEAST UTAH MAP









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# MUST-SEE HAPPENINGS

# Escalante Natural Bridge

Hiking distance (round-trip): 4 miles

Difficulty: Easy

Cautions: Potentially dangerous river crossings during high spring runoff

At 130 feet high, the massive Escalante Natural Bridge is dramatic in its own right, but half the fun of seeing this site is getting there. The 2-mile trail (one way) involves fording the Escalante River five times, and you'll really appreciate these crossings during the hot summer months. Water shoes or sandals will serve you well on this trail.

Next to the trail register, a path leads from the parking area to the river, where you'll need to ford the stream. The bottom can be rocky and slippery on this first crossing, so a hiking stick is a good idea. The other crossings are easier, with a mostly sandy bottom.



The trail to the bridge is mostly sand with very little elevation gain. Although there are some side trails that occasionally branch off the main path, it's fairly easy to recognize the main trail. Once you reach the natural bridge, there is more opportunity for wading, splashing, and cooling off in the Escalante River's clear waters. Find a comfy spot in the sand, and it's the perfect spot to have lunch while gazing up at the bridge and the spectacular Upper Escalante River Canyon.

### The Escalante Canyons

As a major tributary of the Colorado River, the Escalante is one of two arteries that flow through the Grand Staircase-Escalante National Monument (the other one being the Paria River). It was the last river to be identified within the contiguous United States and was first mapped in 1872 by Almon Thompson, a cartographer who was a member of John Wesley Powell's famous expedition down the Colorado River. Thompson named the river after

Silvestre Vélez de Escalante, a Franciscan priest who, along with Francisco Atanasio Domínguez, explored the area in 1776 looking for an overland route from Santa Fe to California.



As it makes its way to Lake Powell, the Escalante cuts through the lower Morrison, Dakota, and Entrada Sandstone Formations, which were deposited as the region fluctuated between marine, lake, and desert environments. Along this sinuous journey, the river has spawned a maze of steep, narrow canyons—a utopia for hikers and canyoneers. In fact, Utah has the highest density of slot canyons in the world, and many of these are side canyons of the Escalante River. (Slot canyons can be as dangerous as they are fascinating; if you decide to explore one, be sure and check weather conditions or go with a professional guide.)

### Does a River Run through It?

Despite its name, Escalante Natural Bridge is officially classified as an arch. To qualify as a natural bridge, an arch opening must span a water source, such as a river or stream. By contrast, an arch has no connection to running water but was instead created through the processes of wind, sand, and water erosion (not flowing water, but seeping water and freeze/thaw cycles).

Sometimes the water source under a natural bridge dries up or changes its path, but it's still considered a natural bridge because of the way it originally formed. Or, an arch may have a water source flowing near it that makes it seem like a natural bridge when it's really an arch. So, even though Escalante Natural Bridge is next to the Escalante River, it was not formed by the river's flowing water. Presumably, the bridge got its name because of its proximity to the Escalante River, or somebody named it many years ago and the name stuck.

Laurie Schmidt is the author of Utah Canyon Country: 20 Must-See Sites and Short Adventures. This article is excerpted from the book. The book is available on Amazon at: http://amzn.to/29pRRT7.

by Laurie Schmidt

If you're not confused yet, hold on. Continue hiking about a half mile beyond Escalante Natural Bridge and you'll come to Escalante Natural Arch (sometimes called Skyline Arch). Look up high on the south (left) side of the river and you'll see a narrow, long arch opening. The arch is also visible from the trail to the natural bridge, look up to the right just after the fourth stream crossing.



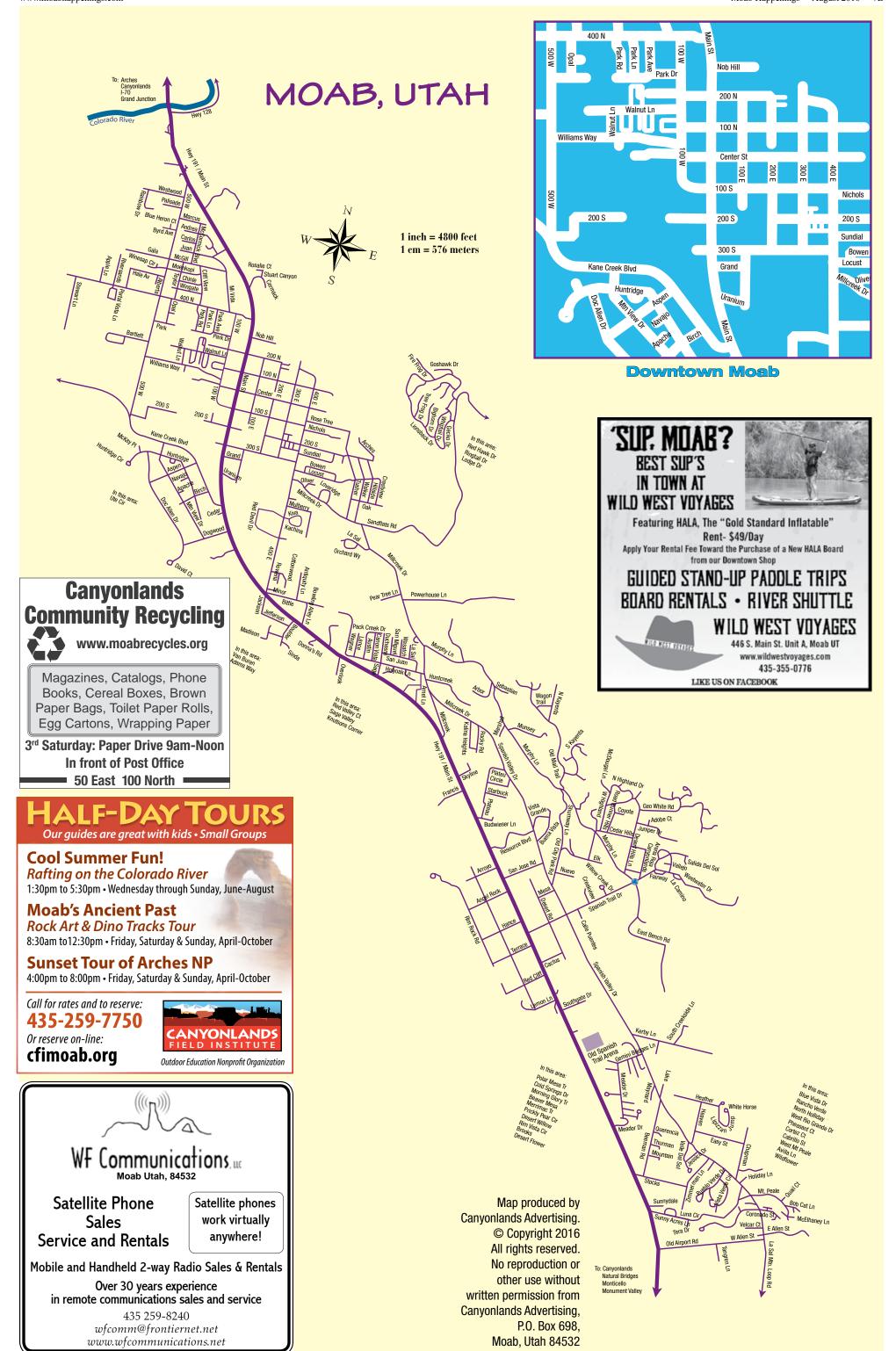
### **Getting There**

The Escalante River Trail is roughly 200 miles from Moab, so you can make it an overnight trip, or you can combine it with a trip to other Utah national parks and monuments. The drive from Moab takes you through two spectacular areas: Capitol Reef National Park and Utah's Scenic Byway 12, rated as one of the most beautiful highways in the world.

From Moab: Head north from Moab on Hwy 191 for 31 miles to I-70. Turn left to merge onto I-70 west and continue for 33 miles to Exit 149 for UT-24. Turn left from the exit ramp, and drive for 44 miles to Hanksville. Turn right to stay on UT-24 west, and continue 47 miles to UT-12. Turn left (south) onto UT-12 and continue for 50 miles. Just before crossing the bridge over the Escalante River, turn right into a small parking area.







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# HELPER HAPPENINGS

# Arts, Music and Film Festival - Our Heritage, Our Culture



The Helper Arts, Music and Film Festival is excited to enter its 22<sup>nd</sup> year of bringing fine art, music and now film to Carbon County. This year's Festival is scheduled to kick off with the Historic Main Street Gallery Stroll Thursday, August 18th at 6:30PM. Galleries as well as the Western Mining and Railroad Museum will all be hosts to patrons serving wine and desserts by award winning Chef Lyn Wells. Culture Connection from Price will provide music. A scavenger hunt for kids will be incorporated to bring art to the forefront of local area youth. An exhibit of historical photographs, school projects from the past, stamp collection, children's art projects and other memorabilia will be located in the Auditorium for patrons to view and learn about our area.

Action begins Friday, August 19th mid-afternoon with over 40 artist vendors lining Helper's historic and newly renovated Main Street and music from the stage located at the Main Street Park. The festival continues through Sunday, August 21st closing at 2PM. A film workshop kicks off at 9AM Friday for youth located at the Balance Rock Eatery third floor and concludes at noon. A second workshop is open for registration for Saturday at 9AM as well.

Saturday will showcase several different fun events including a Flamboyant Flamingo Float at 8:30AM down the Price River (pick up a flamingo for \$5 at the Balance Rock Eatery), a 10:30AM Hip Hop Workshop for kids 6 – 11, a Hip Hop Workshop from 1:30 – 3:30 for 12 – 18-year-olds in the Kid's Art Yard and an Urban Arts Presentation at 4PM in the Park. A "Dance Off" for the kids on stage starts at 4:30 with prizes given to the top dancers. The Festival is also hosting a Doubles Horseshoe Tournament which will kick off at 10AM in City Park with awards presented on stage at 6PM.

We are extremely excited to add film to our artistic lineup this year. All films will be shown at the Rio Theater, 210 S Main St, Helper UT, beginning Friday at 1PM running through 9PM and are free to the public. Saturday films will again run from 1PM through 9PM so please support our local film makers and catch a show! Concessions will be available for purchase. A Producer's Party will be held Saturday, August 20th at 4PM with complimentary tickets available to the public.

The fun will run non-stop with great music, food and numerous activities from both kids and adults. We invite you to join us as we celebrate our diverse heritage and culture here in Helper City!







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# GALLERY HAPPENINGS

# August at Gallery Moab

Take a break from the summer doldrums. Step in out of the afternoon heat, cool off, and enjoy the colorful ambience of Moab's cooperative art gallery, a showcase for the diverse talents of local artists, who own and operate the gallery. Each member artist has a unique vision and style of expressing connection to our remarkable landscape. The walls are lively with paintings rendered in oils, acrylics, watercolor, pastel, and alcohol ink. You'll also find intriguing ceramic, wood, metal, mosaic, glass, and fabric creations. Each month the gallery features a show by an accomplished outside guest artist.

Well-known Colorado artist Nancy Lewis is our August Guest Artist. She expresses her love for the great outdoors, traveling, and painting in oils, pastels and watercolor. Painting outside en plein air is her passion and the inspiration for most of her images. She invites viewers into her art world with bold brushstrokes, dynamic values and unique color use.



Palisade Peach Trees by Guest Artist Nancy Lewis

An active participant in plein air events and local, regional and national shows, Lewis has won numerous awards. In 2012 she was the first Artist-in-Residence at the Escalante Grand Staircase National Monument. She is a Signature member of the Western Colorado Watercolor Society, Pastel Society of Colorado, and Plein Air Artist Colorado, and frequently teaches art classes and workshops.

The featured gallery artist this month is Carolyn Tibbetts. Growing up surrounded by the majestic mountains of northern Utah, she developed an early love of art inspired by nature's beauty, a passion that she continues to express in paintings of her adopted hometown of Moab. Mostly self-taught, she has honed her skills in classes and workshops taught by local and visiting artists. She has worked in several mediums, but oils are her favorite by far. With her family, she continues to explore the red cliffs and rugged backcountry of southeast Utah, finding hidden and wonderful places that have inspired her most recent paintings. Her love of those areas shines through in each painting. She is currently teaching each grandchild the joy and skill of painting and drawing.

Meet Lewis and Tibbetts at a reception at the gallery on Saturday, August 13, 6:00 to 9:00 p.m. It will be a great opportunity to find out more about their work, as well as to meet other artists and art lovers.

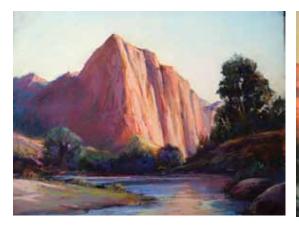
Please drop in and browse. You might find that perfect piece of art to remind you of your Moab adventures. We also offer a variety of smaller gift items such as jewelry, prints, and cards. We look forward to your visit!

Open 12:00 p.m. to 8:00 p.m., Wednesday – Saturday; Sunday 12:00 to 4:00 p.m.

Closed Monday and Tuesday

87 North Main Street. 435/355-0024

Visit us at gallerymoab.com or on Facebook

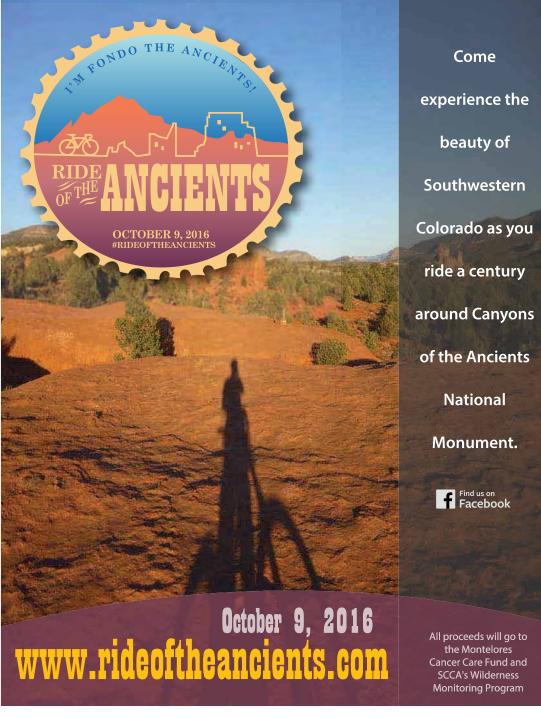


Watchman by Guest Artist Nancy Lewis

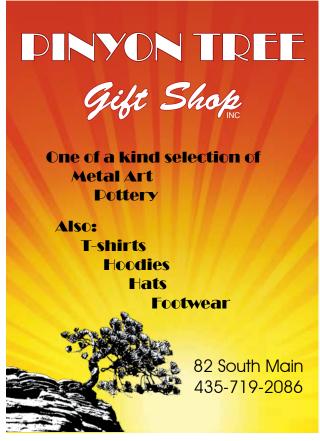


by Thea Nordling

Oil Painting by gallery artist Carolyn Tibbetts











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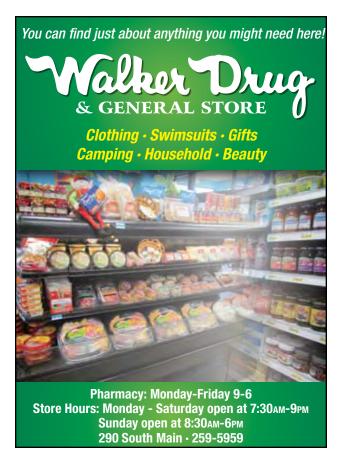
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87 N. Main St. 435-355-0024

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!



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23 N. Main 435-355-0889 Sun - Wed 10am - 9pm Thur - Sat 9am - 10pm

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### www.tumbleweedmoab.com

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WabiSabi is the non profit that receives, revalues and redistributes needed resources to strengthen the Moab community.

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# SHOPPING GUIDE MAP ★ Castle Creek Winery Salt Lake City 191 14 miles on Hwy 128 400 NORTH T&H Corner Stop NOB HILL Canyon Voyages ★ 200 NORTH Rim Cyclery 100 NORTH $|\bullet|_{\star_{Moab\,Made}}$ Gallery Moab★ Arches Electronics \* Tumbleweed ★ Redtail Air Adventures \* CENTER STREET Pinyon Tree ★ 100 SOUTH Hogan Trading Co. ★ WabiSabi ★ 200 SOUTH Walker Drug 🖈 Moab Gear Trader ★ 300 SOUTH Dave's **GRAND** Corner Market **★**Canyonlands Copy Center **★**Moab Mailing Center Millcreek Drive URANIUM AVE. ★ GearHeads KANE CREEK ★ Royce's Electronics 191 CEDA Chile Pepper Bike Shop \*

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# The Greatest Discovery In Cancer Research ever?

Yes, this is how Dr. Mark Rosenberg, Director of the Integrative Cancer Fellowship, once described to me his discovery of research on an obscure gene that plays a tremendous role in cancer.

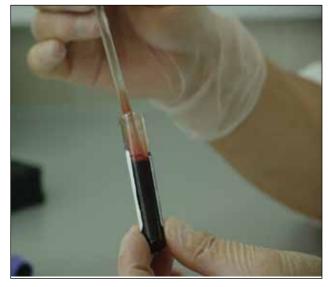
For decades, scientists have been trying to find the holy grail of cancer treatment. Chemotherapy is so problematic because it kills both cancer cells AND healthy cells. Patients with cancer have resigned themselves to tolerating horrible side effects and longterm risks-including new, untreatable cancers-with the hope of killing their current cancers. Moreover, while chemotherapy sometimes shrinks tumors and prolongs life (by a few months compared to placebo), these drugs only inhibit the daughter cells, not the stem cells. Think of it like weed-whacking instead of removing weeds by their roots. In some cases, this treatment actually stimulates the stem cells (roots) even while killing the daughter cells (the leaves). As the tumor decreases in size, the stem cells are meanwhile becoming more aggressive.

The key to better cancer diagnosis and treatment is therefore to target features of cancer cells that do not exist in normal cells. A researcher from a major U.S. university

discovered one such feature and published his initial findings in a cancer journal in 2009. He found a gene that, while present in all cells, is only turned on in two settings: in the embryonic stage of development, and in cancer. The protein made from this gene is required for the rapid cell division that occurs long before you are bornbefore you even have blood. However, this same protein is also essential for the unregulated cell growth of cancer. In other words, cancer does not exist in humans without it.

As a result of this discovery, we can now detect cancer with greater than 99% accuracy years before any other test will identify it, when the tumor is as small as 2 million cells, less than an eighth of an inch in

diameter. By contrast, a tumor will not be identifiable on x-ray until it has a mass of 2 BILLION cells, which means that your annual mammogram is going to miss it for quite a few years while it grows and grows. This test doesn't eliminate the need for Pap smears or colonoscopies,



however, because these identify cells that are abnormal but have not yet become cancerous.

An additional game-changing feature of this test is that the protein is specific to the origin of the tumor. Consequently, if the protein is detectable in your



by Ray Andrew, MD



bloodstream, we can tell you where it came from: breast, colon, prostate, skin, liver, lung, bone, and so forth. If you decide to undergo an imaging test, we know where to look rather than radiating your whole body looking for a needle

in a haystack. If the tumor shows up, you can pursue whatever treatment you and your doctor believe will yield the best outcome at this stage in its growth.

If the tumor does not show up on standard imaging tests, you can take advantage of any number of natural approaches used worldwide to both prevent and treat cancer. Down the road, you can repeat the original blood test until the protein is no longer detectable.

With traditional cancer treatment often costing hundreds of thousands of dollars per person, true early detection not only saves lives, but it also saves individuals, insurers, and governments A LOT of money.

Moreover, whether the

test result is positive or negative, an additional benefit is knowing what you do not have. For example, Jane, with a concerning breast lump, was recently found to have uterine cancer but not breast cancer. Or any other cancer. Robert, with many years of elevated PSA tests but normal (albeit extremely painful) prostate biopsies, was confirmed to have prostate cancer. Mark, with the highest PSA I have ever seen, was found NOT to have prostate cancer.

In an age where half of men and a third of women will be diagnosed with cancer at some point in their lifetime, this information is priceless.

In light of the forgoing, I have to agree with Dr. Rosenberg that this is the greatest discovery in cancer research EVER. If you are concerned about cancer, worry no longer. Come in and get tested. You'll be glad you did.





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# UNIVERSITY HAPPENINGS

# Electrical Apprenticeship and Automotive Certificate Available at USU Moab

Utah State University Moab announces the addition of twon new career training certifications, an electrical apprenticeship and automotive certificate, to its career and technical education offerings for the upcoming 2016/2017 school year. These new programs will join the additional new certificate programs in professional bookkeeping, web business, and digital design announced earlier this year. This valuable training is for the local workforce.

The electrical apprenticeship program is designed to help working electricians achieve the status of Journeyman Electrician, which allows them to perform electrical work independent of supervision on job sites. Achieving the position of Journeyman Electrician requires a combination of education and on the job experience, and USU has arranged the class schedule for this program to be part time in the evenings to allow both requirements to be met at the same time. Students in the program can, and are encouraged to, work full time as an electrical apprentice during the day and participate in the classes afterhours.

Increasing numbers of recreational vehicle use in Moab over the past several years has created the demand for additional trained automotive repair technicians in the area. The new automotive program will provide the necessary certification for individuals to begin working in the field, and will cover a wide range of automotive subjects including welding, maintenance, and engine repair.

"We've added several new programs this year, and it's making our Moab campus stronger by offering programs for everyone, but it's really making the Moab community stronger by strengthening the workforce and foundation of the area." commented Stephanie Dahlstrom, Director of Career and Technical Education at USU Moab. "It's exciting to see what we're offering now, and even more exciting to know what we're working to add in the future."

Beyond the programs added this year USU Moab is continuing to work on new programs to offer to be of further benefit to the area. Primary among these are programs in the medical and health fields including surgery technician and pharmacy technician.

Steve Hawks, Dean and Director of the USU Moab campus, added his excitement for expanding education and CTE programs in Moab.

"As Utah's land grant university, USU is doing great things to bring education to the entire state of Utah. And education is bachelor's and graduate degrees, but absolutely includes specialized career and technical education as well.

# **UtahState**University MOAB

It's important to the communities we serve to provide these programs." said Hawks.

USU has expanded its offerings beyond traditional degree-seeking options to better serve the needs and economic growth of the state, especially in the more outlying areas such as Moab. Career and technical education (CTE) provides needed skills to the workforce to develop the local and state economies. USU is also tying the classes and certificates for many of these programs into credits that will apply to associate and bachelor degrees as well, providing additional options for students starting off in the CTE classes.

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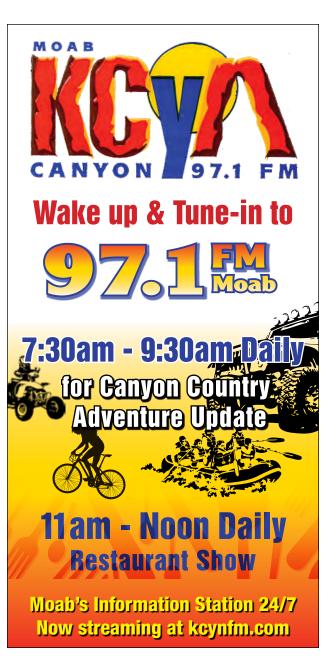
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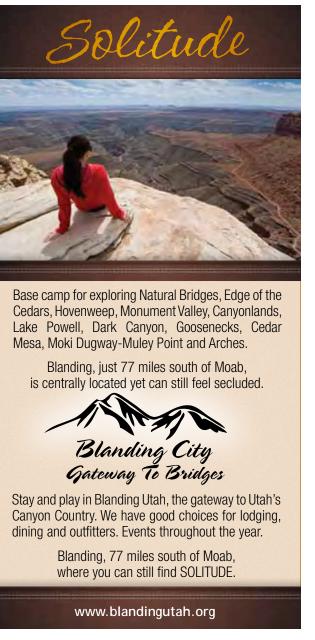
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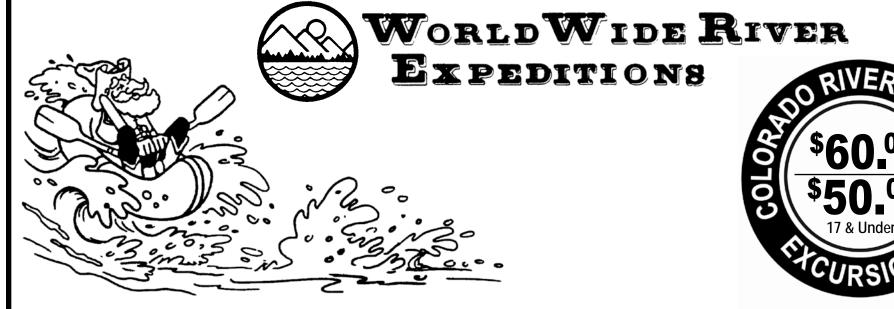




Check for events added online throughout the month

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# ASTROLOGY HAPPENINGS

# Your Horoscope for August 2016

By Victoria Fugit

August starts off with a new Moon on the 2nd and the aspects which accompany it set the tone for the rest of the month. For astrology buffs, the chart for the new Moon shows the Sun, Moon conjunction in a quincunx (150°) aspect with Pluto in Capricorn and Neptune conjunct the North Node in Pisces. This forms what astrologers call a Yod or "Finger of God". The energy of a Yod is unstable, dynamic and intense, as it works to transform the inherent agitation of unresolvable tensions into something resembling productivity. Following this we have an eclipse on the 18th.

The resolution of a Yod requires coming from the higher manifestations of the planets involved, starting with the fulcrum point, which in this case, are the Sun and the New Moon. The Sun and the Moon represent male and female - heart and soul, reason and emotional understanding. Pluto manifests as transformation, rising from the ashes, regaining what has been lost; Neptune manifests in seeking to anchor higher ideals and spiritual values into daily life. Working with these energies in our own individual ways is the best possible choice for all of us on a personal level when dealing with the challenges of this month.

However, on a larger scale, masses of people generally have a less productive manner of responding. They often respond through the shadow side of the energies involved.

The shadow side of Pluto in Capricorn is "power mongering gone wild, willing to sacrifice everything in order to maintain total supremacy and authority." The shadow side of Neptune in Pisces is self-delusion, deception, addiction, living in fantasy or not able to recognize reality. This is particularly true in this chart as Neptune is conjunct the South Node representing the past and the desire to return to "the way things were". The shadow of Sun and Moon in Leo is ego, my way or the highway-- and emotionality without reason or moderation. There seems to be plenty of all this in the world lately, on many levels.

The energies of the masses, reported by the media, through much of August and September will likely be similar to those of July-- escalating violence, storms, heat and craziness.

We may feel like our world is falling apart and we are powerless to change the impossible. However, what this aspect asks is that we take action and Venus in Leo trine Uranus in Aries this month offer a way to resolve this Yod and harness its dynamic energies and its highest potential by using the feminine power of deeper, compassionate understanding -- coming from a heart space in unique and unexpected ways.

Get busy! Be excited and enthusiastic about creating more joy and happiness in your own life and those around you. These aspects require you to take action and to allow yourself to be happily obsessed with creating a new life, a new way of being and a new world. As the poet said "if you can keep your head while those around you are losing theirs and blaming it on you..." The dynamic energies of August are there for you. How you choose to use them is up to you.

You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair. Chinese Proverb.



Mar. 21 - Apr. 20

Aries -- The New Moon falls in your 5th house of love, children, creativity and romance this month and is a good aspect to Mars and Saturn in the 9th house of travel, education and spiritual pursuits/intuition, foreigners. Uranus is still in the last third of

your sign. So using a little flight of fancy -- you might have an unexpected fling with a visitor, alien or professor—be caught up on a treasure hunt for the DaVinci Code in Italy -- or any other madcap, romantic adventure. On the other hand you might just impulsively go to Yellowstone with your kids.

Apr. 21 - May 21



Taurus -- Property, inheritance, legal matters of all sorts with emphasis on home and foundations require your attention this month. The full Moon may bring separations and confusion and a feeling of being out of control. A friendship or significant other

may make confusing or ambiguous demands. Stay away from heated arguments. Being "right" isn't worth the chaos. Stay focused on creative projects or service to others and you can have a productive month.

May 22 - June 21

Gemini - Communication, clarity, siblings and childhood foundational beliefs take center stage. Your partner or spouse may be coolly distant or combative in a way that pushes you to retreat inwardly. Your basic concept of what "home" means

to you is unclear and being challenged. Look inside to find the causes of the turmoil you may be projecting and spend more time with friends who know how to be light hearted, which is a big part of who you are.

Cancer -Sudden, unexpected changes in work could open new opportunities. Lower back problems may be unexpressed or bottled up words or feelings. If you say exactly what you want people will usually give it to you. Sudden flashes of insight

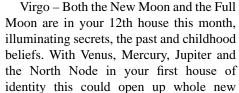
about patterns of behavior formed in childhood can be liberating and lead to better communication with others especially siblings. Although water, summer and Cancer all go together, be somewhat cautious around water this month.



Leo — the eclipse falls on your Sun if you were born on the 18th of August and will have an enlightening effect on your life over the next year. For Leos in general the new Moon falls in your 1st house and you can truly shine. Money comes easily, but

keep your integrity and values at all costs. If you are in a romantic relationship, have children (or an artistic project) your "sweetie pie" may more resemble "grouchy bear". By the 18th you may want to give up romance, children or creative projects altogether, when Mars and Saturn team up in your house of love, children and creativity. Take a break and by September things will have become more even.

Aug. 24 - Sept. 22



worlds for you that have been closed most of your adult life. Open up, listen, accept and make some liberating changes. Staying home is not as comfortable as usual. Getting out and meeting new people or friends not seen in a while can bring opportunity.

Sep. 23 - Oct. 23

Libra - Squabbling siblings or more serious issues involving them or neighbors may come up, particularly after the full Moon. Communications and short trips are delayed or encounter setbacks. The good news is that the New Moon is in your house

of friendships and social activities. This is a good time to get out and meet new people, especially those in the arts. Keep your sense of humor and realize that after September much of the trauma, drama dissolves and can be recognized as the illusion we are all prone to right now thanks to the Saturn and Neptune square.

fancy footwork. Keep to the high ground, don't compromise



Scorpio – Friendships are solid this month and are a strong support system. The point of the Yod and therefore the New and Full Moon, fall in your 10th house of career and public persona. You may be required to do a fast dance with the Universe and ad lib with some

principles and the intense dynamic energy of this aspect could lead you into some surprisingly powerful opportunities.

Nov. 23 - Dec. 21

Sagittarius - Saturn and Mars join one another in your 1st house and are trine to Venus and Sun, Moon in your 9th of travel, education and higher mind or guidance. Take advantage of any possible travel as it

may perk up your career and led to long overdue recognition of your talents. Keep a lid on your temper and selfrighteousness. Use the energy instead to create momentum in marketing yourself. An unexpected romance or boost to the creative artist may pop up out of nowhere - expect the unexpected in this department and go with the flow.



Capricorn – The lunar eclipse of the 18th falls across your 2nd house of money and values and your 8th of partnership money, dreams and intimacy. This speaks to your self-worth and the value that you place on yourself, your talents, abilities and heart.

Early childhood patterns emphasized how hard you had to work to be successful. These aspects suggest being less hard on yourself and more open to love, intimacy and vulnerability. Playfulness wouldn't hurt, either.

Jan. 21 - Feb. 18

Aquarius - New Moon in the house of partnerships and relationships and lunar eclipse in the 1st focuses on your journey of personal development and how you see yourself. All relationship flourishes on attention and time given. It may be the season

to give your Self and your relationships more time and attention. Listen to your guidance and let your guard down a little. It may be time to trust again.



Pisces - Your house of employment and health gets the light of the New Moon and your 10th house of career and how you are seen in the world, holds Mars and Saturn. There is a possibility of advancement or

promotion along with greater work load and responsibility. The home front will run more smoothly with Mercury (communication), Venus (love and pleasure) and Jupiter (expansion and good will) in your 7th house of marriage and partnership. Don't let the past intrude on the pleasant present.

### About Victoria...

The passion I have for Astrology began when I was twenty-four. I had been traveling in Europe for months and was becoming more and more curious about the letters my mom was sending me. They were waiting for me in each city or town I went to and it was as if she had a spy following me. She seemed to know my every move. Then she started to give me advice about what was coming up and what to watch out for.

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

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

You can get in touch with Victoria at 435-259-9417 or vfugit@etv.net. And be sure to mention you read about Victoria in the Moab Happenings.



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# MOAB AREA LODGING GUIDE



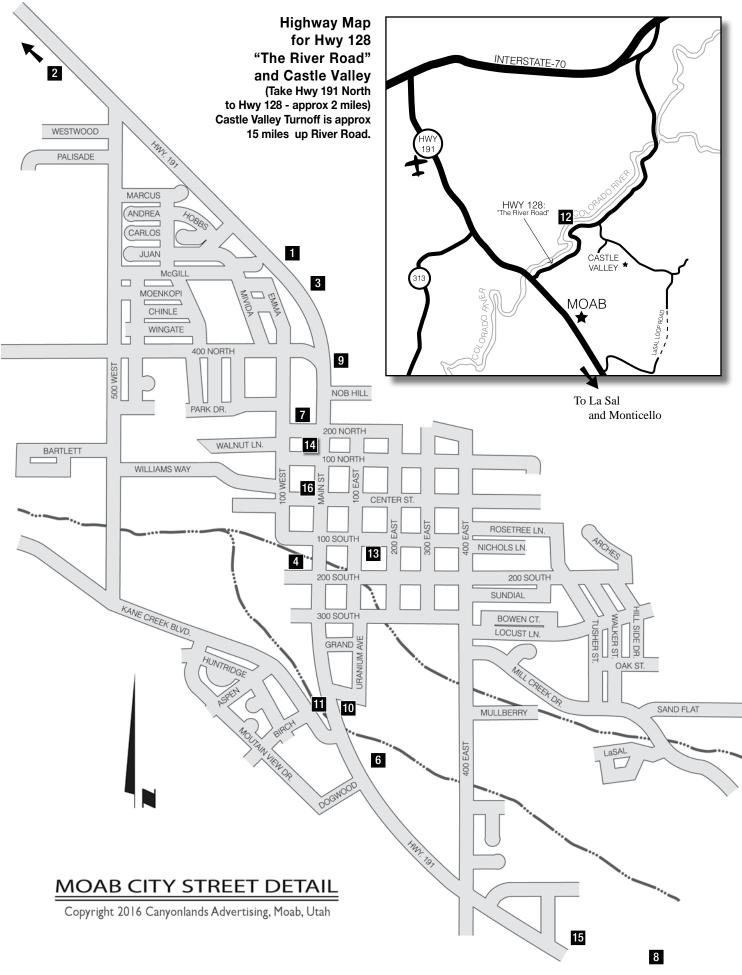






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6	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
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12	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
13	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
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### **Moab Church Services Directory** Assembly of God 435-259-7747 Friends in Christ Free Lutheran Church 1202 South Boulder Avenue 1240 South Highway 191 435-259-4378 Bahá'í Faith 435-650-5778 Grace Lutheran Church 435-259-5017 360 West 400 North Canyonlands Fellowship 435-260-2434 111 East 100 North Jewish Interfaith Beit Moabi 435-260-0241 Church of Jesus Christ of Latter-Day Saints Moab Baptist Church 435-259-8481 356 West Kane Creek Blvd. First & Second Wards 435-259-5566 **Quaker Worship Group** 475 West 400 North 435-259-8178 81 North 300 East Third, Fourth & Fifth Wards 435-259-5567 701 Locust Lane River of Life Christian Fellowship 2651 East Arroyo Rd. 435-259-8308 **Community Church** 435-259-7319 544 MiVida Drive St. Pius X Catholic Church 435-259-5211 122 West 400 North Episcopal Church of St. Francis 435-259-5831 250 South Kane Creek Blvd Seventh Day Adventist 435-259-5545 4581 Spanish Valley Drive First Baptist Church SBC 435-259-7310 The Church of Christ 420 MiVida Drive 435-259-6690 456 Emma Boulevard









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# KZMU - Moab Community Radio 90.1 & 106.7 FM 250. Box 1076 • Moab, Utah 84532 on-air studio: 259-5968 • office: 259-8824

(hard techno chill)

11:00

12:00

P.C	). Box 1076 • N	loab, Utah 845	on-aii	r studio: 259-59	968 • office: 25	9-8824 cont	tact us: www.kzmu	ı.org
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	7.6
00	Native Spirit	Inflection Point EARLY MORNING Art of the Song EARLY MORNING Native News 7:55am					Desert Diva (dance, pop)	7:0 8:0
00	(First Nations)		DEMOCRACY NOW					9:0
:00	Jah Morning	Moab Mamas/		MORNING		Blue Plate		10:
:00 oon	(Mommoo)	Morning Blend (everything)	Amarillo Highway (alt. country, alterna-twang)	Tilted Park (Americana classic rock)	Rocketship Radio (indie, eclectic)	Special (blues/rock)	Wayward Wind (alternative, americana, oldies)	11: No
00	Grass is Greener	The Skye's the Limit	Radio mmm	Horizon Line	Tangled Roots (early R&B, soul)	Trading Post Times Top 5	Ain't Live Grand? (rock, pop)	1:0
00	(bluegrass, folk) (rock, bl	(rock, blues, unreleased)	(classic indie)	(modern chill)	(carry not)	1-2-3 (funky world soul)	Uncovered Remix (covers)	2:
00	Entre Las Piedras Between the Rocks	MojoMondays (rock, pop)	Joe's Garage (radio obscura) / TheMatics	Bait and Switch (pop, top 100)	Signed, Steeled Delivered (rock mix)	Fire on the	Belagaana Review (fruit and nuts)	"
00	(Norteno New Mexico rock & roll)	Alternative Radio (news / talk)	Pirates & Poets/ Twang Thang	Moab Drive Time	Thursday Drive Time	Mountain (dead, jam)	Tween Time	4: 5:
00	Bach & Beyond	This Week in Moab (Interviews / Calendar)	(americana)	(new, alternative, indie)	(pop, rock)	Snap Judgment	Big River	6:
00	DEMOCRACY NOW					(twang)	7:	
00	Kokopelli Coffeehouse (acousitc, folk)	Big Swing Face (big band jazz) The Watering Hole (blues)	On Deck Alt Rock	Thin Edge (jazz)	Rock Wasteland	Rainbow Room (LGBT dance) /Beat Monkey	III Beats Radio (hip Hop)	8: 9:
:00	Hardwired	Operation Punk	MOAE Conscious Party	B AFTER HO	OURS I Far Rooster	Moab Metal	Rock of Ages	10:

americana, live, rock)

KZMU OVERNIGHT

(ska, punk, native,

rock, dub)

(Punk Vinyl)

For a community to prosper and grow, its residents have to be **INVOLVED**. If you would like to participate in any club or organization,

<i>PLEASE CALL THEM.</i> M	lany of these group	s 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)		Moab Community Theater (Kaki Hunter)	
Alpha Rho Sorority (Bobbie Long)	(435) 259-6758	Moab Country Club (Rob Jones)	(435) 259-6488
American Legion Post (Ronald Irvin)		Moab Disk Golf Club (Rolf Hebenstreit)	(208) 720-1258
Arches Education Center (Trish Hedin)	(435) 260-8764	Moab Duplicate Bridge Club (Warren Ohlrich)	(435) 260-1242
Arches New Hope Pregnancy Center (Debbie Nelson)		Moab Family History Center	(435) 259-5563
BEACON (Edith Sage)	(435) 259-2767	Moab Free Health Clinic (Beth Joseph)	(435) 259-1120
Bikers Against Child Abuse -B.A.C.A.(John Taggart)	(435) 259-4756	Moab Friends For Wheelin' (Jeff Stevens)	(435) 259-6119
Boy Scouts of America (Jim Bethel)	(435) 637-8059	Moab Garden Club (Tricia Scott)	
Boy Scouts of America Utah National Parks Council	(801) 437-6222	Moab Half Marathon (Ranna Bieschke)	(435) 259-4525
Canyonlands Field Institute (Karla Vander Zanden)	(435) 259-7750	Moab Horse Show Association (Kathy Wilson)	(435) 259-8240
Canyonlands Rodeo Club (Kirk Pearson)	(435) 260-2222	Moab International Film Festival (Nathan Wynn)	(435) 261-2393
Canyon Winds Concert Band (Ronald Irvin)	(435) 719-4095	Moab Masonic Lodge #30 (TJ Robertson)	(435) 210-4653
Colorado Outward Bound School - Moab Basecamp (Chris Benson)	(435) 259-5355	Moab Music Festival (Laura Brown)	(435) 259-7003
Community Rebuilds (Emily Niehaus)	(435) 260-0501	Moab Poets & Writers (Marcy Hafner)	(435) 259-6197
Daughters of Utah Pioneers (Shirley Stewart 435-259-5229)	(435) 259-7793	Moab Rock Club (Jerry Hansen)	(435) 259-3393
Deadhorse Motorcycle Club (Ron Dickerson)		Moab Roller Derby (Jessica O'Leary)	(575) 635-3898
Delicate Stitchers Quilt Guild (Murine Gray)	(435) 259-5514	Moab Rotary April Action Car Show	(435) 260-1948
Elks Lodge #2021 (Dan Stott)		Moab Solutions (Sara Melnicoff)www.moab-solutions.c	org (435) 259-0910
Friends of Arches and Canyonlands Parks (Joette Langianese)		Moab Sportsmen's Club (Frank Darcey)	(435) 259-2222
Friends of Canyonlands Health Care (Tom Edwards)	(435) 260-1504	Moab Taiko (Michele Blackburn)	(435) 259-0816
Friends of Indian Creek (Sam Lightner, Jr.)	(435) 259-6639	Moab Trails Alliance (Kimberly Schappert)	(435) 260-8197
Friends of the Grand County Library (Adrea Lund)		Moab Valley Multicultural Center (Rhiana Medina)	(435) 259-5444
Girl Scouts of The U.S.A. (Michelle Hill)	(435) 259-5884	Order of the Eastern Star (Fran Townsend)	(435) 259-6469
Grand Area Mentoring (Dan McNeil)	(435) 260-9646	Plateau Restoration/Conservation Adventures (Tamsin McCormick)	(435) 259-7733
Grand County Democratic Party (Bob Greenberg)	(435) 259-7013	Plein Air Moab	(435) 259-6272
Grand County 4-H (Kira Rindlisbacher)	(435) 259-7558	Red Rock 4-Wheelers (Ron Brewer)	(435) 259-7625
Grand County Education Foundation (Melodie McCandless)	(435) 259-9797	Rotary Club (Dave Bierschied)	(435) 260-1968
Grand County Extension (Michael Johnson)	(435) 259-7558	The Salvation Army, Moab Service Extension, (or Sara Melnicoff)	(435) 259-0910
Grand County Food Bank	(435) 259-6456	Seekhaven Crisis Center (Michael Gardiner)	(435) 259-2229
Grand County Hospice (Jessie Walsh)	(435) 259-7191	Senior Center (Verleen Striblen)	(435) 259-6623
Grand County Library	(435) 259-1111	Sierra Club (Marc Thomas)	(435) 259-3603
Grand County Prevent Child Abuse (Debbie Thurman)	(435) 260-1039	Southeastern Utah Back Country Horsemen (Dick Walter)	(435) 640-5532
Humane Society of Moab Valley	(435) 259-4862	Southern Utah Wilderness Alliance (Neal Clark)	
Ladies Golf Club (Chris Corwin)	(435) 210-0599	Toastmasters (Jim Webster 435-259-8037) or (Daniel McNeil)	(435) 260-9646
League of Women Voters (Cynthia Smith)		Trail Mix Committee (Sandy Freethey)	(435) 259-0253
Lion's Club (Tom Warren)		Utah Avalanche Center(888) 999-4019	or (435) 259-SNOW
Moab Aglow Lighthouse Fellowship (Murine Gray)		Utah Conservation Corps (Sean Damitz)	(435) 797-0964 ext 1
Moab Arts Council (Theresa King)		Utah Friends of Paleontology – Gastonia Chapter (Lee Shenton)	(435)-259-9533
Moab Arts Festival (Theresa King)	(435) 259-2742	Valley Voices (Marian Eason)	(435) 259-6447
Moab Arts & Recreation Center (Meg Stewart)	(435) 259-6272	USU Moab	(435)-259-7432
Moab Bird Club (Nick Eason)	(435) 259-6447	Veterans of Foreign Wars (Fred Every)	
Moab Chamber of Commerce (Jodie Hugentobler)		WabiSabi (Mandy Turner)www.wabisabimoab.org	(435) 259-3313
Moab City Animal Control		Young Life Moab (Silas Rappe)	(435) 260-0285
Moab City Recreation	(435) 259-2255	Youth Garden Project (Delite Primus)	259-BEAN (2326)
VISITING ROTARIANS: Join us for Lunch every Monda	v 12 noon at	VISITING ELKS: The Moab B.P.O.E. 2021 invites you up to	the lodge

Massacre

11:00

12.00

(radio obscura)

# PET HAPPENINGS

# Detoxing Your Pet's World

By Jessica Turquette – owner of the Moab BARKery

Pets are generally much smaller than we are, with much smaller organs of elimination like the liver, kidneys and lungs. When exposed to toxins, their bodies have to work much harder than ours to eliminate them. Pets also have a shorter life span; they do not have the luxury of time that we have for their bodies to eliminate toxins gradually. Our pets can't talk to let us know when something in their food or their environment is making them feel sick, they can't switch their own food or decide to stop using a household cleaner that irritates their lungs. Since we control our pet's environment, they rely on us 100% to reduce toxins they encounter.

Toxins get in to your pet through several means. Some are accidentally ingested, outdoor toxins like weed killers, pesticides and lawn and garden fertilizers get in to pets when they breathe them in, eat chemical laden grass, lick dust or residue off their paws or fur, or absorb them through their paws. Other environmental toxins arrive the same way from cleaners, air fresheners, laundry products and other household chemicals. More toxins can be directly ingested in your pet's drinking water, in commercial treats and food, and in over the counter or prescription medications they take. Some toxins are produced within your pet's body; whether through their metabolic processes or by microbial activity, most often bacteria and yeast in the GI tract.

In a healthy body, toxins are rounded up and eliminated quickly through the organs of elimination (liver, kidneys, lungs, intestines and skin). Our pets are bombarded daily with an overwhelming number of toxins, most of which their bodies have had not had enough evolutionary time to adapt to. Our pet's bodies react to toxins as ours do—the immune system ramps up processes like inflammation, mucus production or diarrhea to help the immune system resolve the problem and purge the toxins from their system.

When the body is overwhelmed with too many toxins, it is forced to store them until there is an opportunity to eliminate them. For many pets, this time never arrives, and toxins can accumulate indefinitely, where over time they can cause symptoms like lethargy, fatigue and proneness to infection. Toxic overload can impede the work of your pet's immune system to the point where tumors or cysts may form and other serious health conditions may develop as cells degrade and organ function is impaired.

The good news is that for most pets, their bodies are well equipped to handle disease, eliminate a reasonable amount of toxins and restore their organs and body systems to health, with your help. Taking these steps will help detox your pet.

**Upgrade Food and Treats** – Improving the quality of your pet's diet is always the very best thing you can do to improve well-being and longevity. If you are giving your



pets any grocery store food and treats, you are definitely giving them a dose of chemical additives, artificial colors and flavors with every bite. Commercial food and treats have plenty of these toxic indigestible ingredients, along with poor quality proteins and fillers that tax your pet's digestion and increase the toxic load on their bodies. Choose natural food and treats, like those we offer at the

Moab BARKery. We offer only the best in highly digestible, additive free foods and treats like Diamond Naturals and Basil and Baxter dog biscuits that are all natural and cost less than \$6.00/pound. We all so have free samples of almost every food we carry in the store so you can try and new and better food with your pet.

Filtered Water Only – While the water that flows through your household pipes may be technically fit to drink, it contains enough toxic mineral and metal levels, chemicals like fluoride and chlorine and even trace amounts of hormone-like compounds. Your pets deserve better. Water filtration units are readily available and you do not have to spend a lot to get a good one.

Eliminate Household Chemicals – Beside the obvious chemicals in bug killers, cleaning products and solvents, beware of those found in perfumes, air fresheners, scented plug-ins, laundry products and even dryer sheets. These are laden with chemicals typically unregulated and untested by US health protection agencies and many of them are known to cause or worsen respiratory conditions like asthma in people and pets. Look for 100% natural cleaning products, or make your own.

Improve Air Quality – Indoor air pollution can come from household chemicals and it should be well understood that pets are affected by the toxins in cigarette smoke. Toxins in the air also come from chemicals outgassing from synthetic household items like flooring, carpeting and furniture. If you have items that are giving off that telltale new smell, be sure to keep pets off and out of these areas and consider using fans or leaving windows open for some fresh air while these items are exuding high levels of chemical residues.

Minimize Exposure to Outdoor Pollutants & Chemicals – pets that spend time outdoors will undoubtedly encounter chemicals used for pest control, weed killer, fertilizers and more. If your dog likes to eat grass or other plants, keep a close eye on them when you are walking near other people's yards and in public places like parks. Adding greens to their diet may help curb this tendency in both cats and dogs. For cats, a great solution is the Petlinks Nibilicious Seed Kit, which lets you grow healthy oat grass free of contaminants. For dogs a great option is Steve's Real Food Carnaforage, a freeze dried raw goat's milk probiotic that is blended with spirulina, dandelion and milk thistle.

**Support The Liver** – Your pet's liver does the lion's share of toxin elimination. Antioxidants can assist the liver and many detoxification remedies have herbs like milk thistle that can be of great value to your pet's liver. Many

pets will not require daily liver support, older pets and those taking daily medications may benefit from regular use of liver support products. Moab BARKery carries a liver support tincture from a local company Sister Root called Liver Lover.

**Provide Immune Support** — Your pet's immune system works in tandem with the elimination organs to keep your pet well, and supporting immune health keeps your pet's liver, kidneys, lungs, intestines and skin healthy so they can do their detoxification work. For healthy pets, daily immune support is found in a quality multivitamin and mineral supplement. The Moab BARKery sells Nupro, a powdered supplement that makes gravy to add to your dog's food or Nupro Nuggets for Cats.

**Skin Salvation** – Cats and dogs eliminate toxins through their skin and a regular brushing regimen will help



your pet's skin breathe and facilitate this process. Regular grooming also removes dust and debris that may contain toxic residue. For dogs especially, consider the quality of the bath products you use and choose natural products that skip the toxic ingredients so your pet absorbs fewer toxins at bath time. The Moab BARKery Self -Serve Dog Wash and Grooming Services use Earthbath Grooming products exclusively and these are also sold in store.

Keep It Clean – Keeping your home free of dust with regular dusting and vacuuming can greatly reduce the toxic particulate that your pets end up ingesting. Another place to be strict with cleaning is your pet's water and food bowls. Change water daily and wash your pet's bowls, as dust and germs accumulate here in abundance.





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!



# **Humane Society of Moab Valley**

435-259-4862 • www.moabpets.org

August 2016 Events

August 6 - Cat Adoption Day at the Moab BARKery from 11am - 1pm

**August 13** - Dog Adoption Day at City Market from 10am - noon

August 20 - Cat Adoption Day at the Moab BARKery from 11am - 1pm

**August 27** - Dog Adoption Day at City Market from 10am - noon

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

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Grooming Services and Self-Serve Dog Wash available by appointment, call and get your spot today!

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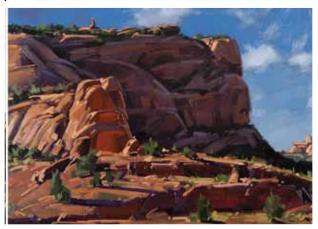
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