

MOAB HAPPENINGS

www.moabhappenings.com

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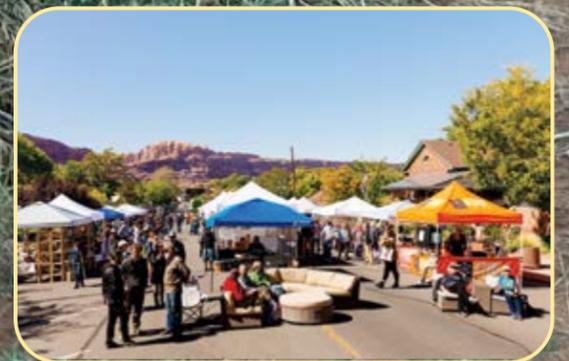
SEPTEMBER 2023



MOAB MUSIC FESTIVAL



MOAB CENTURY TOUR



RED ROCK ARTS FESTIVAL

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P.O. BOX 698
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MOAB HAPPENINGS®

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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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PublisherTheresa King EditorSteve Budelier
 Production, Graphic Design Steve Budelier, Patrick Paul René,
 Christopher Pearce & Theresa King
 Circulation José Churampi, Andrea Cook,
 Richard Salvitti, Ron & Marie Nemeč
 SalesTheresa King
 Accounting Heather Dalton
 Contributing WritersDamian Fagan, Kathy Grossman,
 Deanna King, Nancy Kurtz, Martin Lockley
 Allyson Mathis, Sharon Sullivan, Jessica Turquette
 Photography Patrick Paul René, Steve Budelier
 Webmaster Patrick Paul René, Steve Budelier
 Cover.....Background photo by Steve Budelier

Canyonlands Advertising
 P.O. Box 698 • Moab, Utah 84532
 (435) 259-8431 • FAX (435) 259-2418
 e-mail: info@moabhappenings.com
 www.moabhappenings.com

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River Road Happenings

Moab Museum of Film and Western Heritage

by Elise Park

Since 1925, nearly 200 feature-length films have been made in the Moab to Monument Valley region. 10 of those were made by the celebrated director John Ford including the picture that made John Wayne a star: *Stagecoach* (1939). The famed director's dedicated use of the region in Hollywood classics lends this area the nickname «John Ford Country.» After *Stagecoach*, Ford and Wayne reunited in southeastern Utah to make 3 popular military-frontier Westerns known as the “cavalry trilogy”: *Fort Apache* (1948), *She Wore a Yellow Ribbon* (1949), and *Rio Grande* (1950). In total, Ford and Wayne («Pappy» and «Duke») made 6 movies in the region together.

Rio Grande was the first of nearly a dozen movies filmed at the White Ranch (now Red Cliffs Ranch) and the first of five films to co-star John Wayne and Maureen O'Hara. The production also marked the unofficial film debut for Duke's 11 year-old son Patrick Wayne and his childhood pal (and future ranch owner) Tommy White. Other local extras filled the roles of 50 “Apaches” and 80 “cavalry” riders in the film.

Over 90% of *Rio Grande* was filmed at the Whites ranch. An extensive set with a dramatic fort entrance gate and command post was built on the property, and although filming was completed in under a month thanks to Ford's hurry to begin work on *A Quiet Man* (1952), the set withstood the test of time: the gate was used again in *Taza, Son of Cochise* (1954) and remained a fixture on the property until the elements brought it down several decades later. The Whites family home was also decorated to blend in with the rest of the «fort» buildings on set, and the Whites were paid to not grow hay in their field that summer, enabling Ford to film scenes with impressively sized cavalry troops in their field.



Although Ford was notorious for using anachronistic costumes and weapons in his films, film critics have noted that the director often used authentic representations of military uniforms, commands, and even bugle calls, a personal touch likely rooted in his deep love and respect for national service.

In this scene from *Rio Grande* filmed in the Whites hay field, Fords attention to historic military detail is evidenced by the 38-star flag being flown. Set in 1879 (around the same time that Moabs first permanent settlers began arriving in the area), a 38-star flag was the official symbol of the nation from 1877 (after Colorado gained statehood) until 1890, when it was replaced with a 43-star flag marking the statehood of North Dakota, South Dakota, Montana, Idaho, and Washington. John Fords effort to use a historically accurate flag in *Rio Grande* is a subtle but powerful reminder of the lesson the stars of the film (John Wayne and Maureen O'Hara) learn when they reunite in the West after the American Civil War: love and compassion are what ultimately unite us under one flag. From all of us in John Ford Country, have a safe and happy 4th of July!



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The Ranch
In 1929, the young bride Essie Larsen and her groom George White were given this land as a wedding present. The property had been part of the Larsen family's regional land holdings since 1899, but Essie and George were the first to establish a permanent ranching homestead on the riverfront property.

The Landmark
20 years later in 1949, the White's ranch became the epicenter of Moab's early film industry when George White, along with other locals interested in attracting filmmakers to the region, formed the Moab Movie Committee. Thanks in part to their efforts, within a year the legendary director John Ford filmed several movies at the White's ranch or within a few miles of the property, ushering in a wave of filmmakers and studios eager to utilize the region's picturesque landscape for their latest motion picture.

The Moab Movie Committee eventually evolved to become the Moab to Monument Valley Film Commission and is recognized as the longest continually operating film commission in the United States, if not the entire the world.

The Museum
In 2002, the Moab to Monument Valley Film Commission and Red Cliffs Lodge established the Museum of Film and Western Heritage to commemorate the movies made in the Moab to Monument Valley region of Utah and the local characters, cultures, and landscapes that have helped bring them to life.

Moab Music Festival Happenings

Take the Scenic Route to World Class Concerts at the Moab Music Festival

Getting to the Moab Music Festival's concerts on the banks of the Colorado River is by way of a beautiful drive along Scenic Byway Route 128, which follows the Upper Colorado, passing through a narrow river-carved gorge surrounded by towering red sandstone cliffs.

The plush lawn at Red Cliffs Lodge spills out onto the banks of the Colorado, making for a gorgeous concert setting on September 2 and 3. On September 2, MMF takes a deep dive into the history of American music with an evening devoted to the groundbreaking work and lasting impact of pianist and composer Scott Joplin. Known as the "King of Ragtime," this Black American revolutionary brought ragtime music to the concert hall at the turn of the 20th century. You can hear Joplin's inspiration in the works of American popular composers like Irving Berlin and George Gershwin, as well as recent ones, like Gunther Schuler and William Bolcom.

"Water World," on September 3, weaves the Colorado behind the stage into MMF's water-themed season. The program features the World Premiere of composer-percussionist Pius Cheung's new piece "Samsara," commissioned by the MMF Commissioning Club. It creates musical images of water in four scenes: Drought, Bridges, Rain, and Flood. The program includes classical favorites like the famous Flower Duet from Delibes' "Lakmé," to songs by Paul Simon and Rogers & Hammerstein. Before the show, there's also a free panel discussion moderated by former KZMU Director Serah Mead on the Red Cliffs



The view at Red Cliffs Lodge overlooking the Colorado River

River Deck with experts John Weisheit, Living River/Colorado Riverkeeper Co-Founder, and Howard Dennis, Native American flutist and Hopi Elder. Composer Pius Cheung also joins the panel to talk about the River as inspiration for his new work.

On Sept 9, venture a bit further down Scenic Route 128 to the luxurious Sorrel River Ranch Resort and Spa for a toe-tapping evening of American favorites. Salt Lake City's own Hot House West Swing Orchestra heats things up at the Ranch's outdoor Pavilion with an evening of music inspired by the inimitable Jazz guitarist Django Reinhardt.



Renowned violinist Robert McDuffie makes his MMF debut at downtown Moab's own Star Hall on September 10. Built in 1905 and listed on the National Register of Historic Places, a 2008 renovation brought out Star's intimate acoustics perfectly suited to chamber music. McDuffie, joined by four young firebrands of the violin world, performs Astor Piazzola's "Four Seasons of Buenos Aires," before taking the solo spot in Philip Glass's second violin concerto, "The American Four Seasons," which he commissioned and premiered. It's a celebration of the violin, in the heart of Moab.

The Moab Music Festival runs from August 21 through September 15, and will feature fifty-three artists in twenty-three concerts in thirteen different venues in and around Moab. Find out more and purchase tickets: moabmusicfest.org or call 435-259-7003. And be sure to mention you read about Moab Music Festival's 31st Season in *Moab Happenings*.



Sorrel River Ranch - Photo: Richard Bowditch



Red Cliffs Lodge



Sorrel River Ranch - Photo: Richard Bowditch

MOAB MUSIC FESTIVAL

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August 21 – September 15, 2023

Ragtime, A Program All About Water, Woodwinds, Bach, Private House Concert

<p>Thursday 8/31 Grotto I: Bach in the Grotto Jet boat to wilderness grotto \$425 (\$200 tax deductible) <i>Proceeds help MMF bring performing arts to rural Utah</i></p> <p>Friday 9/1 House Concert: There Will Always Be Paris Music from 20th century France and dinner in a spectacular private home \$250 (\$125 tax deductible) <i>Proceeds help MMF bring performing arts to rural Utah</i></p>	<p>Saturday 9/2 Music Hike I: Winds in the Canyon Short hike to a stunning wilderness area for music that features woodwinds and strings Moab wilderness, 7:30AM \$75</p> <p>Saturday 9/2 100 Years of Ragtime Explores Scott Joplin's genius and looks at his continuing influence on American composers Red Cliffs Lodge, 7PM \$40</p>	<p>Sunday 9/3 Water World: Rivers, Bridges, Droughts, and Floods All water-inspired music, including new music and an MMF-commissioned world premiere by Pius Cheung Red Cliffs Lodge, 7PM \$40</p> <p>Monday 9/4 Rocky Mountain Power Community Concert Festival artists perform a variety of music, from Parisian hot jazz to water-inspired classical works for the whole family Old City Park, 2PM Free</p>
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Parisian Hot Jazz, The Four Seasons, Grotto, Ranch Benefit Concert

<p>Thursday 9/7 Grotto II: Winds on the Colorado River Jet boat to wilderness grotto \$425 (\$200 tax deductible) <i>Proceeds help MMF bring performing arts to rural Utah</i></p> <p>Friday 9/8 Ranch Benefit Concert Indie power-pop trio BAILEN with host Paul Woodiel on fiddle at a scenic, historic working ranch beside the Colorado River \$150 (\$75 tax deductible) <i>Proceeds help MMF bring performing arts to rural Utah</i></p>	<p>Saturday 9/9 Hot House West Swing Orchestra This stylish, 14-piece ensemble blends the virtuosic, soulful music of Django Reinhardt with western roots and American jazz Sorrel River Ranch, 7PM \$40</p> <p>Sunday 9/10 Music Hike II: Free Voices of Eastern Europe Short hike to a stunning wilderness area for a powerful program by composers including Bacewicz, Auerbach, Pärt, Silvestrov, and more \$75</p>	<p>Sunday 9/3 Pre-concert panel discussion Water World: Rivers, Bridges, Droughts, and Floods Panel members discuss water and the Colorado River as: the basis of the Hopi religion, as a source of inspiration for the concert's world premiere, and the river's future. Red Cliffs Lodge, 5:30PM Free with Water World ticket purchase</p> <p>Sunday 9/10 The Four Seasons According to Glass and Piazzolla Robert McDuffie performs the Glass concerto he commissioned, and four violinists perform Piazzolla with ensemble Star Hall, 7PM \$35</p> <p>Monday 9/11 Grotto III: German Masterpieces Jet boat to wilderness grotto \$425 (\$200 tax deductible) <i>Proceeds help MMF bring performing arts to rural Utah</i></p> <p>Wednesday 9/13 – 9/15 San Juan Musical Raft Trip Float from Bluff to Mexican Hat with Boyd Meets Girl, playing an eclectic mix of music.</p>
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August 21 – September 15, 2023

Ragtime, A Program All About Water, Woodwinds, Bach, Private House Concert

- Thursday 8/31
Grotto I: Bach in the Grotto
Jet boat to wilderness grotto
\$425 (\$200 tax deductible)
Proceeds help MMF bring performing arts to rural Utah
- Friday 9/1
House Concert: There Will Always Be Paris
Music from 20th century France and dinner in a spectacular private home
\$250 (\$125 tax deductible)
Proceeds help MMF bring performing arts to rural Utah
- Saturday 9/2
Music Hike I: Winds in the Canyon
Short hike to a stunning wilderness area for music that features woodwinds and strings
Moab wilderness, 7:30AM
\$75
- Saturday 9/2
100 Years of Ragtime
Explores Scott Joplin's genius and looks at his continuing influence on American composers
Red Cliffs Lodge, 7PM
\$40
- Sunday 9/3
Water World: Rivers, Bridges, Droughts, and Floods
All water-inspired music, including new music and an MMF-commissioned world premiere by Pius Cheung
Red Cliffs Lodge, 7PM
\$40
- Monday 9/4
Rocky Mountain Power Community Concert
Festival artists perform a variety of music, from Parisian hot jazz to water-inspired classical works for the whole family
Old City Park, 2PM
Free
- Sunday 9/3
Pre-concert panel discussion
Water World: Rivers, Bridges, Droughts, and Floods
Panel members discuss water and the Colorado River as: the basis of the Hopi religion, as a source of inspiration for the concert's world premiere, and the river's future.
Red Cliffs Lodge, 5:30PM
Free with Water World ticket purchase

moabmusicfest.org
435.259.7003



buy tickets

Parisian Hot Jazz, The Four Seasons, Grotto, Ranch Benefit Concert

- Thursday 9/7
Grotto II: Winds on the Colorado River
Jet boat to wilderness grotto
\$425 (\$200 tax deductible)
Proceeds help MMF bring performing arts to rural Utah
- Friday 9/8
Ranch Benefit Concert
Indie power-pop trio BAILEN with host Paul Woodiel on fiddle at a scenic, historic working ranch beside the Colorado River
\$150 (\$75 tax deductible)
Proceeds help MMF bring performing arts to rural Utah
- Saturday 9/9
Hot House West Swing Orchestra
This stylish, 14-piece ensemble blends the virtuosic, soulful music of Django Reinhardt with western roots and American jazz
Sorrel River Ranch, 7PM
\$40
- Sunday 9/10
Music Hike II: Free Voices of Eastern Europe
Short hike to a stunning wilderness area for a powerful program by composers including Bacewicz, Auerbach, Pärt, Silvestrov, and more
\$75
- Sunday 9/10
The Four Seasons According to Glass and Piazzolla
Robert McDuffie performs the Glass concerto he commissioned, and four violinists perform Piazzolla with ensemble
Star Hall, 7PM
\$35
- Monday 9/11
Grotto III: German Masterpieces
Jet boat to wilderness grotto
\$425 (\$200 tax deductible)
Proceeds help MMF bring performing arts to rural Utah
- Wednesday 9/13 – 9/15
San Juan Musical Raft Trip
Float from Bluff to Mexican Hat with Boyd Meets Girl, playing an eclectic mix of music.

Moab Events

September 2023

Sep 1 Live Music at Spanish Valley Winery- 4-7pm local musician Adam Waugh. Free entry 21+

Sep 1 Live Music: Blu Pig- David Mensch

Sep 1 Live Music at Red Cliffs- Broken Arrow

Sep 2 Livestock Built this City- Downtown historic tour of Moab's business district. Saturdays at 10am. Moab Museum. By appointment only. Register at moabmuseum.org.

Sep 2 Recovery Day Celebration- Nationally recognized as a day to celebrate, advocate, support and empower those in all stages of recovery. Including family members, friends, loved ones, treatment providers and ALL others that support those along their journey. We will be having resource booths, food, prizes, games and roller skating. Fun for all! 2-6pm at Swanny Park. Info at myusara.com or 435.259.6131 ext 443

Sep 2 Four Corners Lecture Series- Starr Tafoya presents Santa Clara Pueblo Pottery Demonstration, firing and sale. 10:30am, Mesa Verde National Park Visitor Center

Sep 2 Moab Music Festival — Music Hike I: Winds in the Canyon- Short hike to a stunning wilderness area for music that features woodwinds and strings. \$75. www.moabmusicfest.org See pg 4A

Sep 2 Moab Music Festival: 100 Years of Ragtime Explores Scott Joplin's genius and looks at his continuing influence on American composers. Red Cliffs Lodge, 7pm, \$40. www.moabmusicfest.org See pg 4A.

Sep 2 Magic Show with Rick Boretti- The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh & be mystified! 8pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 2 Supplement Saturday- Co-op owners save on supplements on the first Saturday of every month at Moonflower! All dietary supplements, vitamins, minerals, medicinal herbs, and other items in this department will be 10% off for co-op owners only. Synergy products will remain at the same year-round owner discount. 8am-8pm at Moonflower Co-op, 39 E. 100 N.

Sep 2 Live Music: Blu Pig- The Fly Boys

Sept 2-4 Red Rock 4 Wheelers Labor Day Campout- The "Stay Together, Play Together" Labor Day Safari has a little bit of everything and some things the Easter Jeep Safari doesn't offer because of its size. Trails are limited to 25 vehicles, making them smaller and the entire event is limited to 150 vehicles. Register at rr4w.com

Sep 2-3 Live Music at Red Cliffs- Neal Middleton

Sep 3 Moab Music Festival — Water World: Rivers, Bridges, Droughts, and Floods- GAI water-inspired music, including new music and an MMF-commissioned world premiere by Pius Cheung, Red Cliffs Lodge, 7pm, \$40. www.moabmusicfest.org See pg 4A.

Sep 3 Live Music: Blu Pig- River Spell

Sep 4 LABOR DAY

Sep 4 Live Music: Blu Pig- Jon Budd

Sep 4 Moab Music Festival — Rocky Mountain

Power Community Concert- Festival artists perform a variety of music, from Parisian hot jazz to water-inspired classical works for the whole family. Old City Park, 2pm, FREE. www.moabmusicfest.org See pg 4A

Sep 5 Moab Arts Paper Quilling Class- Learn and create your own original work of art using paper quilling! Quilling is an art form that uses colorful strips of paper that are rolled or shaped to create designs. You will receive your own quilling tool and learn the basic skills needed to develop your own style in this fun and challenging hobby. Instructor Erin Hayes is a self-taught Quiller whose work has been shown in galleries, featured on KSL's Studio 5, and recently featured at the Moab Arts Festival. All materials are provided. Ages 14+, 6-8pm in the Stage Room at the MARC, 111 E 100 N. See ad pg 13B.

Sep 5 Live Music: Blu Pig- Chris Duarte

Sep 6 Music in the Grapevines- is presenting **Stray Grass** (blue grass) in concert at Two Rivers Winery, Grand Junction. Gates open at 6pm, concert at 7pm. Picnics are encouraged. Two Rivers Wine available. Tickets \$15 in advance; \$20 at gate. Info and tickets at artcenterguild.org

Sep 6 Bluegrass night with Quicksand Soup- High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 7 pm, Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 6 Live Music: Blu Pig- Community Music Night

Sep 7 Canyonlands Natural History Association Lecture Series: Focusing the Lens on Parks- Photography, in many instances, helped shape political and social opinions for the protection of natural and culturally significant places. National Park backcountry ranger Kat Connelly will discuss photography's role in influencing the designation of Arches and Canyonlands as national parks and how the proliferation of sharing photos has both positively and negatively affected use of public lands. 5pm at Moab Information Center, Center and Main

Sep 7 Moab Music Festival — Grotto II: Winds on the Colorado River- Jet boat to wilderness grotto, \$425. www.moabmusicfest.org See pg 4A.

Sep 7 Juniper Drive- Honky Tonk Fusion with a twist. 7 pm, Moab Backyard Theater. Free Admission. Outside Food and Drink welcome. 56 W. 100 South

Sep 7, 21 Figure Model Sessions. Practice drawing the human form from life! No experience necessary, \$10 donation at the door. Bring your own supplies; all mediums are welcome. Moab Arts class, 6-9pm in the Stage Room. Info at Dustin: acgourmet@riseup.net or Greg: greg@studiowhat.net

Sep 7 Live Music: Blu Pig- Matthew Marcus McDaniel

Sep 7-9 Live Music at Red Cliffs- Occam's Rose

Sep 8 Live Music at Spanish Valley Winery- Toni Sicola and The Black Hats 4-7pm. Free entry 21+

Sep 8 Live Music: Blu Pig- The Nanites

Sep 8-9 Moab Community Day of Service- Honor Moab's First Responders and help give back to the community by joining us for dinner and volunteering Sep 8 & 9. See pg 16B.

Sep 9 No Man's Land Film Festival- Join in on No

Man's Land Film Fest on tour, a special, one-night-only, evening of stunning films celebrating women who are in pursuit of the radical. 7:30-10:30pm Doors 7:30, Shows 8:30. Field Station Moab, 889 N Main St, Moab. More info at <https://www.fieldstation.com/moab/experiences#!/e/no-man-s-land-film-festival-c1431717/>

Sep 9 Moab ArtWalk- Take a stroll through downtown Moab and see what participating locations have for you to view. 5-8pm moabarts.org See pg 14B.

Sep 9 Livestock Built this City- 10am. Register at moabmuseum.org. See ad pg 6A, article pg 8B.

Sep 9 Contra Dance- No partner or experience needed. Live music by the Moab Community Dance Band. Suggested donation \$10. 8pm (beginners lesson at 7:30) at the Moab Arts & Recreation Center, 111 E 100 N.

Sep 9 Magic Show with Rick Boretti- The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh & be mystified! 8pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 9-18 Ladies Off Road Network Convention- Trail Training, Wilderness First Aid Certification, TreadLightly! or HAM Radio Certifications, Adventure Day, 7th Annual Convention!, Education Seminars + so Much More! Old Spanish Trail Arena. Info at www.ladiesoffroadnetwork.com

Sep 9 Live Music: Blu Pig- Alan & Valerie Brown

Sep 9 Moab Music Festival — Hot House West Swing Orchestra- This stylish, 14-piece ensemble blends the virtuosic, soulful music of Django Reinhardt with western roots and American jazz. Sorrel River Ranch, 7pm, \$40. www.moabmusicfest.org See pg 4A.

Sep 10 Moab Music Festival — Music Hike II: Free Voices of Eastern Europe- Short hike to a stunning wilderness area for a powerful program by composers including Bacewicz, Auerbach, Pärt, Silvestrov, and more. \$75 www.moabmusicfest.org See pg 4A.

Sep 10 Moab Music Festival — The Four Seasons According to Glass and Piazzolla- Robert McDuffie performs the Glass concerto he commissioned, and four violinists perform Piazzolla with ensemble. \$35, Star Hall www.moabmusicfest.org See pg 4A.

Sep 10 Live Music: Blu Pig- The Silver Lining Serenaders

Sep 10 Live Music at Red Cliffs- Dustin Burley

Sep 11 Moab Music Festival — Grotto III: German Masterpieces- Jet boat to wilderness grotto. \$425 www.moabmusicfest.org See pg 4A.

Sep 11, 18, 25, & Oct 2 The Invitation to Connect: Yoga, Trauma & Recovery Workshop Series- Moonflower Co-op is proud to sponsor this weekly fall workshop series running from September to December, focused on addiction recovery, trauma, and connecting to your inner world through yogic philosophy, stories, movement, and meditation. Each month of the series will center on a different theme, beginning with a lecture the first week followed by three weeks of yoga classes integrating what you learn in the lecture.

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More Events

Each class will build on something from the last, but also be accessible for people just dropping in. Free and open to all. 5:30–7pm at the Moab Arts & Recreation Center, 111 E 100 N

Sep 11 Eclipse Witness: Evidence of supernatural patterns in the solar eclipse phenomenon. See article pg 18B.

Sep 11 Live Music: Blu Pig- Lost Buffalo

Sep 12 5% Day for Youth Garden Project- Every second Tuesday of the Month, Moonflower donates 5% of the day's sales to a local organization that aligns with our mission. This month, Moonflower's 5% Day will be donated to the Youth Garden Project. Join us in supporting this nonprofit by shopping the co-op! 8am–8pm at Moonflower Co-op

Sep 12 Delicate Stitchers Quilt Guild Meeting- Delicate Stitchers Quilt Guild meets monthly the second Tuesday of each month at the Grand Center, 182 North 500 W. An informal time to visit begins at 6 p.m. The meeting begins at 6:30 p.m. Meetings include a lesson and show and tell, when members have a chance to show off their latest projects. For more information, call Deb Slechta, Guild president, at 443-895-6246.

Sep 12 Live Music: Blu Pig- Morgan Thomas

Sep 13-17 Festival of Science- Featuring a fantastic variety of free events showcasing the wonders and value of science with a special focus on Colorado Plateau science. moab-scifest.org/ See schedule on pg 16B.

Sep 13 Utahraptor State Park- Park Manager Joshua Hansen will be hosting a booth in the Margaret Hopkin Junior High School gymnasium in Moab from 8am to 2:30pm. Utah Friends of Paleontology members will be on hand to discuss the Utahraptor adult and juvenile fossil legs on display. This event is the first of the 2023 Moab Festival of Science.

Sep 13 Youth Garden Project Weed N Feed- Every other Wednesday from 6-8pm throughout the growing season, come weed with us in the garden for 1-1.5 hours in exchange for a free, garden-fresh meal prepared by volunteer chefs. Meet friends, eat good food, and enjoy a nice evening in the garden! No RSVP necessary. 530 S 400 E

Sep 13 Mental Health Hike- "Relationships with Technology" Canyonlands Field Institute. Info at cfmoab.org/events/ See ad pg 7A.

Sep 13 Four Corners Lecture Series- Fred Blackburn presents "Interactive History of Birding in Montezuma County", 4-5pm at Canyons of the Ancients Visitor Center and Zoom, <https://swcocanyons.org/events/>

Sep 13 Kava Ceremony To Welcome the New Moon- Join Crystal at Mindful Movement Moab, 76 S Main St Suite 15, for a traditional Kava Ceremony, journaling, and intention setting. 5pm. \$20 per person Sign up online at www.mindfulmovementmoab.com

Sep 13 Bluegrass night with Quicksand Soup- High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 7 pm, Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 13 Live Music: Blu Pig- Community Music Night

Sep 13-15 Moab Music Festival — San Juan Musical Raft Trip- Float from Bluff to Mexican Hat with Boyd Meets Girl, playing an eclectic mix of music. www.moabmusicfest.org See ad pg 4A.

Sep 14 Canyonlands Natural History Association Lecture Series: History of the NPS Uniforms- Join National Park Ranger Robert Anderson to learn about the history of the National Park Service's iconic uniform through a gender and racial lens. There is a lot of history to glean from the uniform that is recognizable throughout the world. 5pm at Moab Information Center, Center and Main.

Sep 14-16 Moab Museum — Master Weaver Presentation and Demonstrations: Colleen Biakeddy, will present "Raising Navajo Churro Sheep and Wool Processing" on Thursday. Attendees will have the opportunity to see and feel Navajo Churro wool at different stages in processing. On Friday and Saturday from 11am–2pm each day, Biakeddy

Ongoing Events:

Sorrel River Ranch Sunday U-Pick Garden
U-pick fruits and vegetables from their garden every Sunday from 10am-2pm. garden@sorrelriver.com

Delicate Stitchers Quilt Guild Meeting- Delicate Stitchers Quilt Guild meets monthly the second Tuesday of each month (Sep 12) at the Grand Center, 182 North 500 W. An informal time to visit begins at 6 p.m. The meeting begins at 6:30 p.m. Meetings include a lesson and show and tell, when members have a chance to show off their latest projects. For more information, call Deb Slechta, Guild president, at 443-895-6246.

Grand County Public Library's 2nd Wednesday Book Club meets at 6 pm on the 2nd Wednesday of each month. (9/13, 10/11, 12/13) All are welcome! Call the library at 435-259-1111 to learn more or to reserve a copy of the monthly book selection.

Grand County Public Library's Castle Valley Book Club meets at 9:30 am on the last Friday of each month at the Castle Valley Town Pavilion. (9/29, 10/27, 11/24, 12/29) All are welcome! Call the library at 435-259-1111 to learn more or to reserve a copy of the monthly book selection.

The Moab Peace Choir - Tuesdays at 6pm @Hearthspacemoab @Helipadmoab 239 W Center. Connect through the power of your voice, no singing background required. Reach out to Leeya Katrina Shaw on Instagram: @leeyakatrnamusic

Swing Dance Lessons - Wednesday evenings 7pm at the MARC, facebook: @moabswingdance

Livestock Built this City, Downtown historic tour of Moab's business district. Saturdays at 10am. Moab Museum. Register at moabmuseum.org

will demonstrate her weaving craft. Attendees will have the opportunity to watch the process, ask questions, and gain a deepened understanding of weaving. 6:30 pm Moab Museum South Gallery, 118 E Center St., info@moabmuseum.org, 435-259-7985. See ad pg 8B.

Sep 14 Juniper Drive- Honky Tonk Fusion with a twist. 7 pm, Moab Backyard Theater. Free Admission. Outside Food and Drink welcome. 56 W. 100 South

Sep 14-15 Live Music: Blu Pig- Jeneen Terrana & J. Marc Bailey

Full Circle Intertribal Center (FCIC)

Diné Bizaad Class- "Preserving a language is preserving its very culture." Language educator Miyoshi Lee and rotating teachers. All ages. Fridays 5-6pm, stage room at the MARC. 111 East 100 north. Native based programs



Nourishing traditions: Cooking with our culture. Rooted in kinship. Native based programs held at Youth Garden Project. Cook 11-4 Dinner 5-7pm first and last Thursday of every month.

Blue Mountain Community Market

65 S Main, Monticello UT. 10am-5pm. 2nd and 4th Sundays. bluemountaincommunitymarket@gmail.com

Hardback Radio on KZMU The library teams up with Back of Beyond Books to bring you the latest exciting literary news, and discuss the best of what we're reading. First Monday of every month at 5pm on KZMU radio. 9.1 or 106.7 FM

Moab Taiko Dan, a local drumming group specializing in the art of Japanese drumming, is recruiting beginners. We have beginner classes on Thursdays at 5:30-7:30pm at the Center Street Gym. Contact us at moabtaikodan@gmail.com or at 435-201-0209

Sunday Art Sessions at Red Cliff Lodge

Class includes materials, instruction, and your keepsake masterpiece. Follow us on Social for the weekly scheduled activity. Year Around on Sunday. Session Time: 10-11:30am. \$40. www.redcliffslodge.com/activities

See Healthy Happenings page 19A for ongoing healthy activities.

Sep 14-17 Live Music at Red Cliffs-

Jamie & The Dreamers

Sep 15-16 Green River Melon Days- Celebration of our town's famously tasty melon varieties and their growers. Parade, music, many activities. www.melon-days.com

Sep 15 Guided Tour of the Mill Canyon Dinosaur Tracks Site- A Moab Festival of Science event, hosted by the Utah Friends of Paleontology, Gastonia Chapter. 8:30am-10am, 6 miles north of Moab.



Tours, Exhibitions & Demonstrations!

Demonstration: Colleen Biakeddy

Colleen Biakeddy presents "Raising Navajo Churro Sheep and Wool Processing" on **Thursday, September 14 at 6:30 pm.** Biakeddy shares her experience raising Navajo Churro sheep & work supporting shepherds. **Friday and Saturday, September 15 and 16 from 11 am – 2 pm** each day, Biakeddy delivers a weaving demonstration in the Museum South Gallery.

Times & Details: moabmuseum.org



Exhibition:

The People's Tapestry: Weaving Tradition in Navajo Culture

Explore Downtown's Past

Livestock Built This City: Agritourism Experience | Tour

A One-hour Guided Walking Tour of Moab's Historic Business District in "The Far Country"

Join us most **Saturdays** through **September 2023**, at **10 a.m.** Register five days in advance by emailing stephan@moabmuseum.org.

Tuesday-Saturday 9 a.m. - 5 p.m. • 118 E. Center St. • 435-259-7985 • moabmuseum.org

More Moab Events

Sep 15 Free Quilt "Trunk" Show- Delicate Stitches Quilt Guild is sponsoring a free quilt showing. Utah quilter Ruth Davis will display and talk about her award-winning quilts prior to teaching a Saturday class to Guild members. Ruth is an active teacher and uses her own designs in her classes. She has won many awards for her machine quilting, piecing and quilt designs, which often feature embellishments as a way to finish off a quilt and give it pizzazz! 6pm, Grand Center Conference Room. Info: 435-259-6447

Sep 15-17 Hovenweep Astronomy Festival- Explore the Dark Sky during Hovenweep National Monument's weekend long astronomy programs.

Sep 16-17 The Moab Century Tour- A two-day cycling event that covers all of the amazing landscape Moab has to offer! From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down through our red rock canyons, and finishing along the mighty Colorado River, this event has a landscape worth training for! Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. www.skinnytireevents.com/moab-century-tour See pg 2B.

Sep 16 Livestock Built this City- Downtown historic tour of Moab's business district. Saturdays at 10am. Moab Museum. By appointment only. Register at moabmuseum.org. See pg 8A.

Sep 16 Magic Show with Rick Boretti- The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh & be mystified! 7pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 16, 17 Live Music: Blu Pig- Lost Buffalo

Sep 17 Restorative Yoga + Reiki- Join Crystal at Desert Power Yoga for a 60 minute restorative yoga class with Reiki. 7:45pm. Sliding Scale Fee, Sign up online at www.desertpoweryoga.com

Sep 18 Live Music: Blu Pig- Jon Budd

Sep 19 Bath Salts Wellness- Join Crystal with Wellness Collective for a wellness class at

Moab Happenings
Events Calendar listings are FREE!!
DEADLINE: SEPTEMBER 20, 2023
 for October Events Calendar

4:30pm. Class is by donation. 76 South Main St. Suite 13. Space is limited and you can sign up for class online at www.wellnesscollectivemoab.com

Sep 19-23 Walking in Beauty: Hiking and History at Navajo Mountain- Join Canyonlands Field Institute, a resident Dine' family, and a guest anthropologist to explore this beautiful and remote region in Utah between Naatsis'aan (Navajo Mountain) and the San Juan River. This adult seminar trip involves truck supported base camping and moderate to challenging day hikes. Participants learn about ancestral migrations, historical research, current lifeways. Advance registration required, group size limited. Trip fees are all inclusive and help support CFI youth programs. https://cfimoab.org/adult-adventure-field-seminars/. 435-259-7750.

Sep 19 Live Music: Blu Pig- Meander Cat

Sep 20 Bluegrass night with Quicksand Soup- High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 7 pm, Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 20 Live Music: Blu Pig- Community Music Night

Sep 21 Canyonlands Natural History Association Lecture Series: "Public Lands: Where, Why and How?" - Join former National Park Ranger and Superintendent and Texas State Parks Director, Walt Dabney for answers to these, and more, questions: Where did our Public Lands come from? Why do the western states have lots and other states almost none? How were states formed? What does the Constitution say about these lands? What was the effect of the Homestead Act and the Railroad Act? How were National Parks and Forests established? Why are these lands held "in common", so important to us today? These and other questions and past and current issues are addressed in this hour long presentation. Questions

and discussion time to follow. 5:00 pm at Moab Information Center, Center and Main.

Sep 21 Juniper Drive- Honky Tonk Fusion with a twist. 7 pm, Moab Backyard Theater. Free Admission. Outside Food and Drink welcome. 56 W. 100 South

Sep 21 Live Music: Blu Pig- Whip Wilson

Sep 21-22 Live Music at Red Cliffs- Dave Mensch

Sep 22 Fall Equinox Kava Ceremony- Join Crystal at Desert Power Yoga to welcome the Fall Equinox with an intimate Kava Ceremony. All details and sign up at www.desertpoweryoga.com

Sep 22 Live Music at Spanish Valley Winery- Jamie and The Dreamers! 4-7pm, Free entry 21+

Sep 22, 23 Live Music: Blu Pig- Randy Stephens & The Groove Makers

Sep 23 National Public Lands Day- Traditionally the nation's largest single-day volunteer effort. It celebrates the connection between people and green space in their community, inspires environmental stewardship, and encourages use of open space for education, recreation, and health benefits.

Sep 23 Service Saturday at Arches National Park- Show your love for Arches National Park by helping clean up litter or pull weeds at a popular parking lot or trailhead! All equipment will be provided and all ages and abilities welcome. Location and other details will be determined one week from the date of event. Each participant will receive a special thank-you item for volunteering time to care for the national park. (Time TBD). For more information or to sign up, please contact Sofia Nicholson at sofia_nicholson@nps.gov or 435-719-2214.

Sep 23 Livestock Built this City- Downtown historic tour of Moab's business district. 10am. By appointment only. Register at moabmuseum.org. See pg 8A.

Sep 23 Youth Garden Project Fifth Annual Harvest Festival- This free event will celebrate community and the abundance of the growing season, complete with live music, activities for kids and adults, fresh food for sale, the Blue Ribbon Produce Exhibition, a pie walk, and more! 3-7pm. 530 S 400 E. Learn more at www.youthgardenproject.org/harvestfestival. See pg 1B.

Sep 23 108 Sun Salutations for the Fall Equinox- Join Crystal at Desert Power Yoga to welcome the



Red Canyon POW WOW
 OCTOBER 21 - 22, 2023

OLD SPANISH TRAIL ARENA,
 3641 S. HIGHWAY 191, MOAB UT 84532
 CULTURAFIREEVENTS@GMAIL.COM

DANCE & DRUM CONTEST

MASTER OF CEREMONY ALEX O. SHEPHERD CEDAR CITY, UT	SPECIALS HEAD WOMAN & HEAD MAN SPECIALS TBA CRANE/KHADJENOURY FAMILY GRASS SPECIAL 1ST PLACE: \$600 & A STAR BLANKET, 2ND PLACE \$500, 3RD PLACE \$400
ARENA DIRECTOR DARRELL BRERTTON JR. SADDLE LAKE, AB, CANADA	GRAND ENTRIES SAT 12 PM & 6 PM SUN 12 PM
HOST DRUM YOUNG SPIRIT FROG LAKE, AB, CA	GENERAL ADMISSION \$10 DANCERS & SINGERS \$5 VETERANS/ELDERS/KIDS \$5
HEAD WOMAN PATRICIA JOHN ROCK POINT, AZ	VENDOR & GENERAL INFO CONTACT INFO.REDCANYONPH@GMAIL.COM
HEAD MAN BAAC GARCIA GARDEN GROVE, CA	CAMPING/RV'S CALL OLD SPANISH TRAIL ARENA (435) 259-6228

DISCLAIMER: THE RED CANYON POWHOC COMMITTEE, CULTURAL FIRE EVENTS, OUR SPONSORS, DONORS, AND PARTNERS ARE NOT RESPONSIBLE FOR ANY DAMAGES, LOSS OF PERSONAL PROPERTY, SHORT-FUNDED TRAVELERS, INJURIES, ETC.



Free Mental Health Hikes
 CANYONLANDS FIELD INSTITUTE

Taking care of ourselves and community in nature

One Wednesday per month we will host a short hike from 6PM-8PM. One Sunday per month we will host a longer hike from 10AM-5PM, highlighting experts in our community.

September- Relationships with Technology
October- Tapping into Creativity
November- Gratitude
December- Resting as a Tool for Healing
January- Growth Mindset

For more information head to cfimoab.org/trips/mental-health-hikes/ or reach out with questions at development@cfimoab.org or 435-355-2062

Even More Moab Events

Fall Equinox with 108 Sun Salutations. 10:30am. All details and sign up at www.desertpoweryoga.com

Sep 23 Mala Making Workshop- Join Crystal at Desert Power Yoga to set an intention for the fall season, make a personal mala, and enjoy a short meditation. 12pm. All details and sign up at www.desertpoweryoga.com

Sep 23 Moab Pride Visibility March- Leaving at 1pm from the Center Street Ball Park. All are welcome!

Sep 23 Live Music at Red Cliffs- Dustin Burley

Sep 23 Magic Show with Rick Boretti- The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh & be mystified! 7pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 23-24 77th Annual Grand Junction Gem and Mineral Club Show- At the Mesa County Fairgrounds in western Colorado. Sat 9am-5pm. Sun 10am-4pm. www.grandjunctionrockclub.org See pg 4B.

Sep 24 Mental Health Hike- "Relationships with Technology" Canyonlands Field Institute. Info at cfimoab.org/events/ See ad pg 7A.

Sep 24 Live Music: Blu Pig- Jon O Radio

Sep 24 Live Music at Red Cliffs- Joey Ganino

Sep 25 2 Hours @ the Table: An Evening of River Writing- River Writing with Karen Bayard is for everyone and we'd love to welcome you to the table. \$40 or sliding scale. 5:30-7:30pm, at the Moab Arts & Recreation Center (MARC). Limited to 8 participants; everyone welcome. Info at riverwriting.com

Sep 25 Live Music: Blu Pig- Lost Buffalo

Sep 26 Mentor Orientation- Grand Area Mentoring. Register to become a mentor: grandareamentoring@gmail.com or 435 260-9646

Sep 26 Live Music: Blu Pig- John Hewitt

Sep 27 Youth Garden Project Weed N Feed- Every other Wednesday from 6-8pm throughout the growing season, come weed with us in the garden for 1-1.5 hours in exchange for a free, garden-fresh meal prepared by volunteer chefs. Meet

friends, eat good food, and enjoy a nice evening in the garden! No RSVP necessary. 530 S 400 E

Sep 27 Paleontology Presentation- Utah Friends of Paleontology (Gastonia Chapter) welcomes our speaker Rob Gaston of Gaston Enterprises (Fruita), who will present "Paleontology of the Grand Staircase Area". Gaston creates reproductions of dinosaur skeletons displayed in museums worldwide including the Smithsonian, and is making a Utahraptor mount for our new state park. Join us 6:00 pm, Grand Center, 182 N 500 W in Moab. Public welcome, and free!

Sep 27 Yoga for First Responders- Join Breann with Wellness Collective for a special yoga class for first responders only. 6:30pm. 76 South Main St — behind Red Rock Bakery. Class is free and you can sign up for class online at www.wellnesscollectivemoab.com

Sep 27 Bluegrass night with Quicksand Soup- High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 7 pm, Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 27 Live Music: Blu Pig- Community Music Night

Sep 28 Canyonlands Natural History Association Lecture Series: Pack Creek Fire Restoration- In June 2021, the Pack Creek Fire burned over 9,000 acres in the La Sal Mountains outside of Moab, UT, creating an immediate need for restoration action on the burned landscape. Join ecologist Rebecca Finger-Higgins from the US Geological Survey for an update on restoration and recovery efforts that have taken place across the Manti-La Sal National Forest over the last two years. 5pm at Moab Information Center, Center and Main.

Sep 28 Juniper Drive- Honky Tonk Fusion with a twist. 7 pm, Moab Backyard Theater. Free Admission. Outside Food and Drink welcome. 56 W. 100 South

Sep 28 Live Music: Blu Pig- Brother Chunky

Sep 28 Live Music at Red Cliffs- Dustin Burley

Sep 29 Welcome The Full Moon- Join Crystal at Desert Power Yoga for meditation, journaling and a burn ritual to welcome the full moon. 7:45pm. Sliding Scale Fee, Sign up online at www.desertpoweryoga.com

Sep 29-Oct 1 Outerbike- The premier three-day experiential consumer event dedicated to helping mountain bikers find their perfect bike and gear, celebrates a decade of successful partnership connecting specialty bike brands with qualified, enthusiast riders. Sponsored by Western Spirit Cycling Adventures. More info at www.outerbike.com/moab-2023 See pg 2B.

Sep 29-Oct 1 Red Rock Arts Festival- Workshops and Events Friday, Street Fest on Saturday, Artist Talk and Story Slam Sunday. moabarts.org, See schedule pg 8a, article pg 15A.

Sep 29 Moth Ball- All ages dance party, 6pm at the Hearthspace (239 W Center St) with a drag show starting at 7pm. Suggested donation \$5-\$10 for the performers.

Sep 29 Autumn Yoga and Tea- Join Breann for a simple movement Fall practice with a Tea Social afterwards. 6pm, by donation. 76 South Main St — behind Red Rock Bakery. Sign up online at www.wellnesscollective.com by donation

Sep 29-30 Live Music: Blu Pig- Cross Roads

Sep 29-30 Live Music at Red Cliffs- Down in the Roots

Sep 30 Moab ArtTrails ArtStroll- See the new installation of sculptures. See pg 15A.

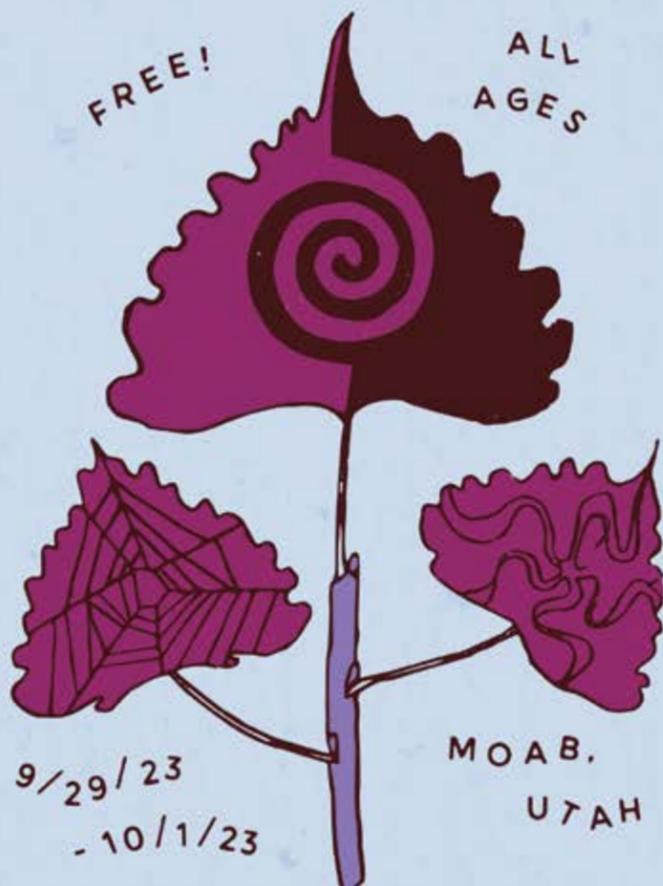
Sep 30 Livestock Built this City- Downtown historic tour of Moab's business district. 10am. By appointment only. Register at moabmuseum.org.

Sep 30 Magic Show with Rick Boretti- The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh & be mystified! 7pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

October 2023

Oct 3 Four Corners Lecture Series- "History of the Ancient Southwest 2.0" by Dr. Steve Lekson. 7pm, First United Methodist Church, Cortez. Zoom link: <https://sites.google.com/view/hisatsinom1/home>

Oct 4 David DaVinci: Thrillusionist®- Prepare to be mystified by mind boggling illusions and jaw dropping magic, seamlessly fused with exotic parrots that materialize from thin air. You'll laugh,



Red Rock Arts Festival

Friday, September 29

- 10 a.m. - 11 a.m. *A Daily Celebration of Aliveness* with Cecelia Foley
- Noon to 2 p.m. *Sounds of Moab: A Beginner's Podcasting Workshop* with Emily Arntsen
- 3 p.m. to 6 p.m. *Sculptural Seed Pods Workshop* with Desert Sun Ceramics
- 6 p.m. to 7 p.m. *Junkyard Reverie* with Molly Marie Gurney and Rachel Troups
- 7 p.m. to 10 p.m. *The West of the Future* with Elise Park + Proper Brewing. 18+

Saturday, September 30

- Noon to 7 p.m. *Street Fest*
- Noon to 1 p.m. *Music:* Josh Doss and The Cancers
- Noon to 7 p.m. *ZIP ODES* with Brian Parkin + GCHS Creative Writing Students
- Noon to 7 p.m. *Collaborative Drawing* with Catherine Moore, Christa Greene, + GCHS Art Students
- Noon to 2 p.m. *Chalk Drawing Competition*
- Noon to 4 p.m. *Day of the Dead Crafts* with the Moab Valley Multicultural Center
- 1 p.m. to 4 p.m. *Shared + Sown* with Adobe Garden Apothecary
- 2 p.m. to 3 p.m. *Music:* Bummer Girl
- 3 p.m. to 4 p.m. *Junkard Reverie* with Molly Marie Gurney and Rachel Troups
- 3:30 p.m. *ArtStroll* with Moab ArtTrails
- 4 p.m. to 5 p.m. *Music:* Anais Chantal
- 5 p.m. to 6 p.m. *A Daily Celebration of Aliveness* with Cecelia Foley
- 6 p.m. to 7 p.m. *Music:* Gold Tides

Sunday, October 1

- Noon to 2 p.m. *Radioactivity and Black People in the Richest Town in the U.S.* with Chip Thomas and the Moab Museum
- 4 p.m. to 5 p.m. *Junkyard Reverie* with Molly Marie Gurney and Rachel Troups
- 5:30 p.m. to 8 p.m. *Story Slam: All Roads Lead to Moab*
- 8 p.m. to 10 p.m. *A Daily Celebration of Aliveness* with Cecelia Foley

Even More Moab Events

you'll cheer, your jaw will hit the floor, as David DaVinci presents his interpretation of the age-old art of magic and illusions, in "Thrillusionist!" All proceeds benefit Grand County Education Foundation. 7pm, Grand County High School Auditorium. 608 S 400 E. Tickets: Canyonlands Copy Center or Valerie Brown 435-260-2808. See article on pg 17B.

Oct 5 Four Corners Lecture Series- "Creating Community During the Basketmaker III Period in Southwest Colorado" by Dr. Kari Schleher and Shanna Diederichs. 4-5pm. Zoom, <https://www/crowcanyon.org/archaeology-webinars/>

Oct 7 Arches Marathon and Half- With distances from 15k to 50k, Arches Marathon and Half has become a must attend fall trail running event! Runners begin their race near the beautiful Behind the Rocks Wilderness Study Area. As all distances make their climb to the first aid station, the stunning La Sal Mountains come into view! This sandy double track then turns into an awesome jeep road as most distances make their way around to Picture Frame Arch. Cruise through desert meadow trails as you take in the beautiful views all around you! From majestic red cliffs to expansive canyon views, the colorful landscape creates the perfect backdrop for a day on the trails. Provided by Mad Moose Events. www.madmooseevents.com/archeshalfmarathon

Oct 7 White Mesa Ute Community Spiritual Walk & Protest- Protecting our Communities, Health, Environment & Indigenous Sacred Landscapes. Rally at 11am MDT, followed by the spiritual and protest walk to the White Mesa uranium mill. Sponsored by Ute Mountain Ute Tribe and White Mesa Concerned Community. More info call White Mesa Concerned Community, 435-459-2461

Oct 9 Indigenous Peoples Day

Oct 11 Youth Garden Project Weed N Feed- Final Wednesday of the season, from 6-8pm come weed with us in the garden for 1-1.5 hours in exchange for a free, garden-fresh meal prepared by volunteer chefs. Meet friends, eat good food, and enjoy a nice evening in the garden! No RSVP necessary. 530 S 400 E

Oct 11 Four Corners Lecture Series- "Pueblos, Potsherds, and Policies: Managing the Wilderness Resource in a Cultural Landscape" by Chris Barns. 4-5pm. Zoom, <https://www.swcocanyons.org/events>

Oct 11 Four Corners Lecture Series- "No Place for a Lady: The Life Story of Archaeologist Marjorie F. Lambert" by Dr. Shelby Tisdale. 7pm. Fort Lewis College, Center of Southwest Studies Lyceum and on Zoom, www.sjbas.org

Oct 11 Mental Health Hike- "Tapping into Creativity" Canyonlands Field Institute. Info: cfimoab.org/events/ See ad on pg 7A.

Oct 13-15 Moab Canyons Endurance Ride- Equestrians race on a 15, 25 or 50 mile course each day. Blaze Adventure LLC

Oct 14 Annular Solar Eclipse- Moab will be in the path of a Partial Annular Solar Eclipse between 9:10 am and 12:00 pm, with maximum occurring at 10:31 am. An annular solar eclipse happens when the moon covers the sun's center, leaving the sun's visible outer edges to form a "ring of fire" around the moon. Although not in the direct path, Moab will still experience up to a 90% partial eclipse.

Oct 14 Moab ArtWalk- Take a stroll through downtown Moab and see what participating

locations have for you to view. 5-8pm moabarts.org. See pg 14A.

Oct 14 Moab Plein Air Painters Exhibit- Reception during Moab ArtWalk, exhibit open all month at Moab Arts.

Oct 17 Four Corners Lecture Series- "Seeking Respectful Practice in Archaeological Research" by Dr. Charles Riggs, 4-5pm. Canyons of the Ancients Visitor Center Museum Theater.

Oct 19-22 Bluff Arts Festival- Riverside Story Telling, Art Walk, Film Festival, Artist Market, Live Music, Workshops. Check bluffartsfestival.org and facebook. Email: bluffartsfestival@gmail.com

Oct 19 The Almighty Ballad: How to Write in Verse's Most Versatile Form- This one-time workshop will cover the fundamentals of meter and rhyme, explore diverse examples of ballads across a variety of genres, and then guide participants through the even. 7-8:30pm, ages 14+, class is limited to 18 students. Moab Arts & Recreation Center, 111 E 100 N, www.moabarts.org/classes See ad pg 13B.

Oct 20-22 Scots on the Rocks: Moab Celtic Festival- Celebrate the heritage and culture of Scotland, Ireland, England and Wales, just as it's been done for centuries... with lots of great music, dancing, athletics and good fun, food, drink, and great friends. Enjoy musical performances all day long, massed bagpipe bands, unique Celtic merchants and eateries, Scottish clans, heritage and cultural booths, highland athletics and more. Stop by the dance stage for Irish and Scottish performances, cheer on your favorites in the Highland dance or bagpipe and drumming competitions, and watch the amazing strength of the athletes. Center Street Ballpark. www.scotsontherocksmoab.org

Oct 21-22 2nd Annual Red Canyon Powwow- Come experience Indigenous culture through song, dance, and food. On behalf of the Red Canyon Powwow committee and Cultural Fire Events, we welcome all dancers, singers, and spectators. Grand entries are Saturday at 12pm and 6pm and Sunday at 12pm. This is a contest Powwow for all dancers and singers. This is an outdoor powwow so don't forget to bring your own shade, lawn chairs, and umbrellas. At Old Spanish Trail Arena, 3641 S. Highway 191. If you have questions or would like to set up as a vendor email: info.redcanyonpw@gmail.com, Instagram [@redcanyonpowow](https://www.instagram.com/redcanyonpowow) @culturalfireevents. See ad pg 7A.

Oct 21 Castle Valley Gourds and More Festival- Free family fun with puppet show, parade, hands-on gourd decorating, gourd art vendors and Castle Valley arts and crafts. 11-3pm, at Castle Valley town building. More information at 435 259-0537.

Oct 24 Mental Health Hike- "Tapping into Creativity" Canyonlands Field Institute. Info: cfimoab.org/events/ See ad on pg 7A.

Oct 26-28 Jeep Jamboree

Oct 27-28 Field of Screams Softball Tournament- Old Spanish Trail Arena

Oct 28 Wabisabi First Annual Fall Festival- We have several non-profit partners coming out to set up booths and activities. Live music by Toni Sicola and The Black Hats, with karaoke during breaks. Costume creating contest. Non-profit booth. We are asking for canned food donations so we can hand out food at our Thanksgiving dinner Nov. 23rd. 11am-4pm at the Wabisabi parking lot.

Oct 28 Service Saturday at Arches National Park- Show your love for Arches National Park by helping clean up litter or pull weeds at a popular parking lot or trailhead! All equipment will be provided and all ages and abilities welcome. Location and other details will be determined one week from the date of event. Each participant will receive a special thank-you item for volunteering time to care for the national park. (Time TBD). For more information or to sign up, please contact Sofia Nicholson at sofia_nicholson@nps.gov or 435-719-2214.

Oct 28 Moab Museum Presentation- "The Goodman Point Archaeological Project: Glimpses of a Community Through Time" is presented by Grant Coffey, an archaeologist at the Crow Canyon Archeological Center. Grant Coffey is the research database manager at the Crow Canyon Archaeological Center in Cortez, Colorado. He has done archaeological work in the northern Southwest for over twenty years, and he directed the second phase of Crow Canyon's Goodman Point Archaeological Project. This presentation will provide an overview of this seven-year project. Goodman Point was named for Indian Creek and Moab cowboy, Henry Calvin Goodman, who first ran cattle there before settling on Indian Creek and would later run sheep there with his brother-in-law, Moab's first mayor, Harry Green. Goodman Point was the first piece of land in America preserved for its value in cultural resources in 1889; specifically set aside as an Archaeological Reserve to protect features between A.D. 1000 and 1280. Join us at 11 am and 2 pm for Coffey's presentations. 11am and 2pm at the Moab Museum, 118 E. Center St.



Pictographs in southeastern Utah (NPS photo)

Oct 28-29 Canyonlands Ultra- With events from 15k to 100 miles, this weekend is the best way to experience the trail running community! A 26 mile looped course, runners get to enjoy some of the best trails in Moab! From sandy washes to technical double track, runners are treated to the varied terrain of the Moab desert. As they come through the main aid station multiple times, runners have easy accessibility to see their crew! Provided by Mad Moose Events. www.madmooseevents.com/canyonlands-ultra

Oct 28 Four Corners Lecture Series- "Raven: A Cultural and Natural History" by Sylvia Taylor. 6pm, Bears Ears Education Center & Zoom www.BearsEarsPartnership.org

Oct 29 Moab InterFaith Coalition 5th Sunday Sing-Along - Free, everyone is welcome. 6pm at Seventh-Day Adventist Church, 4581 Spanish Valley Dr, Moab. For information: 435-260-8499

Oct 29 Day of the Dead- Moab Valley Multicultural Center

Oct 29-Nov 3 Moab Folk Camp

Oct 31 Halloween

2023 Moab Events

for more event information .. go to www.moabhappenings.com

Aug 21-Sep 15...Moab Music Festival
Sep 2-4 RR4W Labor Day Campout
(four-wheel drive event)
Sep 9-16 ... Moab Charity Rally (fundraiser)
Sep 15-16. Green River Melon Days
Sep 16-17. Moab Century Tour
(road bicycle event)
Sep 23..... Youth Garden Harvest Festival
Sep 29-Oct 1... Outerbike (Mountain Bike Expo)

Sep 29-Oct 1... Red Rock Arts Festival
Sep 30..... Moab Art Trails Exhibition
Oct 7..... Arches Marathon & Half,
15k & 50k
Oct 13-17 . Moab 240 Endurance Run
Oct 19-22. Bluff Arts Festival
Oct 20-22...Moab Celtic Festival
'Scots on the Rocks'
Oct 21-22.. Red Canyon Powwow

Oct 26-28.. Jeep Jamboree
Oct 28-29.. Canyonlands Ultra
(long distance running event)
Oct 29..... Day of the Dead Celebration
Oct 29-Nov 3... Moab Folk Camp
Oct 31 Trunk or Treat
Nov 3-5 Moab Folk Festival
Nov 3-6 Moab Craggin' Classic
(rock climbing event)

Nov 4..... Soup Bowl Fundraiser
Nov 4-5 Moab Trail Marathon,
Half Marathon, 5K & Kids K
Nov 11 Turkey Trot
Nov 18 Dead Horse Ultra
(15k, 30k, 50k, 50 mile)
Dec 1..... Holiday Tree Lighting
Dec 1-2..... Holiday Craft Fair
Dec 2..... Electric Light Parade

Moab Happenings

Make sure your event gets the attention it deserves.

Email event dates to: info@moabhappenings.com 435-259-8431

Moab Happenings Restaurant Guide



459 W 400 N - T&H Corner Store

Snake Oil Coffee Co.

459 W 400 N

435-260-9535

Drive Thru **Open Daily 7am-2pm**

It's Good Medicine

Miguel's Baja Grill

51 North Main

435-259-6546

Dinner

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.



**Dine-In
Take-Out**

• Locally Roasted
Fresh Moab
Coffee &
Espresso

• Locally Owned
& Operated
Since 1997

• 74 South Main
Moab, UT

435-259-5941

Red Rock Bakery & Net Cafe

74 S. Main Street

435-259-5941

Breakfast • Lunch

Open Daily 6:30am - Close

Hot breakfast bagels. Gourmet lunch sandwiches. Full Espresso and Coffees, fresh fruit smoothies. Pre-ordering encouraged. Support a locally owned and operated business.



**CAFE LOUNGE
ITALIANO**

Best Coffee in Town

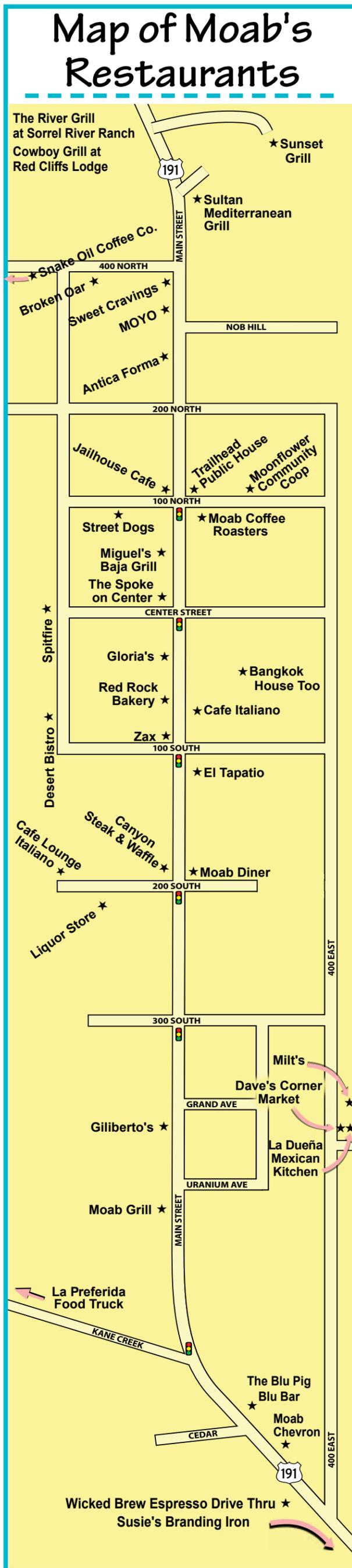
Café Lounge Italiano

100 W 200 S

Breakfast • Lunch • To-Go • Curbside

Open Daily 7am-11am

Serving made-to-order brewed espresso, iced coffee, paninis, fresh squeezed juices and smoothies made with fresh fruits. Fast breakfast options. To-Go and Curbside service in the heart of Moab. Now accepting mobile orders using the DoorDash app and have your order waiting for you. See our menu at CafeLoungeItaliano.com



90 N. Main St. • Moab, UT

Moab Coffee Roasters

90 N. Main St.

435-259-2725

Open Daily 7am-5pm

On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared coffee beverages, teas, smoothies, and Italian sodas. Taste the fresh roasted difference! Featuring quality chocolates from Rocky Mountain Chocolate Factory. We have breakfast burritos, courtesy of fresh2go.

Gloria's Corner Café

20 South Main Street

435-259-0101

Breakfast • Lunch • Dinner **Open Daily 7am-9pm**

Healthy food, smoothie and juice bar, serving salads, wraps sandwiches, healthy juices and satisfying smoothies. Gluten free, dairy free and vegan menu options available. Call ahead for take-out or order online.



Dave's Corner Market

4th East & Millcreek Drive

Coffee • Groceries **Open Daily 7am-8pm**

Serving espressos and lattes and has the largest selection of whole-bean coffee in Southeast Utah. We carry over 70 varieties of coffee. Whether you are hiking, biking or jeeping, stop by Dave's to stock up!



Wicked Brew Espresso Drive Thru

1146 South Highway 191

Open Mon - Fri 6am-2pm

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. Now serving breakfast burritos and sandwiches.

Restaurant Guide

The Alley Sports Pub & Grill
 Watch Every Game Here!
Best Wings in Town
20 Beers on Tap!
 1078 Millcreek Dr. | 435-259-4748
 www.gravelpitlanes.com

The Alley Sports Pub & Grill
 1078 Millcreek Drive 435-259-4748
 Open Daily 4pm-Close
 The newest sports pub & grill inside Gravel Pit Lanes. Come enjoy the game on our 80" Ultra HD TV and our other 14 screens. Serving delicious pub grub along with beer. 40 beers to choose from, 20 on tap. Under 21 welcome. www.gravelpitlanes.com.

ANTICA FORMA
 WOOD FIRED NEAPOLITAN PIZZA & PASTA
Dine-In & To-Go Orders
 Open Every Day
 11am-10pm
 267 N. Main, Moab UT
 435-355-0167
 anticaforma.com

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

BANGKOK HOUSE TOO
 SUSHI BAR & ASIAN BISTRO
Thai • Sushi • Ramen
 59 South Main St. Suite 8
 www.BangkokHouseToo.com
 435-355-0168
 Full Liquor License

Bangkok House Too, Sushi Bar & Asian Bistro
 59 South Main St. Suite 8 435-355-0168
 Lunch • Dinner • Take-Out • Delivery
 Open Thurs-Tue 11:30am-10:00pm
 Closed Wednesdays
 Our chefs prepare authentic dishes using the highest quality ingredients. We have a large menu including Thai, Sushi, Bento Boxes, Pho and Ramen. There are many Vegetarian and Gluten Free options. Plus a kids menu! We also offer Lunch Specials, To-Go and Delivery. Full Liquor License.

Blu Pig
 BBQ and Blues Joint
 811 S. Main St.
 435-259-FEED (3333)
 www.BLUPIGBBQ.com

Blu Bar
 NIGHTLIFE ON THE ROCKS
 Over 60 Beers - 30+ Heavy Beers
 Largest selection of
 Whiskeys & Tequilas in Moab

Blu Pig & Blu Bar
 811 S. Main 435-259-3333
 Lunch • Dinner • Take-Out
 Open Daily 11:30am - Close
 Moab's only BBQ and Blues destination with ribs to write home about. Smoking your favorites all day, every day. Casual, laid back establishment that you'll want to visit time and again. Covered patio dining and internet bar. Large Screen HD TV's. Take out available. Blu Bar specializes in Whiskey and Tequila with over 60 Ice Cold Beers.

THE BEST DINING IN MOAB.
BROKEN OAR
 RESTAURANT
 PLAY HARD EAT WELL
 53 WEST 400 NORTH
 435.259.3127
 WWW.THEBROKENOARMOAB.COM

Broken Oar
 53 West 400 North 435-259-3127
 Dinner • Take-Out
 Open Nightly 5pm - Closed Sundays
 The Broken Oar is Moab's highest-quality American eatery. Our mission is simple: to provide our guests with great food, a rustic atmosphere, and quality service. We're family-owned and operated and we treat our guests as part of our family too. We take pride in the things we do best; from our savory meats and barbeque to our famous burgers and sweet potato fries. We hope you'll give us the chance to show you why we are a cut above the rest.

CANYON STEAK + WAFFLE
 BREAKFAST • BRUNCH • LUNCH
 CATERING & PRIVATE PARTIES AVAILABLE
 WWW.CANYONSTEAKANDWAFFLE.COM
 196 SOUTH MAIN ST. • MOAB, UT • 435-355-0119
 OPEN EVERYDAY 7AM - 2PM

Canyon Steak & Waffle
 196 S Main 435-355-0119
 Breakfast • Brunch • Lunch
 Open Daily 7am - 2pm
 The perfect place for your favorite breakfast staples and brunch essentials. A cozy and brightly lit cafe, it's a great place to entertain groups of all sizes. Come for a quick cup of coffee or stay and relax with the T-Bone and eggs. Local's favorite for Brunch and Mimosas!

COWBOY GRILL
 MOAB, UT
 • BREAKFAST 6:30AM - 10AM
 • RIVER DECK LUNCH BUFFET
 • DINNER BY RESERVATION ONLY
 • CALL FOR RESERVATIONS
 435-259-2002
 16 Miles east of Moab on Hwy 128
 435-259-2002 • 866-812-2002

Cowboy Grill at Red Cliffs Lodge
 16 Miles up Highway 128 435-259-2002
 Breakfast • Lunch • Dinner
 River front tables overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Western Hospitality in a casual atmosphere. Make reservations. Live Entertainment in the Bar Thursday - Sunday 6-9pm. See our website for schedule at redcliffslodge.com

Desert Bistro
 Casual Fine Dining
 Contemporary Southwestern Cuisine
 Located in the heart of downtown
 36 South 100 West
 Reservations Highly Recommended
 435-259-0756 FULL LIQUOR LICENSEE

Desert Bistro
 36 South 100 West 435-259-0756
 Dinner
 Owners, Chef Dylan and Leslie Warren invite you to join us for a relaxing, gourmet meal in our little oasis just one block southwest of Main and Center. Make reservations online at www.desertbistro.com or call 435-259-0756.

El Tapatio
 Family Mexican Restaurant #7
 125 S Main Street, Moab
 435-355-0411
 www.tapatiorestaurants.com
Lunch Specials
 \$\$\$ \$8.99 \$\$\$
 Every Day
 Come enjoy the best Mexican food in town. Lunch Specials 11am-2:30pm. And don't forget to ask about our Magaritas & full service bar.

El Tapatio
 125 S. Main Street (435) 355-0411
 Open Sun-Thur 11am-10pm
 Fri-Sat 11am-11pm
 Come enjoy the best Mexican food in town. Lunch Specials 11am-2:30pm. And don't forget to ask about our Magaritas & full service bar.

Restaurant Guide



Giliberto's
Authentic Mexican Food
Open 6am-2am

Try our Sopas and Gorditas \$6.00ea
Try our Super Fries (like Nachos but with French Fries)

Breakfast All Day Menudo Sun \$15.00

Mexican juices
Horchata - Rica Jamaica - Tamarindo - Orange Whip

396 South Main Street 435-259-1678

Giliberto's
396 South Main 435-259-1678
Breakfast • Lunch • Dinner
Open Daily 6am-2am

Newest location of family owned chain of restaurants. Enjoy the same authentic Mexican cooking as our other restaurants in Arizona, Colorado and Utah. Traditional Mexican recipes including Lengua and Menudo. Mexican bottled Coca Cola, Horchata, Rica Jamaica, Tamarindo and orange whip.



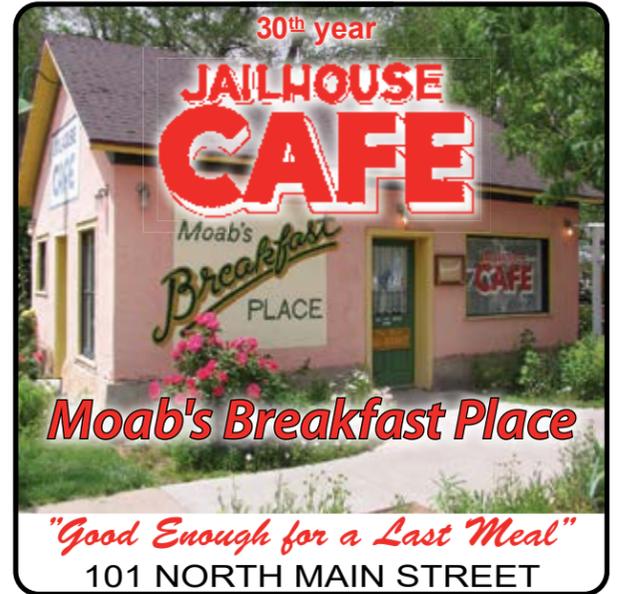
MOAB'S NEWEST RESTAURANT
SALADS • BURGERS • STEAKS • PASTA
LARGE SELECTION OF BEER ON TAP
HAND CRAFTED COCKTAILS

HORIZON VIEW
RESTAURANT & BAR

WWW.HORIZONVIEWMOAB.COM
812 S MAIN STREET • MOAB, UT • 435-355-1232
OPEN EVERYDAY 11AM - 10PM

Horizon View
812 South Main 435-355-1232
Lunch • Dinner
Open Daily 11am-10am

Discover Moab's newest dining experience at Horizon View Restaurant. Indulge in handcrafted American cuisine in a welcoming atmosphere. From post-trail refreshments to family-friendly options, our menu satisfies all tastes. Join us for delicious food, cold beer, and memorable moments.



30th year
JAILHOUSE CAFE
Moab's Breakfast PLACE

Moab's Breakfast Place

"Good Enough for a Last Meal"
101 NORTH MAIN STREET

Jailhouse Cafe
101 North Main Street 435-259-3900
Breakfast

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



LA DUEÑA
MEXICAN KITCHEN

Featuring the "Cool Agua Fresca"

Tacos Sopas Nachos
Huaraches Quesas Birria

Daily Specials & More

389 Millcreek Dr. (Next to Dave's Corner Market)
www.LaDuenaKitchen.com • 435-210-0086

La Dueña Mexican Kitchen
389 Millcreek Dr.
Open Wed-Sat 11am-8pm Sunday 11am-5pm

La Dueña Mexican Kitchen is a locally owned and operated food truck. Every customer is treated like family, and they respond the same. Our goal is to serve the best authentic Mexican food you have ever had and provide it with friendly service.



Established 1954

Milt's
Stop & Eat

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

FEATURING
HAND-CRAFTED BURGERS
&
HAND SPUN MILKSHAKES

INDOOR COUNTER OPEN
TAKE OUT & OUTSIDE DINING

435-259-7424
ORDER ONLINE
WWW.MILTSSTOPANDEAT.COM

Milt's Stop & Eat
400 East and Millcreek Drive 435-259-7424
Lunch • Dinner
Open Daily 11am - 8pm

Moab's oldest restaurant, since 1954. Milt's serves local hand-crafted burgers. Enjoy our soft serve ice cream, shakes and old fashioned malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Take out and outside dining. Daily Specials. See ya'all at Milt's! www.miltsstopandeat.com



DINE-IN & CARRY OUT

MOAB Diner
and Ice Cream Shoppe

Breakfast • Lunch • Dinner

189 S. Main, Moab • 435-259-4006 • www.moabdiner.com

Moab Diner & Ice Cream Shoppe
189 South Main 435-259-4006
Breakfast • Lunch • Dinner
Open Mon-Sat 6am-9pm

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



MOAB GRILL

Come on down to the best grill in town!

- ★ Traditional Family Recipes
- ★ Freshly ground, never frozen, homemade Burgers!

Lunch & Dinner Start at 11:30am - 9pm

Open Daily 7am - Close
540 S Main St 435-259-4848

Moab Grill
540 S. Main St. 435-259-4848
Breakfast • Lunch • Dinner
Open Daily 7am
Lunch & Dinner Start at 11:30am - 9pm

Taste the wild West at our Western style dining experience. We open early and stay late to serve you a wide variety of delicious food options from our new menu. Come try our ½ pound burgers fresh off the grill, vegan pizza, or Mexican chocolate cake. Start your day with our breakfast served from 7 AM to 11:30 AM. Lunch and Dinner start at 11:30am - 9pm



Hot Breakfast & Lunch
Served Daily in the Datura Deli

Grab n' Go Meals, Soups, Sandwiches, & Salads
Freshly Baked Pastries & Breads

MOONFLOWER
community cooperative
natural foods store

OPEN 8AM - 8PM EVERY DAY

39 E 100 N MOAB, UT 435-259-5712

Moonflower Community Cooperative
39 East 100 North 435-259-5712
Breakfast • Lunch • Grab & Go
Open Daily 8am-8pm

Moonflower's Datura Deli offers hot breakfast burritos, a hot lunch bar featuring a freshly cooked entree and rotating soups, and a wide selection of grab & go sandwiches, salads, spreads, and snacks. Our deli bakes a variety of muffins, scones, cookies, cakes, and breads every day. Gluten-free and vegan options are always available.



MOYO
THE POWER OF YOGURT

435.355.0010
331 N. Main Street • Moab

- 15 Flavors of self-serve Frozen Yogurt and Sorbet
- Gourmet Cookies, Cheese Cakes & Shakes
- Homemade Italian Ice Custard • Gelati • Smoothies

OPEN 7 DAYS A WEEK

MOYO – Moab Frozen Yogurt
331 N. Main St. 435-355-0010

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.

Restaurant Guide



River Grill at Sorrel River Ranch Resort & Spa
Mile Marker 17 Along the 128 Highway 435-259-4642
Breakfast 7-10:30am Lunch 11-3pm Dinner 5-close

Created by the season's freshest ingredients from Sorrel's very own garden, the River Grill features an everevolving farm-to-dinner menu prepared by our culinary team. Sweeping vista views of the Colorado River and Moab's redrock mesas make the River Grill an unforgettable experience every visit. The River Grill is open for breakfast, lunch, and dinner. To make your reservation, please call 435-259-4642. For menus and more information, visit www.sorrelriver.com.

Open for Lunch & Dinner
BBQ in Moab

Restaurant
11:30-9 Sun - Thurs
11:30-10 Fri - Sat

Bar Open
11:30-Close Mon-Sun
21+ Over Only ID required

Live Music
Thurs-Fri-Sat

Open Mic
Mondays

Rooftop Bar Open
for viewing 4th of July Fireworks!

spitfiresmokehousemoab.com
2 West 100 South 435-259-2654

Spitfire Smokehouse
2 South 100 West 435-259-2654
Lunch • Dinner

Taste what the locals are raving about –Spitfire Smokehouse –authentic BBQ ribs, pulled pork, brisket, chicken & vegetarian options. TO GO or enjoy our casual eating area. Enjoy delicious drinks in our beautiful bar, fully remodeled and ready to serve. Next to the Hoodoo Moab. www.spitfiresmokehousemoab.com #MoabBBQ. CATERING AVAILABLE.

STREET DOGS

BEST HOT DOGS
CREPES, FRENCH TOAST
& WAFFLE IN TOWN
ALL DAY LONG

☎ 435 459 3827

Facebook, Instagram, Snapchat, Twitter icons
@moabstreetdogs

moabstreetdogs@gmail.com
www.moabstreetdogs.com
39 W 100 N, Spot 4, Moab Food Truck Park

Street Dogs Food Truck
39 W 100 N. (Spot 4) Food Truck Park 435-459-3827
Breakfast • Lunch
Open Every Day

Street Dogs serves tasty waffles and gourmet hot dogs. There are 21 signature hot dogs and 8 waffles on the menu. Vegan and gluten free friendly! Now serving 5 varieties of crêpes & 3 French toast. Come try the best hot dogs and waffles in town!

Sultan
MEDITERRANEAN GRILL

Moab's Only
Mediterranean Restaurant
Dine in / Take Out

11:30am - Close

574 N Main St.
Phone: +1 435 355 0700
sultanmoab.com

Sultan Mediterranean Grill
574 North Main St 435-355-0700
Lunch • Dinner
Open Every Day

Sultan Mediterranean Grill captures the culinary style of Middle Eastern cuisine, offering a delicious array of dishes prepared with a combination of unique herbs, spices and sauces. We bring you a culinary collection of selected Lebanese and Greek dishes that capture the vibrant palate of the wonderful Mediterranean region.

SUNSET GRILL
Steakhouse • Prime Rib • Seafood •

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

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

900 North Hwy 191 • 435-259-7146

Sunset Grill
900 North Highway 191 435-259-7146
Dinner
Open Daily 5pm | Closed Sundays

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

Open 11:30am - Close
Closed July 3-10

Susie's BRANDING IRON

Plenty of Parking Est. 1989 Serving Beer & Wine

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

COME TASTE THE WEST
2971 South Highway 191
* (435) 259-6275 * 3 Minutes South Of Town

Susie's Branding Iron
2971 South Highway 191 435-259-6275
Lunch • Dinner
Open 11:30am - Close | Closed Mondays

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

Sweet Cravings
Bakery + Bistro

435-259-8983 | 397 N. Main Street • Moab

Grab+Go Breakfast & Lunches
Breakfast Burritos
Sandwiches+Wraps
Scratch Made Desserts
Air-conditioned Dining Room

Open Daily 8a-3p

View Menu & Order Online
www.cravemoab.com

Sweet Cravings Bakery & Bistro
397 North Main 435-259-8983
Grab + Go Breakfast & Lunches
Open Daily 8am-3pm

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

TRAILHEAD
PUBLIC HOUSE & EATERY

FAMILY FRIENDLY
HOMESTYLE COMFORT
EASY TO ACCOMMODATE
ALLERGIES!

Seasonal Ice Cream Truck Open to The Public!
Located on Main Street Next to the Trailhead.
Restaurant Indoor & Outdoor Seating

DINE IN • TAKE OUT • ORDER ONLINE

SERVING WINE, COCKTAILS, BEER & LARGE
VARIETY OF MOCKTAILS & NEAR BEERS
LOCAL KOMBUCHA

WAGYU, BISON, TURKEY, & VEGAN BURGERS
CREATIVE & CLASSIC SANDWICHES!
GLUTEN FREE, VEGAN & VEGETARIAN
SELECTIONS

HOMEMADE SOUPS, SALADS, & KID'S MENU!

Located on Main Street
www.MoabTrailhead.com

Trailhead Public House & Eatery
11 E 100 North 435-355-1PUB
Lunch • Dinner
Open Mon-Sat 11am-9pm
Closed Sundays

Historic Building est. 1886. Trailhead est 2020 during the world wide Covid 19 pandemic. We are locally owned and operated, & are pleased to serve those traveling, or living near & far. Our homemade menu reflects our love and gratitude for all our guest. Enjoy Homemade Comfort in one of Moab's Oldest Buildings.

ZAX
Moab, USA
Locally owned & operated

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

Largest selection of local
Utah microbrews on tap!

PIZZA • BURGERS • PASTA • STEAKS

Fall is HERE!

Best view in town!

JOIN US ON OUR ROOFTOP PATIO

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

Zax
96 South Main Street 435-259-6555
Lunch • Dinner
Open 11am - Close, 7 days a week

Our extensive menu includes the best burgers in Moab, sandwiches, pastas, salads, seafood & our famous pizza. 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.

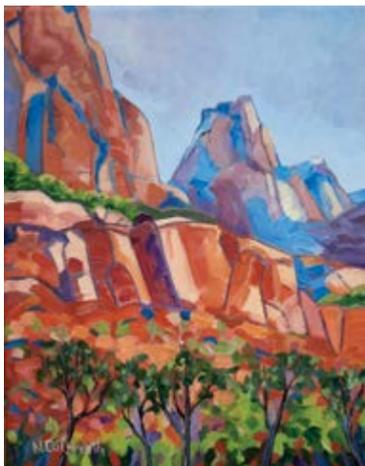
Moab Artwalk Happenings

Moab Arts will host a raffle for a free class. More information will be available the week of ArtWalk at www.moabarts.org/artwalk.
 2023 ArtWalk Dates: April 8th, May 13th, June 10th, September 9th, October 14th, November 11th. We will see you there!

Gallery Moab 1

59 S. Main St. Suite #1 • 435.355.0024

Guest Artist Nancye Culbreath, a Monticello resident, will display small oil landscapes for the month of September. Her clear complimentary colors, bold shapes, and spontaneous brushstrokes make the mountains, canyon walls, and buttes come to life in her paintings.



Long time Moab resident Joanne Savoie, our Featured Artist, will show new ceramic pieces she calls 'coiled rock pots' "inspired by lines of landscape and geologic imaginings." Join us in celebrating two very different but talented artists.

Tom Till Gallery 2

61 N. Main St. • 435.259.9808

Tom Till began his landscape photography career in Moab in 1975. He pioneered some of the Southwest's most iconic photo locations with his 4x5 large format camera. In addition to his vast experience in the Four Corners region, Tom has photographed in over 120 countries around the world. He continues to reside in Moab where he has a gallery on Main Street and a private photography tour business.



This year is the 25th anniversary of the gallery. To celebrate, we will be holding a three hour super sale during each Art Walk as well as a raffle. Join us for a fabulous evening!

Moonflower Co-op 3

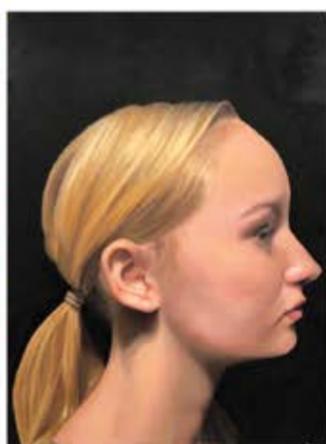
39 E. 100 N. St. • 435.259.5712

Jess Hough is a part-time artist living full-time in Moab. For the past few years she's been working on developing cheap, accessible methods for at-home intaglio printmaking with DIY art supplies and tools made from reclaimed and recycled materials. She's currently exploring the textures and layers of our local landscape through plein air and printmaking with the community artist in the parks program.



MOAB SECOND SATURDAYS ARTWALK

5 - 8pm | Apr. 8 • May 13 • June 10 • Sept. 9 • Oct. 14 • Nov. 11



- Gallery Moab 1
59 S Main St.
- Tom Till Gallery 2
61 N Main St.
- Moonflower 3
39 E 100 N
- Moab Arts 4
111 E 100 N

Scan this QR Code for a map of ArtWalk locations and more information on your smartphone!



WWW.MOABARTS.ORG/ARTWALK

Moab Arts 4

111 E. 100 N. St. • 435.259.6272

Inspired by true crime procedurals and podcasts, these portraits of the Canyonlands Solid Waste Authority staff recast sanitation workers as detectives. Reizman's photos illuminate the valuable community service these community members contribute to Moab by keeping streets clean, helping police officers track down evidence, and eliminating dangerous fire hazards from our environment. The project also imagines an alternate system of law enforcement. With unlimited access to the waste stream, unarmed sanitation workers could be trained in forensic science to help solve crime.

Renee Reizman participated in the Moab Arts Reuse Residency program in August, to read her full bio and learn more about her project visit <https://www.moabarts.org/renee-reizman>



Art Happenings

Red Rock Arts Festival • 3 Days of Storytelling, Ceremony & Play

The 2023 Red Rock Arts Festival welcomes neighbors and wanderers to Moab, Utah for three days of storytelling, ceremony, and play. Centrally located in downtown Moab at the Moab Arts facility (111 E 100 N), free programming will highlight human history and dreams for the future through collaborative projects, art experiences, and all-ages events.

Festivities begin with *A Daily Celebration of Aliveness* by Cecelia Foley, one of two projects selected via an open call for participatory work that address the theme “Ceremonies for the Future.” *A Daily Celebration of Aliveness* is a collaborative dance and art-making invitation that welcomes the public to begin cultivating a practice of envisioning a future full of celebrations, and gratitude for the creative spirit that makes us feel alive. Participants are asked to add songs to a public dance playlist on Spotify (A DAILY CELEBRATION OF ALIVENESS by Cecelia Foley, direct link on the festival website) and are encouraged to begin the process of dancing followed by artmaking prior to the festival. Artwork created independently will be on display at Moab Arts in the Dance Room, and there will be three opportunities to join in on a massive dance party during the festival, where art materials will be available to make large-scale collective pieces. *A Daily Celebration of Aliveness* will take place in the Dance Room at Moab Arts: 9/29 at 10 a.m., 9/30 at 5 p.m., and 10/1 at 8 p.m.



Daily Celebration

Two free workshops will be offered as part of this year’s festival: podcasting and ceramics. *Sounds of Moab: A Beginner’s Podcasting Workshop* with Emily Arntsen (9/29 from noon to 2 p.m. at Moab Arts) will walk students through



Emily Arntsen

the process of creating a podcast from start to finish using free and accessible software and equipment. The final product will be an audio story broadcast on KZMU that explores the question: What does Moab sound like? Pre-registration is required. Limited to 8 students, ages 16+. *Sculptural Seed Pods* with Desert Sun Ceramics (9/29 from 3-6 p.m. at Moab Arts) is a ceremonial “playshop”

where participants will create small garden creatures and ceremonial symbols filled with a little soil and flower seeds. The sculptures are meant to transform back to the earth over time, offering seeds that will sprout in the spring. Pre-registration is required. There will be three separate sessions: 3-3:45 p.m., 4-4:45 p.m., and 5-5:45 p.m. All materials and tools provided. Limited to 30 students per session, ages 5+. Learn more about our instructors and register in advance for both workshops at the festival website.

Junkyard Reverie, an installation and performance in the Moab Arts Side Yard by Molly Marie Gurney and Rachel Toups, was the second project selected from the “Ceremonies for the Future” open call. The immersive, absurdist project explores imagined futures, delving into such human concepts as time, spirituality, and the gamification of the sacred and mundane. There will be three chances to experience *Junkyard Reverie* during the festival: 9/29 from 6-7 p.m., 9/30 from 3-4 p.m., and 10-1 from 4-5 p.m.

Friday programming will end with *The West of the Future*, a film screening, discussion, and costume party



Street Festival

hosted by Elise Park with drinks for sale by Proper Brewing. Using the 1989 film *Sundown: A Vampire in Retreat* as a launch point, we’ll discuss the mythic American West synonymous with Southeastern Utah’s iconic landscape and how our interpretation of the West might change or evolve

with the development of AI, space travel, and other futuristic technologies. *Sundown* was filmed in Arches, Hittle Bottom, and Thompson, and stars 9-year-old Moab local Vanessa Pierson alongside David Carradine and John Ireland. The film is rated R, and this event is for ages 18+. Doors open at 7 p.m., screening to be held in the Moab Arts Stage Room. Costumes encouraged!

Saturday, September 30 from Noon to 7 p.m., join us for Street Fest — a block-party-style event featuring an array of talented artisan vendors selling awesome wares, live music, participatory art activities, food trucks and a beer garden with drinks by 98 Center. Participating food and beverage vendors include Hells BBQ, Sushi Squad, Moab Kitchen, El Local, Adobe Garden Apothecary, and Curve Coffee. Pre-register for the chalk drawing competition, taking place from Noon to 2 p.m.! Chalk pastels are provided. Prizes will be awarded based



Chalk



ArTTrails Keeper

on public vote in adult and kids’ categories. Additional all ages activities include participatory art and writing projects with students and teachers from Grand County High School, as well as Day of the Dead crafts with the Moab Valley Multicultural Center and a community native seed project with Adobe Garden Apothecary. Don’t miss the Art Stroll with Moab ArTTrails beginning at 3:30 p.m. This is your chance to get a look at this year’s brand new rotating sculpture exhibit and meet the artists. Live music will kick off with Salt Lake City based honky-tonk-rock-n-rollers Josh Doss and The Cancers from Noon-1 p.m.,



Gold Tides

Bummer Girl

followed by psychedelic rock band Bummer Girl from Phoenix, Arizona from 2-3 p.m., Neosoul R&B singer Anais Chantal, also hailing from SLC, will grace the stage from 3-4 p.m. and the evening will conclude with Santa Fe’s surf rock group Gold Tides. Preview tracks from each artist on the festival website, where you’ll also find a list of participating artisan vendors and the full breakdown of the day’s events.



Ceramics

Renowned artist and muralist Chip Thomas will debut two new murals for the festival that highlight different periods of industry in the Moab Valley. Join Thomas and staff from the Moab Museum for an artist talk, *Radioactivity and Black People in the Richest Town in the U.S.*, on Sunday,



CT La Isla Memory

October 1 from Noon to 2 p.m. Learn more about the project, which features two historic photographs from the Moab Museum’s Collection. Thomas will also discuss how the work relates to his larger body of work across the

Southwest, including his recent work on a new exhibit entitled buffalo soldiers: revision at Fort Garland Museum in Colorado. Meet at Moab Arts, where we will walk around the block to view the murals, then return for discussion.

Finally, you will not want to miss *All Roads Lead to Moab*, a story slam event from 5:30-8 p.m. on October 1 in the Moab Arts Stage Room, hosted in collaboration with The Storied Self. Names are drawn from a hat and



Charles Glass & Friends

storytellers have 5-8 minutes each to tell their own true story based on the theme. No notes, no props, no experience necessary. *All Roads Lead to Moab* asks you to tell us about your arrival, landing, stranding, or homecoming — at some point, you realized there was no turning back. Has your dust settled yet?

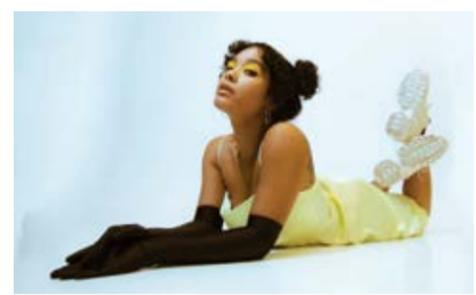
For more information about the festival (including a full schedule of events) and to stay in the loop, visit www.redrockartsfestival.com, sign up for the Moab Arts newsletter at www.moabarts.org, and follow us on social media: @moabarts on Instagram and @Moab Arts - The MARC on Facebook.

See ad with schedule on page 8A.

The Red Rock Arts Festival is facilitated by Moab Arts, the arts and special events department of the City of Moab. And be sure to mention you read about the Red Rock Arts Festival in Moab Happenings.



Josh Doss



Anais Chantal

Dark Sky Happenings

Looking Beyond the Stars

Adapted from an article by Brian Kruse



NASA's Night Sky Network (NSN) distributed this article. The NSN program supports astronomy clubs across the USA dedicated to astronomy outreach. Visit nightsky.jpl.nasa.gov to find local clubs, events, and more!

Looking up in awe at the night sky, the stars and planets are bright points against a dark background. While the number of stars seems immense, the actual number is measurable in the thousands, entirely from our own Milky Way Galaxy. Both the Hubble telescope and the James Webb Space Telescope (Webb) have revealed that dark background is populated with as many galaxies as there are stars in the Milky Way. Why can't we see them?

Much like looking into a dense forest where every line of sight has a tree, every direction we look in the sky has billions of stars. Heinrich Wilhelm Olbers, an early 19th century German astronomer, posed what we call the Olbers Paradox: if the Universe is infinitely old and static, then stars should be everywhere, so why is the night sky dark? The observable dark sky leads us to debate the nature of the Universe—is it eternal and static or dynamic and evolving?

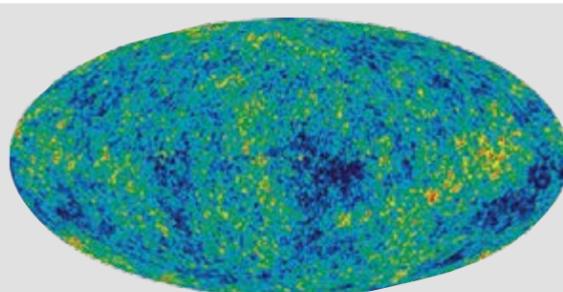
The discovery of the Cosmic Microwave Background in the 1960s finally settled the debate, though various lines of evidence for an evolving universe had built up over the previous half century. The equations of Einstein's General Theory of Relativity suggested a dynamic universe. Edwin Hubble used the cosmic distance ladder discovered by Henrietta Swan Leavitt to show that distant galaxies are moving away from us.

Now, we understand that the Universe has a finite age and size, with the speed of light having a definite value. Due to the expansion of the Universe, the light from the oldest, most distant galaxies is shifted towards the longer wavelengths of the electromagnetic spectrum. Thus, the farther an object is from us, the redder it appears. The Webb telescope detects light from distant objects in infrared light, beyond the visible spectrum. Other telescopes detect light at still longer wavelengths—radio and microwaves. The farther back we look, the more things are shifted. If our eyes could see microwaves, we would behold a sky blazing with the light of the hot, young Universe – the Cosmic Microwave Background.



length by someone on the ground. (Image Credit: NASA, ESA, CSA, STScI) <https://bit.ly/webbdeep>

NASA's James Webb Space Telescope has produced the deepest and sharpest infrared image of the distant universe to date. Known as Webb's First Deep Field, this image of galaxy cluster SMACS 0723 is overflowing with detail. This slice of the vast universe is approximately the size of a grain of sand held at arm's



The oldest light in the universe, called the cosmic microwave background, as observed by the Planck space telescope is shown in the oval sky map. The cosmic microwave background was imprinted on the sky when the universe was just 380,000 years old. It shows tiny temperature fluctuations that correspond to regions of slightly different densities, representing the seeds of all future structure: the stars and galaxies of today. (Image credit: ESA and the Planck Collaboration - D. Ducros) <https://go.nasa.gov/3qC4G5q>

Moab Dark Skies



Live and Play under the Milky Way

Moab Dark Skies mission is to promote the appreciation and conservation of Moab's valuable and rare dark skies. Moab Dark Skies was established by the Friends of Arches and Canyonlands Parks in conjunction with the National Park Service and Utah State Parks Division of Natural Resources

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MOON HAPPENINGS



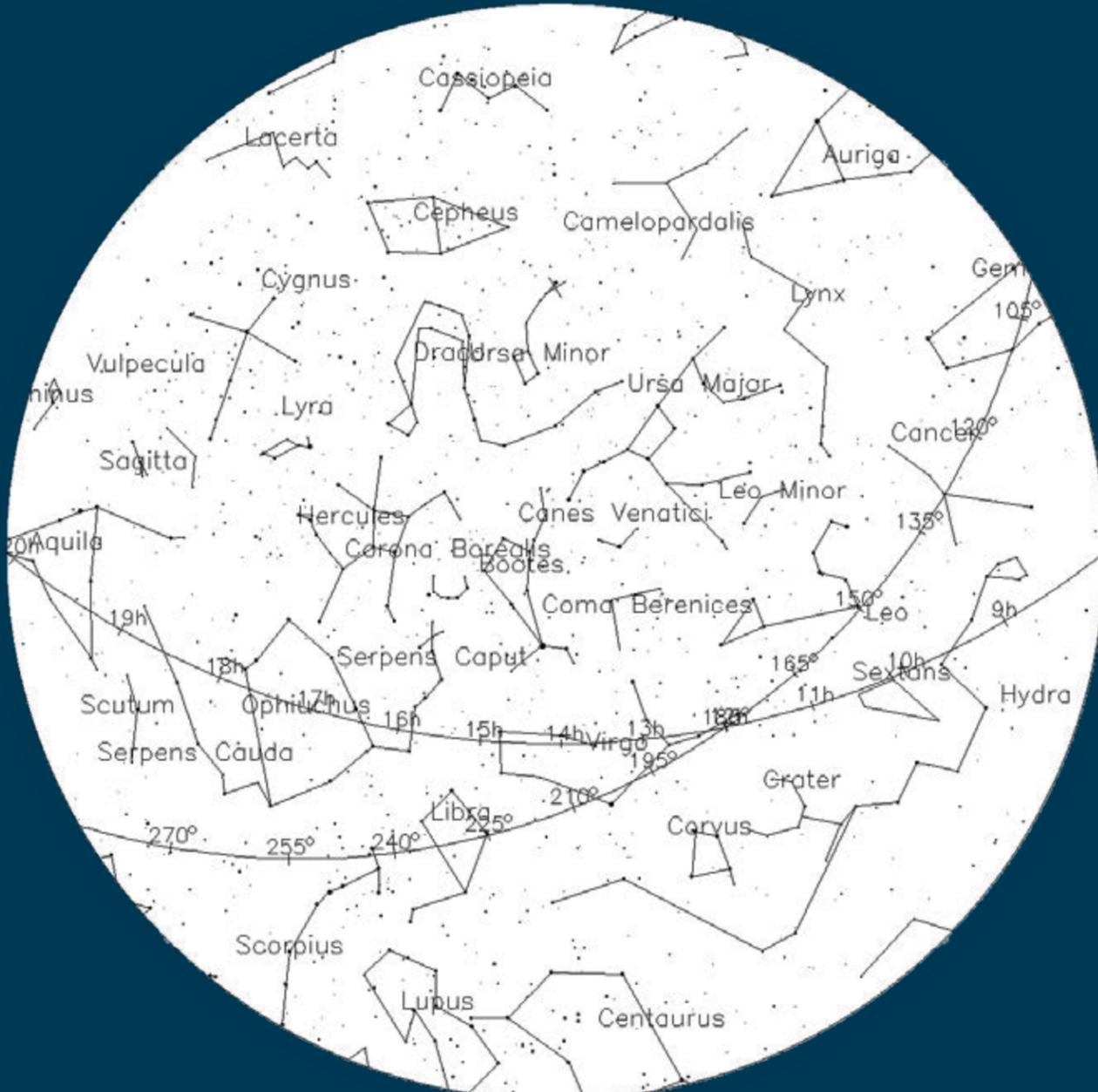
- September 6 - Third Quarter at 4:21 pm
- September 14 - New Moon at 7:39 pm
- September 22 - First Quarter at 1:31 pm
- September 29 - Full Moon at 3:57 am

SUNRISE & SUNSET TIMES

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

DATE	SUNRISE	SUNSET
Fri, Sep 1	6:46:13 AM	07:50:09 PM
Sat, Sep 2	6:47:06 AM	07:48:37 PM
Sun, Sep 3	6:47:59 AM	07:47:06 PM
Mon, Sep 4	6:48:51 AM	07:45:33 PM
Tue, Sep 5	6:49:44 AM	07:44:01 PM
Wed, Sep 6	6:50:37 AM	07:42:28 PM
Thu, Sep 7	6:51:29 AM	07:40:54 PM
Fri, Sep 8	6:52:22 AM	07:39:20 PM
Sat, Sep 9	6:53:14 AM	07:37:46 PM
Sun, Sep 10	6:54:07 AM	07:36:12 PM
Mon, Sep 11	6:54:59 AM	07:34:37 PM
Tue, Sep 12	6:55:52 AM	07:33:02 PM
Wed, Sep 13	6:56:45 AM	07:31:27 PM
Thu, Sep 14	6:57:37 AM	07:29:51 PM
Fri, Sep 15	6:58:30 AM	07:28:16 PM
Sat, Sep 16	6:59:23 AM	07:26:40 PM
Sun, Sep 17	7:00:15 AM	07:25:05 PM
Mon, Sep 18	7:01:08 AM	07:23:29 PM
Tue, Sep 19	7:02:01 AM	07:21:53 PM
Wed, Sep 20	7:02:54 AM	07:20:17 PM
Thu, Sep 21	7:03:47 AM	07:18:42 PM
Fri, Sep 22	7:04:41 AM	07:17:06 PM
Sat, Sep 23	7:05:34 AM	07:15:30 PM
Sun, Sep 24	7:06:28 AM	07:13:55 PM
Mon, Sep 25	7:07:21 AM	07:12:20 PM
Tue, Sep 26	7:08:15 AM	07:10:45 PM
Wed, Sep 27	7:09:09 AM	07:09:10 PM
Thu, Sep 28	7:10:03 AM	07:07:35 PM
Fri, Sep 29	7:10:58 AM	07:06:00 PM
Sat, Sep 30	7:11:52 AM	07:04:26 PM

North



San Juan Happenings

Discover Native American Culture in Utah's Canyon Country

by Utah's Canyon Country

Nestled in the stunning landscapes of the American Southwest, Utah's Canyon Country is a treasure trove of Native American culture and history. Encompassing the heartland of the Colorado Plateau, this region is home to numerous ancient structures, petroglyphs and sacred sites that offer a glimpse into the vibrant past of the Native American tribes who are so important to the area's history and present thriving culture.

Utah's Canyon Country is renowned for its fascinating archeological structures, evidence of the Ancestral Pueblo peoples who inhabited the area over 1,000 years ago. A prime example is the iconic Hovenweep National Monument, near the Utah-Colorado border. This archaeological site showcases six clusters of multi-story towers, small villages and kivas, illustrating the advanced engineering skills and communal lifestyle of the ancient inhabitants.



Edge Of The Cedar State Park

Another must-visit destination is Edge of the Cedars State Park Museum, which houses the largest collection of Ancestral Puebloan pottery and artifacts in Southeastern Utah. Visitors can also explore the restored Ancestral Puebloan dwellings that have been preserved for centuries.

The area is a haven for rock art enthusiasts, with countless petroglyphs and pictographs adorning the sandstone cliffs. Newspaper Rock State Historic Monument, located along the Indian Creek Scenic Byway, features a large rock panel covered in ancient petroglyphs. The intricate images depict hunting scenes, animal figures and human forms, serving as a portal to the past.

To gain a deeper understanding of Native American culture in southeastern Utah, visitors can engage with the present-day tribes that continue to call this region home. Those looking for a blend of culture and adventure should



Hovenweep National Monument
photo by Allison Yamamoto-Sparks

go on a guided hike with Ancient Wayves River & Hiking Adventures, an indigenous-owned outfitter with a focus on Navajo culture and storytelling. Travelers wanting an authentic Native American gift or souvenir can look

no further than the area's many trading posts, filled with locally-made Native American jewelry, pottery, rugs and more.

Additionally, Bears Ears National Monument, an area of great cultural significance, is co-managed by the Bureau of Land Management Monticello Field Office, the Manti La Sal National Forest, and the five Tribes of the Bears Ears Commission. The monument preserves ancient dwellings, petroglyphs and sacred sites, while also serving as a platform for cultural revitalization and preservation efforts.

Utah's Canyon Country provides an enthralling journey through Native American history and culture. With its ancient archeological sites, mesmerizing petroglyphs and immersive cultural experiences, this region invites visitors to connect with the rich heritage of the Native American tribes who have left an indelible mark on the land. Exploring Utah's Canyon Country is not just a journey through time but also an opportunity to appreciate the enduring legacy of the Native American people who have called this land home for thousands of years.



Newspaper Rock State Historic Monument, photo by Eri hayakawa

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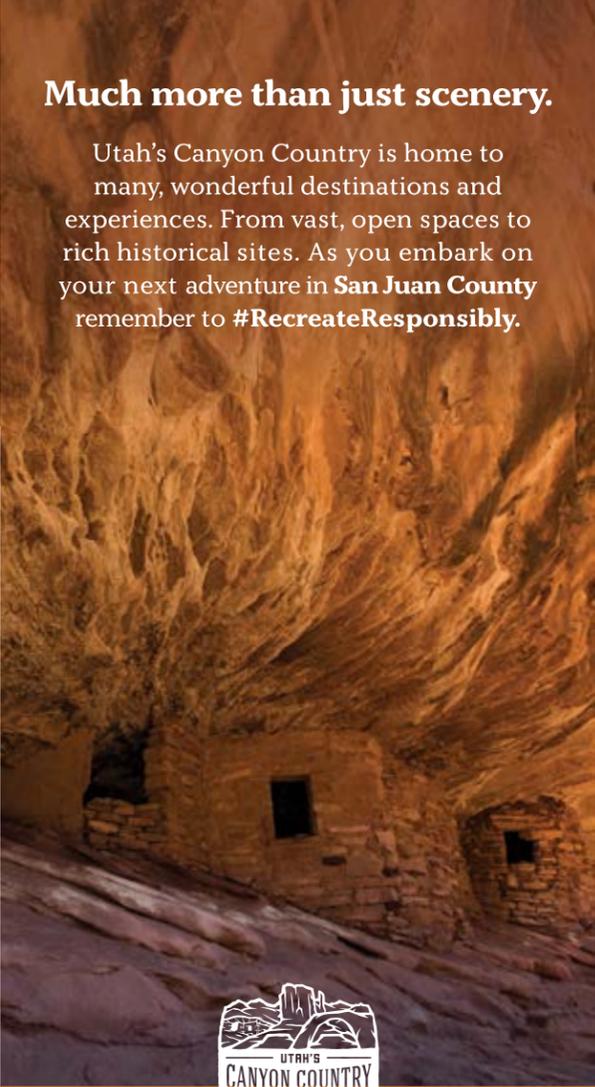
Park Hours (March-November):
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9am-5pm

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

For more information, follow us on 
stateparks.utah.gov/parks/edge-of-the-cedars

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UtahsCanyonCountry.com/happenings

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You Know Someone Affected by this Epidemic— But Why?

By Dr Andrew M.D.

“When I started teaching in 1986,” Gail told me, “we all pitied the teacher who had a child with ADHD or autism in her or his class. When I retired in 2016, each of us counted ourselves lucky if we only had five of them per class.” In case you haven’t noticed, both attention deficit and autism spectrum disorders (ASD) have exploded in America. Today, you would be hard-pressed to not know one or several people with one or the other.

Have you ever wondered where these never-ending epidemics came from? Why do parents notice that some children are different from birth? Why do other children develop perfectly normally until a certain age, and then suddenly stop talking, stop walking, or stop making eye contact with their parents?

Evolutionary biologists claim that changes in DNA occur over millions of years to convey survival advantages to species. I’m not sure what survival advantage is conveyed by an inability to sit still, focus, and fully engage with other human beings on an emotional level, but species mutations don’t occur in the miniscule timespan of decades, and there is no inherited gene that causes people to develop behavior disorders.

Calling the increase in ASD cases an explosion may even be downplaying the reality of it. The first cases of ASD in history occurred in the 1930s. Now the CDC admits that it affects 1 in 36 children, with four times as many boys as girls. Not only is this trajectory alarming, it is unsustainable. At this rate—unless society wakes up and does something different—it’s only a matter of years before ASD will be the rule and healthy brain development and function the exception.

An ounce of intellectual curiosity demands that we consider the very real possibility that something we are doing to ourselves as a society is causing these epidemics...and that the sudden onset of autism in a healthy child must be preceded by something very damaging to the brain.

There are many possibilities. All we have to do is think about practices, lifestyles, and things that were rare or nonexistent before the 20th century, things that have increased with every decade, and that directly affect the developing brain.

Considering these criteria, it’s hard for the honest observer not to be suspicious of toxins. In a twist of irony, we are told that substances (vitamins, minerals, herbs, hormones, amino acids, fatty acids, peptides, etc.) that have supported human health for thousands of years may be dangerous and should be subjected to government approval, but the thousands of new chemicals we inhale, touch, eat, drink, inject into our bodies, and put on our skin require little or no safety testing whatsoever. Hmmm.

Toxicologists have noted that one of the most effective ways for a woman to rid herself of a large amount of toxins from her body is to get pregnant. Unfortunately, those toxins are not going into the toilet. Studies of newborn babies’ umbilical cords and placentas have demonstrated the presence of an average of 250 toxins—not the best way to enter the world. This is why we recommend that women of childbearing age undergo identification and removal of chemicals and heavy metals as early as possible, at least a year before becoming pregnant.

As children grow, the unhealthy chemicals they inherited from their mothers are joined by others. Think about artificial food colors, preservatives, pesticides, herbicides (glyphosate is especially dangerous), taste enhancers (such as MSG), artificial sweeteners, and so many other toxins that have been found to impair brain function. The fact that any American survives childhood with seemingly normal neurological development nowadays



is a testament to the miraculous resilience and detoxification capacity of the human body. But not everyone is so lucky.

In light of the unprecedented toxic burden to which Americans have increasingly been subjected over the last century, you might be tempted to write off toxins as the cause—or at least a cause—of this epidemic of neurodevelopmental/behavioral disorders.

After all, with everyone being exposed to some extent, shouldn’t everyone be affected? Not exactly. Each child has a different level of exposure to different toxins, both before and after birth. And each child has a different level of tolerance for toxins, depending on what are called genetic polymorphisms or single nucleotide polymorphisms (SNPs). These are slight genetic variations that create more or less risk of different conditions.

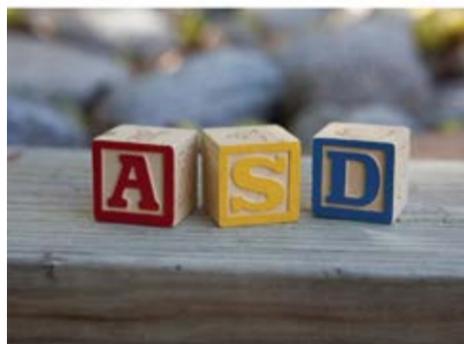
SNPs make it easier or harder for the body to remove specific toxins. This is one reason some people require a LOT of anesthesia for surgery, while others are so knocked out that they have a hard time waking up from it.

Or why one person can drink caffeine in the morning and have trouble sleeping that night, while another person can drink caffeine at night and go right to sleep. Other SNPs make it possible for some people to tolerate a case of beer in a single sitting (although not without serious long-term consequences) while others become severely ill after drinking a single can. Due to SNPs, some children exposed to certain toxins will develop autism, others will develop Alzheimer’s dementia many decades later, and still others will never have a problem at all.

As with cancer, there is no single cause of neurodevelopmental disorders. For this reason, no single treatment approach will work for everyone. Some will benefit from mineral rebalancing. Others from repair of the gut lining, which in turn reduces brain inflammation. Others

will benefit from avoidance of gluten, dairy, and/or other foods. Many will require detoxification of chemicals and/or heavy metals. Because the brain is so resilient, it takes a lot of damage to cause noticeable impairment in its function. Consequently, for a child to develop a behavioral or neurodevelopmental disorder, it often requires multiple “hits” to the nervous system. As a result, effective treatment requires an approach that addresses a variety of insults to the developing brain. The earlier in life that this is done, the better.

Your child can bounce around between a handful of prescription drugs designed to Band-Aid the symptoms of his condition. He can receive special accommodations at school. She can spend the rest of her life in weekly or monthly therapy to help her learn better in school and function better in society. He can attend a school for special needs children, at a cost of \$14,000 to \$80,000 per year. Or he can undergo a comprehensive assessment and treatment regimen that addresses known causes of brain dysfunction. This is not to say that medicine, IEPs, and therapy cannot be valuable tools for affected children. Rather, it’s acknowledging the obvious: Without treating underlying causes, these tools are like paddling a canoe upriver for the rest of one’s life. The choice is yours. More than ever before, you have options. Call Prestige Wellness Institute at (435) 210-0184 when you are ready to explore new possibilities. The right treatment early on can change the course of your child’s life.



Healthy Happenings

Marijuana: Not What it Used to Be *by Dr. Paula Donnelly Cook*

The consumption of marijuana has undergone significant changes since its widespread use in the 1960s. As the counterculture of that era embraced the plant, the average potency of cannabis hovered around 4-6%. However, contemporary tests of marijuana samples reveal an astonishing 60% increase in potency compared to the 1970s. Because marijuana is a commonly used plant, the increased potency is a significant emerging public health issue.

How marijuana is grown and consumed significantly impacts its potency. While the flowers of the cannabis plant, often smoked, now carry a potency of approximately 15-20%, concentrates derived from the plant have taken potency to new heights. Extracts like oils, wax, or resin, typically used for vaping, boast staggering potencies, some reaching up to 80% THC.

Why does this potency matter? The psychoactive compound in marijuana, delta-9 tetrahydrocannabinol (THC), is responsible for the sought-after "high" or relaxation effect experienced by users. However, THC isn't without its downsides; it can trigger anxiety, agitation, paranoia, and, in some cases, psychosis. While some may only experience anxiety and paranoia temporarily during the effects of the drug, others could face prolonged episodes of paranoia, distorted thoughts, and detachment from reality, requiring medical intervention, including antipsychotic medication and hospitalization.

Highly potent marijuana can lead to more substantial psychoactive effects and increase the risk of immediate psychological reactions. Emergency rooms across the country, particularly in states with legalized recreational use of marijuana, are witnessing a surge in marijuana-related incidents.

In the long run, the use of contemporary high-potency marijuana comes with its own set of risks. For some users, there's a potential for addiction compounded by the heightened possibilities of reduced IQ, impaired attention, heightened susceptibility to schizophrenia and other psychotic disorders, elevated depression among teenagers, and even evidence of amplified suicidal thoughts and planning.

The risk of developing a marijuana addiction is about 7% in the general population, whether due to increasing potency or not. The risk can be 30 to 40% higher for those who start using the drug during adolescence or use it daily. Marijuana addiction mirrors addiction to other substances:

using more than intended; unsuccessful attempts to quit or cut down; experiencing cravings or withdrawal; sacrificing other responsibilities for the drug; and engaging in high-risk behavior due to use.

The Monitoring the Future (MTF) study, also known as the National High School Senior Survey, is a long-term epidemiological study that tracks trends in legal and illicit drug use among American adolescents and

adults and personal levels of perceived risk and disapproval for each drug. Recent results reveal that the 19-50 age group has the highest recorded past-year marijuana usage in 2022. The statistics show that 44% of those aged 19-30 and 28% aged 35-50 reported using the drug.

Dr. Paula Cook earned her medical degree at the University of Utah and completed her residency at St. Mark's Family Medicine. She is board-certified in both Family Medicine and Addiction Medicine. At Moab Regional Hospital's Recovery Center, Dr. Cook integrates addiction medicine into primary care, medication-assisted treatment, and risk reduction, using a non-judgmental approach to addiction treatment that meets people where they are and considers the whole patient and their family. Follow Dr. Cook's "Addiction Files" podcast for more in-depth information on addiction and recovery.

The Moab Regional Recovery Center offers medication-assisted treatment, access to therapy and psychiatric evaluations, medical intervention, and outpatient detox options, for patients 16 years and older. For more information, please call 435-719-3970.

And be sure to mention you read about Moab Regional Recovery Center in *Moab Happenings*.



Dr. Paula Cook

Ongoing Healthy Activities:

Free Community Lunch

Thursdays from 11:30am to 1:00pm at the St. Francis Episcopal Church (250 Kane Creek Boulevard, Moab). Free lunches for all who come by. Homemade soups (always several choices) or sandwiches, bread (chips with sandwiches), dessert, coffee and water. Call St. Francis Episcopal Church at 435 259-5831 for information.

Free Community Food Pantry

Fridays from 5-6:30pm at the St. Francis Episcopal Church (250 Kane Creek Boulevard, Moab) No ID, no name, no address, no personal information needed. We always have canned goods, bagged goods, meat. We often have bread, fresh produce, milk, cheese, fruit juice, eggs. Also personal toiletries, cleaning supplies, diapers, dog food. Feel free to pick up for someone who can't get out, or someone who is working. Call St. Francis Episcopal Church at 435 259-5831 for information.

Moab Valley Multicultural Center Food Pantry

Clients may access the Food Pantry once every two weeks. Schedule:

Mon Wed Thu: 9am-12pm, 1-5pm

Tue: 9am-12pm, 2:30-5pm

Fri: 9am-12pm

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182 N. 500 W. Noon on Mon, Tues, Wed & Fri under 60: \$6.00 over 60: \$2.50 suggested donation

Moab Community Health Talks

Our Village Community Center hosts Dr. Don Leathers, naturopathic physician, and Sarah Cook, massage therapist health coach & lay homeopath in an informal round table discussion meant for community members to have their questions answered in a supportive space. Second Wednesday of each month. 1-2pm at Our Village Community Center, 721 N 500 W, Moab. Suggested donation of \$5-\$20. Info: ourvillage.org, phoenixrisingmoab.com, sarahcookmassage.com or 435-260-0294 or 435-259-8123

Moab Community Yoga

Tuesdays 6:30-7:30pm at the Moab Arts and Recreation Center (MARC) in the dance room. 111 E 100 N. info: mindfulmovementmoab@gmail.com

Gyrokinesis® Class w/ Anne Howe

The Gyrokinesis® Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method that coordinates movement, breath and mental focus. Thursdays 5:30-6:30pm. Sundari Yoga & Wellness Studio 1105 S US-191 #3 www.sundariyogamoab.com

Sheng Zhen Meditation - Thursdays 5:30-7pm at Moab Arts and Recreation Center. Other classes available and info at shengzhenmoab.com/

Community Reiki (Alternating Tuesdays, 9am & 3pm) Join Crystal at Mindful Movement Moab, 76 S Main St Suite 15, for a free 30 minute community Reiki Session. Must be a local resident for the session. Sign up online at www.mindfulmovementmoab.com

Yoga in the Park (Wednesdays, Swanny Park, 5pm) Join Breann with Wellness Collective for a 60 minute yoga session brought to the community by a partnership with USARA. Mats are provided and the class is open to everyone in the community. Yoga is free. At Swanny Park. Sign up for class online at www.wellnesscollectivemoab.com

Virtual Mindfulness Class (Thursdays, 6pm) Join the facilitators with Wellness Collective for a 30 minute mindfulness session brought to the community by a partnership with USARA. Class is free and you can sign up online to receive the zoom link. www.wellnesscollectivemoab.com

Virtual Trauma Sensitive Yoga (Mondays, 6pm) Trauma Sensitive Yoga focuses on the use of yoga movements as an opportunity to practice making choices with our bodies and to possibly notice what we feel in our bodies. Class is free and you can sign up online to receive the zoom link. www.wellnesscollectivemoab.com

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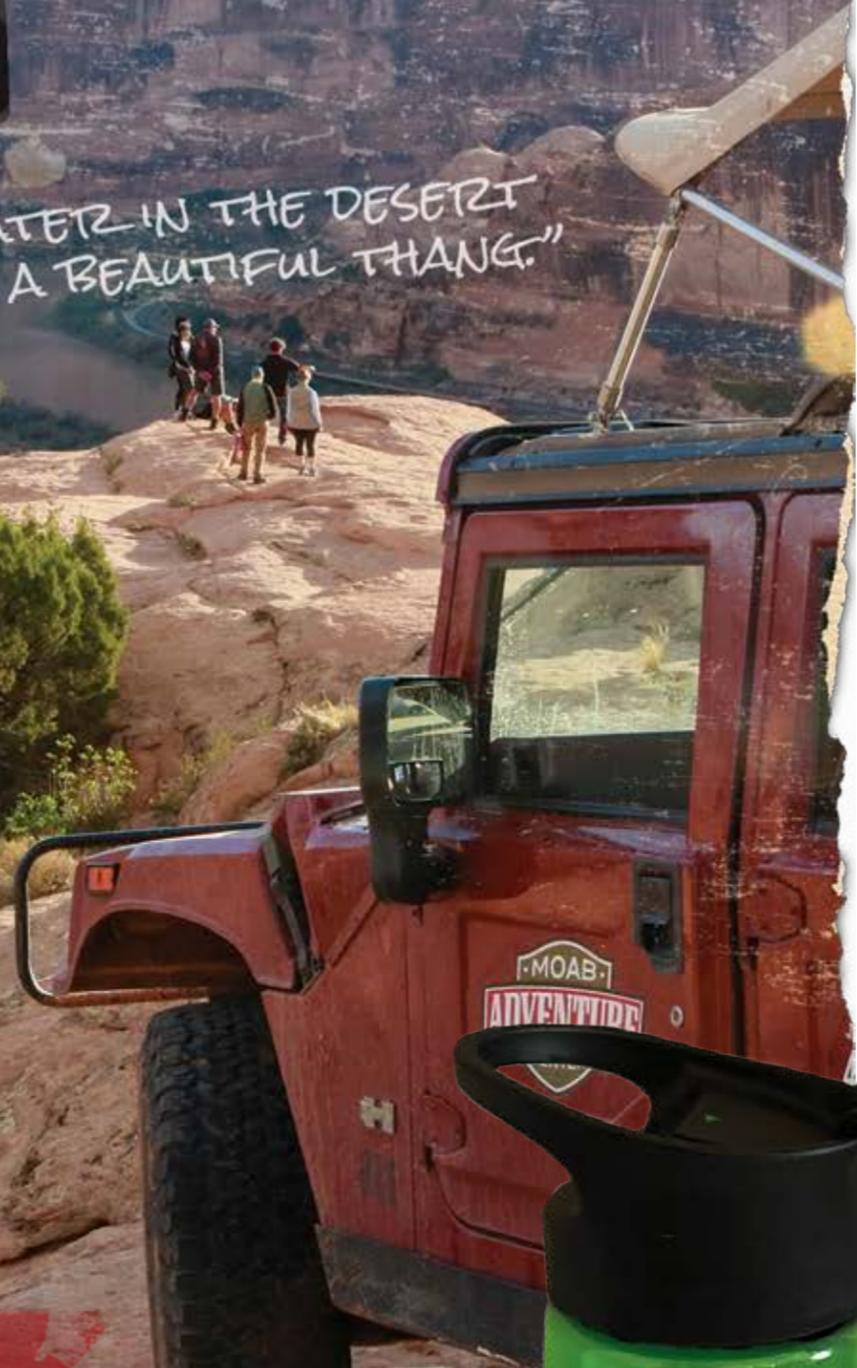
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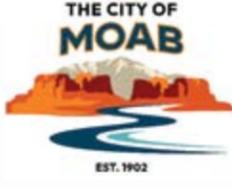
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MAT Fixed Route

Hop on and off the route at any of the stops between Utah State University and Lions Park. Get the **Moab Area Transit** app to view stops and track shuttles.

Summer Hours
Mar 16 - Oct 15

MAT On-Demand: 9am - 9pm, Daily
 MAT Fixed Route: 9am - 9pm, Daily

Winter Hours
Oct 16 - Mar 15

MAT On-Demand: 9am - 5pm, Mon - Fri
 MAT Fixed Route: no service

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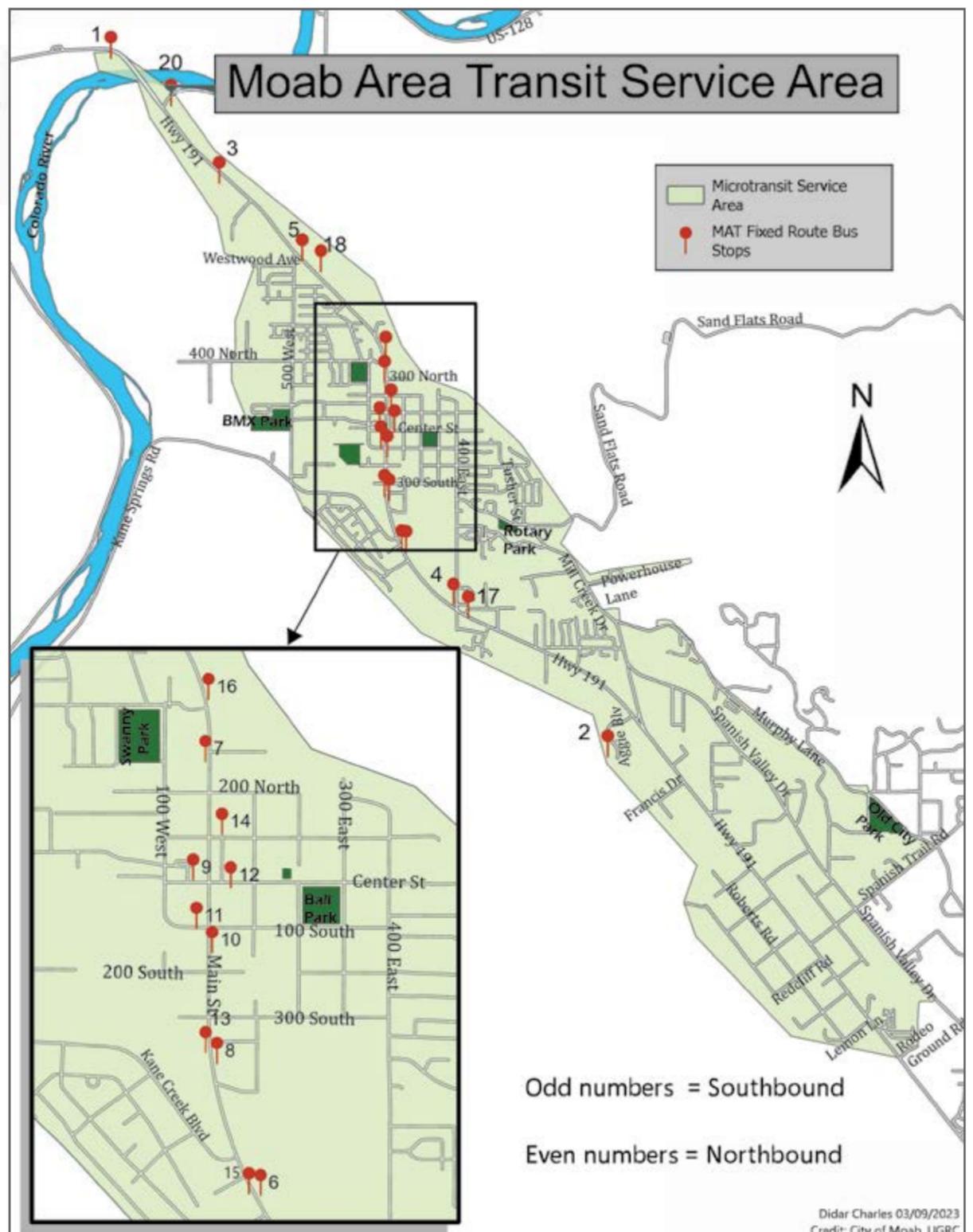
For more info or call-in ride requests: 1-833-MAT-FREE

The Moab Area Transit program includes an on-demand microtransit service that will provide door-to-door transportation to and from any location within the broader service area that covers most of the Moab valley. Transportation will be provided using comfortable MAT-branded 13-passenger vans. By simply downloading the MAT app on a mobile phone, or by calling 1-833-MAT-FREE, 1-833-628-3733 residents can schedule a ride during regular service hours.

MAT on-demand service will operate from 9 a.m. to 9 p.m. daily from March 16 to Oct. 15, and from 9 a.m. to 5 p.m. Monday through Friday, Oct. 16 to March 15.

MAT also includes a fixed-route service that will bring riders to predetermined destinations along Main Street. This route will provide regular stops between the Fairfield Inn north of town to the Utah State University Moab campus at Aggie Boulevard.

Funding for the Moab Area Transit pilot program is provided through a Utah Hotspot grant administered by the Utah Department of Transportation, with additional funding from the City of Moab and Grand County.



Southbound Fixed Route Stops

- 1 Fairfield Inn
- 3 Element/WorldMark
- 5 Field Station
- 7 Antica Forma
- 9 The Spoke
- 11 Hogan Trading
- 13 Sleep Inn
- 15 Village Market
- 17 South Town Gym

Northbound Fixed Route Stops

- 2 USU Campus
- 4 Maverick Gas Station
- 6 Moab Valley Inn
- 8 City Market
- 10 Woody's Tavern
- 12 Moab Information Center
- 14 Moonflower
- 16 Days Inn
- 18 Hyatt Place
- 20 Transit Hub



SHOPPING
DINING

Moab Happenings

LODGING
EVENTS

Volume 35 Number 6

Section B

September 2023



Growing food, kids, and community
in Moab, Utah since 1996.

YGP's Annual Harvest Festival is coming up on September 23rd

As the season shifts to chillier nights, earlier sunsets, and bright yellow aspen leaves, the Youth Garden Project is gearing up for its fifth annual Harvest Festival! This free event will feature games and activity booths, a pie walk, face painting, agricultural education, garden-fresh food available for purchase, the annual Blue Ribbon Produce Exhibition, and so much more. YGP wants to share our thanks for abundant harvests and the end of a wonderful growing season with Moab community members of all ages.

The Harvest Festival stage will feature live music from Brian Laidlaw, plus the return of youth band The Prairie Dogs and one additional band to be announced soon. Harvest Festival will run from 3-7pm at the Youth Garden Project (530 S 400 E), next to Grand County High School. Parking is available; walking or biking is encouraged.

Blue Ribbon Produce Contest

YGP would also like to announce a call for submissions to our Blue Ribbon Produce Contest. Throughout September, we encourage community members to begin thinking about entries to the contest to showcase their home-grown produce. Categories this year include: silliest, classic, rarest, heaviest tomato, largest melon/squash, best veggie creature, and best flower arrangement. Entry drop off will be Friday 9/22 (5-7pm) and Saturday 9/23 (9-11am).

YGP not only wants to see how you grow your food, but also how you prepare it! In addition to Blue Ribbon, Harvest Festival will also include a People's Choice tasting contest for pies, jams, hot sauces, and pickles (new this year!). Drop off for entries is the same as above, or during YGP office hours (8am-4pm) the week prior to the festival.

Produce contest judging will take place Saturday, and winners will be announced at the festival. Prizes will be given to winners in each category, and People's Choice awards will also be given out based on event day votes. There is no limit to entries. The more submissions, the more fun!

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AT THE YOUTH GARDEN PROJECT HARVEST FESTIVAL!

SEPTEMBER 23, 2023



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MELON / SQUASH · BEST FLORAL ARRANGEMENT



PLUS:

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PICKLES INTO THE PEOPLE'S CHOICE TASTING CONTEST!

DETAILS:

SUBMISSIONS WILL BE ACCEPTED FRIDAY, SEPTEMBER 22ND
FROM 5-7PM AND SATURDAY, SEPTEMBER 23RD FROM 9-11AM
AT THE YOUTH GARDEN PROJECT (530 S 400 E).

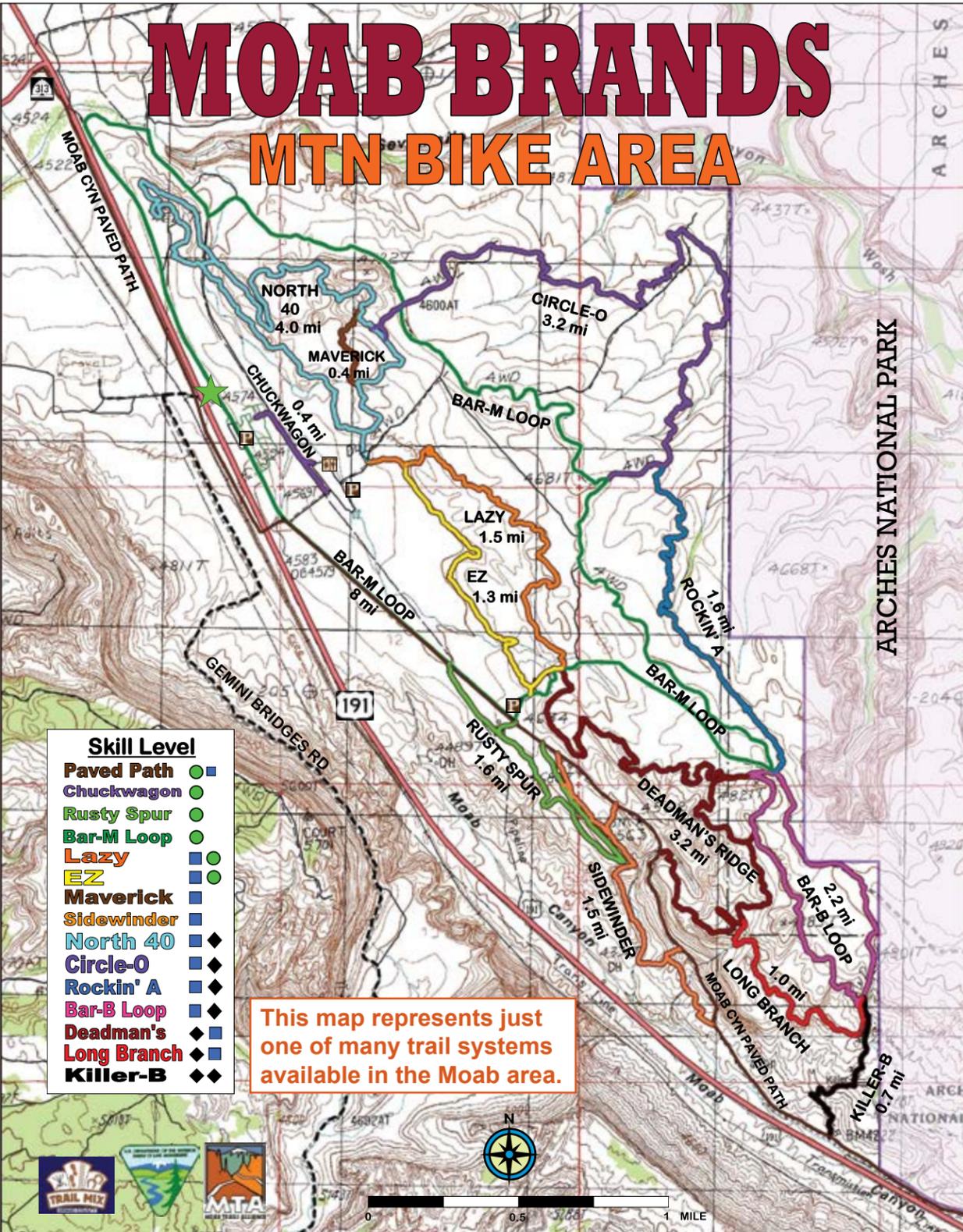
JUDGING BY THREE GUEST JUDGES WILL TAKE PLACE ON
SATURDAY BEFORE THE FESTIVAL BEGINS.

WINNERS AND PRIZES WILL BE ANNOUNCED DURING THE
FESTIVAL AND SUBMISSIONS WILL BE ON DISPLAY.

THERE IS NO LIMIT ON SUBMISSIONS. THE MORE
SUBMISSIONS, THE MORE FUN!

LEARN MORE AT WWW.YOUTHGARDENPROJECT.ORG/HARVESTFESTIVAL

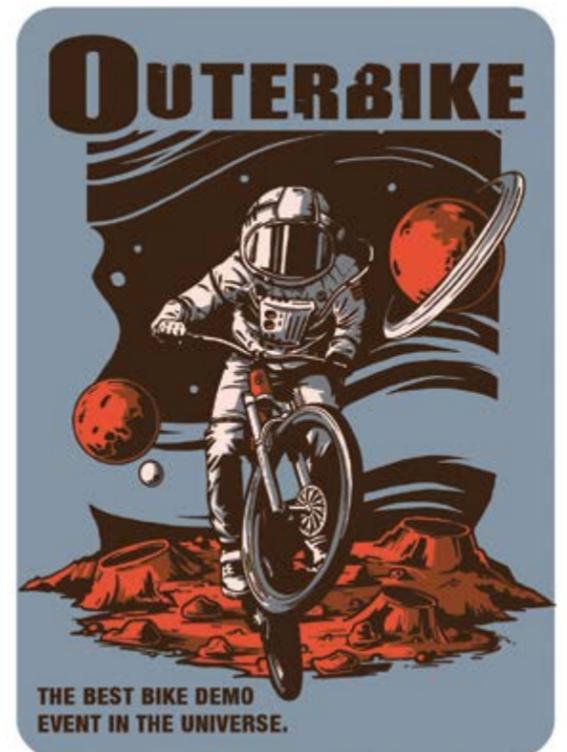
Road & Mountain Bike Events



• **MOAB CENTURY TOUR - Road Cycling Tour, September 16-17, 2023** Choose routes with breathtaking views of Moab's sandstone marvels and the Colorado River. Ride to Dead Horse Point State Park with vistas from the edge of the earth on Saturday; on Sunday choose the LaSal Loop Road through the mountains with 5550' elevation change and views of fall colors before carving down through red rock canyonlands and finishing along the Colorado River. Every registration includes a donation to the Moab Healthcare Foundation benefiting those in the cancer situation. For more information visit skinnytireevents.com or call 435-260-8889.



• **OUTERBIKE 13th Edition, September 29-October 1, 2023.** -Test ride all of the latest and greatest bikes and gear on the world-class trails of Moab, UT. For three days, the world's premier bike and gear manufacturers set up at the Outerbike expo site. You can browse the latest innovations, pick a bike you'd like to try and take it for a ride. Repeat as needed. www.outerbike.com



• **MOAB SKINNY TIRE FESTIVAL - Road Cycling Tour, March 9-12, 2024.** The four rides of the Festival highlight Moab's different riding opportunities. Two days follow the mighty Colorado River corridor, both up-stream and downstream. The other two days leave the valley and climb the beautiful canyon roads into red rock country visiting Dead Horse Point State Park and Arches National Park, and are fully supported with food, SAG vehicles, lunch, 5-star communication, and post-party entertainment. Every registration includes a donation to the Moab Healthcare Foundation and the cancer treatment facility at the Moab Regional Hospital. For more information visit skinnytireevents.com or call 435-260-8889.

• **MOAB ROCKS A TRANSROCKIES RACE SERIES - April 6-8 2024.** Transrockies Race Series, Moab Rocks takes some of the regions best classic and new routes including Klondike, Porcupine Rim and Mag 7 and combines them into a 3-day xc masterpiece in a fully supported format. TransRockies Events pioneered Mountain Bike Stage Racing in North America with the TransRockies Challenge in 2002, and the 3-day race format with the TR3 starting in 2009. For info: transrockies.com

• **ANNUAL GRAN FONDO MOAB, May 4 2024.** 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 5500 feet in 60 miles. Contact info 1 866-373-3376

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Mountain Bike Happenings

Cornering: Part 3

Have you ever been on a ride, feeling awesome, thinking you are looking pretty much like Aaron Gwin on a world cup downhill track? Then it happens, you smack a hole in a turn, your front wheel folds up under you, and before you can blink you are flying OTB on your way to a dirt nap; instantly looking like Gwin during his famous crash in Ft. William, Scotland in his race run in early June of 2019.

What happened to Aaron was pretty rare for a rider of his caliber and probably had something to do with a somewhat slippery bridge on the entrance to the corner, however, it's a good illustration for the extreme case of exploding in a corner. What makes mountain biking fun is the fact that there are obstacles in the trail and irregular terrain. Many times, these obstacles are in the beginning, middle, or exit of a turn. When you are reading the terrain and picking your line, here are a few steps to take:

1. Imagine you are an F1 driver, and you want to use the WHOLE trail for your corner setup, apex, and exit. Set up wide, apex, then drift wide at the exit to maintain maximum momentum .



2. Identify obstacles that will narrow your ability to use the whole trail and adjust your line accordingly.

Here are a few techniques to use in turns with obstacles:

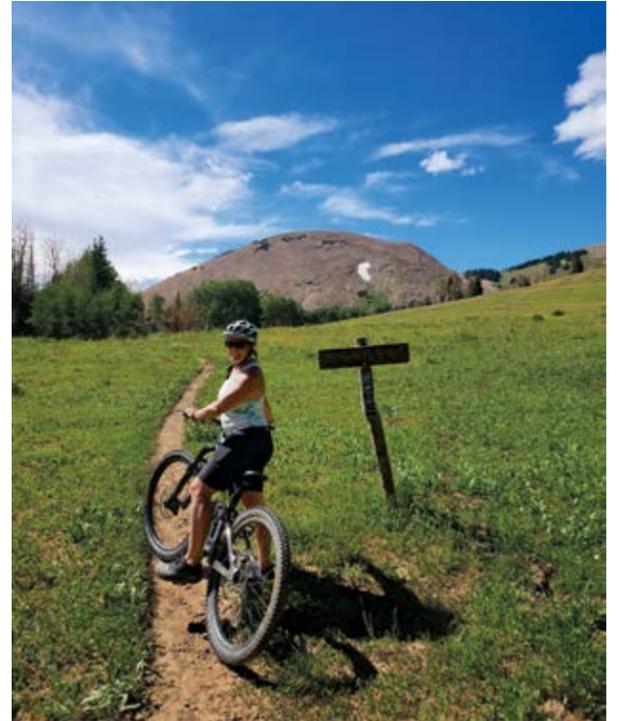
The Double Apex. This is a technique used to avoid an obstacle that is near the actual apex of the turn. You turn some before the obstacle and some after the obstacle; a net gain of making the whole corner radius, but broken down into two quick turns in the same direction.

The Apex Unweight. This is a super helpful technique that will increase your flow on trail. Because many trails get ridden by many riders in the exact same line, holes get created in the turn, in the ideal line. It doesn't make sense to go around the hole, but it's slow and rough to go through the hole. The best solution many times is to unweight and float over the hole, while staying on the main line and the best radius of the turn.

I watched this technique demonstrated by Eric Carter in a dual slalom race in Sandpoint Idaho. The 180 degree berm was blown out (big wet soft rut/hole) right at the apex from all the riders pushing into the turn really hard. Each rider was losing tons of momentum every time they apexed the turn at the hole. EC (Eric Carter) came through at the same speed as everyone else, pushed into the berm early, became super light in the apex, floated over the hole, pushed again just after the hole, and his exit speed was double the other riders. His line and turn radius was the same as everyone else, he apexed the turn same as everyone else, he was just very selective on where he was heavy and light on the bike to maximize momentum.

The Apex Hop. This is the same idea as the apex unweight, only here you are actually hopping over an obstacle, like a rock or root that protrudes into the line. This is used in lieu of doing a double apex. Instead of going around the obstacle, bunny hop over it and stay on the best radius line you can, ultimately creating more flow. This generally means you are reading the trail really well. Most riders are probably doing a double apex, but you turn the double apex into a single apex because you create a fluid turn by hopping over something instead of turning twice.

Off-Camber Turns. Probably one of the best feelings on a bike is sticking a high off-camber line that very few other tracks are visible on. The main line falls down the fall



line and terminates in an obstacle, an uphill or something less desirable than sticking to the high side and maintaining momentum. For off-camber traction, make sure you are balanced on the bike and have good pressure on your hands and feet. Use the same techniques as above, weight and unweight the bike where you see less and more traction, and don't be afraid to hop over some obstacles that try to force you off the preferred line.

Tracking is a term you may hear when people talk about characteristics of a bike. Tracking is when the bike sticks to a line in off-camber situations. One thing that can help with tracking is to reduce the tokens/air spring spacers in your suspension. Doing this makes the suspension more linear, less progressive. In other words, your suspension will have less ramp up and bottom out support. It will have a more linear feel throughout its travel stroke, less bottom out support. This setup allows the suspension to move more freely throughout the travel, creating more traction on terrain like off-camber areas.

All these techniques start with eyes up, ride from your core, elbows out. Go Shred!



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Live Events

Grand Junction Gem and Mineral Club Gearing up for its 77th Annual Show in September.

by Sharon Sullivan

The 77th annual Grand Junction Gem and Mineral Club Show will take place at the Mesa County Fairgrounds in western Colorado, September 23 and 24. Saturday's show will be from 9 a.m. to 5 p.m., and on Sunday the event takes place 10 a.m. to 4 p.m.



Thirty-eight rock collectors from around the nation, as well as a few international vendors will convene in Grand Junction to show, sell, and give demonstrations

related to the hobby of rock collecting. Demonstrations may include polishing stones, making jewelry, and silversmithing techniques, said the gem and mineral club's publicist Scott Warren.

There will also be silent auctions and various kids' activities offered both days.

Jewelry, beads, gems, rocks, minerals, crystals, fossils, petrified wood, and agates are among the items that will be on display and for sale during the event. A vendor from Africa brought opals one year, said Warren.

"We'll also have our rock doctor (retired Colorado Mesa University faculty Bill Hood) present to help identify rocks for people," he said.

The Grand Junction Gem and Mineral Club was founded during the 1930s, by member Pam Bersch's grandfather.

While the bulk of club membership is from western Colorado's Grand Valley, members also come from eastern Utah, Warren said. The club meets the second and fourth Thursdays of every month at 6:30 p.m. at its clubhouse, 2328 Monument Road in Grand Junction.

The club sponsors single- and multiday field trips throughout the Rocky Mountain region. And each month the club hosts a guest speaker to talk about a subject related to geology and the hobby of rock collecting. Recent presentations included one regarding meteorites, and another about the geology of Canyonlands National Park, said Warren. Workshops on various rock and gem topics are also presented throughout the year.



"Our mission is to involve people to understand earth science," Warren said.

Proceeds generated from events like the gem and mineral show go toward the club's operating expenses, as well as scholarships for CMU students. Additionally, the gem and mineral club funds various local youth programs.



Cost to attend the gem and mineral show is \$5 for the general public, and \$4 for seniors and military personnel. Children 12 and under can attend for free.

For more information visit the web site: www.grandjunctionrockclub.org

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

Celebrate 117 years of Melon Days

by Robin Hunt

Green River looks to celebrate their 117 annual Melon Days Festival September 15-16.

Through the hard work of the melon growing families in Green River, tasty, flavorful, delicious melons are something to celebrate!

Green River Watermelons are world renowned, and the community, visitors, family and friends get together for melon-munching fun every September.

Join in the Melon fun! Activities like a softball tournament, 5k Run, golf tournament, melon carving contest, concert, melon photo contest, bounce houses, pony rides, and much more ensure fun for the whole family!

Learn more at melon-days.com or search Melon Days on Facebook & Instagram.

In the meantime, pick up your melons any time from Dunham Farms or Vetere Farms by visiting their melon stands along Main Street in Green River.



MOAB FOLK FESTIVAL

2023

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Business Happenings

Broken Oar Restaurant Serves Dinner Monday through Saturday Check Out its Wall of Frames, Décor Depicting Moab’s River Culture

by Sharon Sullivan

Broken Oar Restaurant has always been known for its sweet potato fries – long before sweet potato fries became popular at many eateries, said Audrena Apadaca, co-owner of Broken Oar along with her husband Randy Apadaca.

However, the sweet potato fries at Broken Oar come with a twist – they’re served covered with caramel sauce, cinnamon and sugar, sea salt and a bit of lemon zest.

“It’s our claim to fame,” Apadaca said. “The lemon zest with caramel is really delicious.”

Those with less adventurous palates also have the option to order the fries plain, without the embellishments, she said.

Broken Oar is a family-friendly restaurant set in a beautiful log-cabin-style building with a fireplace, and elegant staircase leading to a loft with additional indoor seating. There’s also outside deck dining available.

The menu includes a choice of burgers with various toppings, served on a toasted ciabatta bun, with a side of the signature sweet potato fries, French fries, or beer-battered onion rings.

Plus, there are pulled pork, beef brisket, and Rubicon (a twist on the classic Reuben) sandwiches. Or, consider Apadaca’s favorite, the Buffalo Chicken sandwich.

The menu also includes steaks, fish and chips, shrimp and chips, an array of salads, and a half-dozen other entrees from which to choose, like grilled pork chop served with garlic mashed potatoes and fresh asparagus, honey siracha chicken with roasted potatoes and fresh asparagus, or pan-seared red trout served with sautéed asparagus, roasted potatoes, finished with parmesan cheese.



Additionally, you’ll find pasta dishes, including a vegetarian Veggie Scampi dish.

Broken Oar also serves what they call “street food mashups” that include such items as various smoked meat tacos, and a BBQ chicken or veggie flatbread.

Randy Apadaca also works in the river adventure industry, and the restaurant reflects that aspect of Moab’s culture. The décor is themed around river guiding, with broken oars donated by various guides over the years displayed inside the restaurant.

There’s also a “wall of frames” with photographs of white-water rapids, along with other river rafting adventure photos.

“Our theme is ‘we play hard and eat well,’” Audrena Apadaca said. “We want it to be a memorable experience.”

Broken Oar serves wine and beer, including craft brews from Salt Lake City’s Wasatch Brewery –one of its beers is called the Broken Oar Lager.

Broken Oar Restaurant is open Monday through Saturday, from 5 to 9 p.m., and sometimes later.

For more information visit:
www.thebrokenoarmoab.com

And be sure to mention you read about the Broken Oar in *Moab Happenings*.



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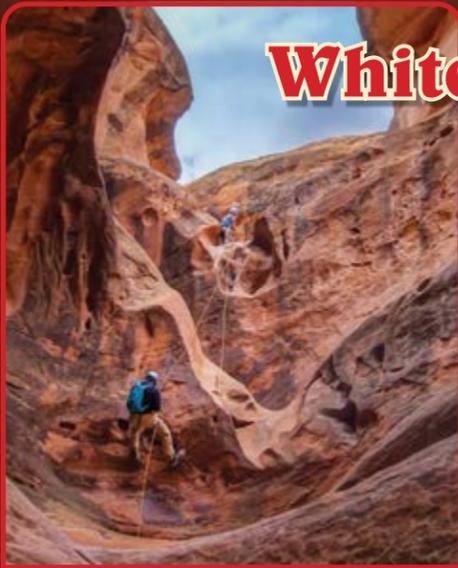
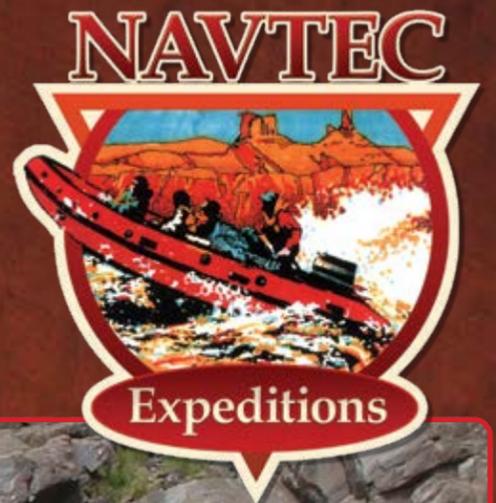
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Paleo Happenings

The Art of Tracking: Part 9

by Martin Lockley, *Moab Giants*

Geologists often liken the layers of strata in the Earth's crust to the pages of a book. A prime example of this metaphor (in some cases used as a simile) comes from the local Book Cliffs which form a spectacular geological feature extending for about 150 miles across the southern portion of the Dinosaur Diamond from the Grand Valley in Colorado to Price in Utah. The Book Cliffs are famous for having produced coal and dinosaur tracks, known to geologists from at least as early as the 1920s, and excavated from coal mines for more than a century. The age of these rocks, traditionally named the Mesa Verde Group, is Late Cretaceous (100-65 million years). Just as "groups" are made up of smaller units (formations) so time units such as the late Cretaceous



Hadrosaur from the Cretaceous of Peru (top); Ceratopsipes 5-toed, front and 4-toed hind tracks. Three toed T. rex track with robust, wide traces of toes II-IV. The small hallux (digit I trace, bottom left) fits T. rex foot skeleton. This scene, where T. rex menaces a duck billed hadrosaur, is typical of the popular image of life in the Late Cretaceous. Artwork by Paul Koroshetz.

are divided into stages. The Book Cliffs expose layers that have been dated as Campanian (84- 72 million years). The difference between a book and a strata image is that when one digs down through strata one is excavating into older, deeper layers, whereas when one reads a book the story gets younger as one progresses. Precisely because we like our stories to have a timelines geologists read the layers from the bottom up.

The traditional image of Late Cretaceous dinosaurs in North America includes depictions of large duck



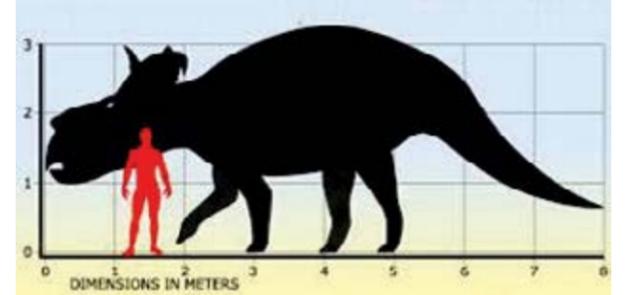
Ceratopsipes T rex. track

Top: a hadrosaur trackway from the Upper Cretaceous of Peru; Ceratopsipes a 5-toed, front and 4-toed hind tracks from Golden Colorado. A three-toed T. rex track with robust, wide traces of toes II-IV from northern New Mexico. The small hallux (digit I trace, bottom left) fits a T. rex foot skeleton. All are larger than tracks of their Lower Cretaceous ancestors. The hadrosaur tracks could be mistaken for ceratopsian hind footprints (as happened in early reports). The difference is seen in the lack of front footprints and the pronounced inward rotation of the tracks in the trackways of horned dinosaurs.

billied dinosaurs or **hadrosaurs** and large **ceratopsian** horned dinosaurs like **Triceratops**, usually depicted as under dramatic attack by **Tyrannosaurus rex**. The track record supports such reconstructions by revealing the trend of increase in maximum size of the footprints of all these groups. Upper Cretaceous hadrosaur tracks named **Hadrosauropodus** are often 3 feet wide and long, twice the size of lower Cretaceous ornithopod tracks. However, while these large dinosaur tracks are historically important, the Mesa Verde has also yielded the tracks of much smaller animals including turtles, frogs and birds: see future issues of *Happenings*).

We can gain some insight into the excitement generated back east by the discovery of large dinosaur tracks in the Dinosaur Diamond area by looking at the early reports, one of which dealt with a large three-toed tracks from near Thompson, Utah. This is not to mention

the large-scale excavation of hadrosaur tracks from near Cedaredge, Colorado. The geologist who reported the track from 8 miles north of Thompson Springs, Utah, consulted American Museum paleontologist William Diller Mathew who interpreted the track as belonging to the family of dinosaurs, of which **Tyrannosaurus** is the largest known type "representing "the climax of evolution of the flesh eating dinosaurs:" i.e., the theropods. How many travelers whizzing by Thompson Springs on the interstate might suspect that a track found nearby would stimulate debate about theropod evolution? It is a yet-to-be-solved mystery as to why the climax of evolution of many dinosaur groups is manifest in such large size? Perhaps it was to deter smaller predators.? However, the pattern is sufficiently common in dinosaurs, and mammal groups such as the horse family, as to have been labeled as **Cope's Rule** in honor of the famous paleontologist **Edward Drinker Cope**.



Triceratops was one of many elephant-sized horned dinosaurs which were much smaller than their ancestors. They support the concept of Cope's Rule which recognizes an increase in maximum size of dinosaur and other groups with time.

This evolutionary pattern, affecting size, is clearly seen in the horned dinosaurs or **ceratopsians** as well as among ornithopods and theropods. Early, primitive dinosaurs were the size of turkeys and bipedal, whereas in the very latest Cretaceous **Triceratops** were as the size of large elephant. Although skeletons are common **Triceratops** tracks, named **Ceratopsipes** are rare, and known mainly from the Golden area near Denver and the Debeque area of the eastern Grand Valley. Likewise, the size of tracks from the tyrannosaurid family increased through time. Even though explanations for these size trends are not fully understood the fact that they occur repeated strongly supports certain regular organizational patterns in evolution. Track data points also outnumber skeletal fossils.

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Geology Happenings

The Cutler Group and Canyonlands National Park

by Allyson Mathis

With the notable exception of the five national parks named for types of plants*, geology gives most national parks their distinctive and superlative features. In fact, many national parks can be described as having a signature rock layer or rock type; that is, the specific geologic resources that make up its defining features. The scenery of Arches National Park is mostly due to the Entrada Sandstone. Yosemite has its granite domes, Zion National Park its Navajo Sandstone soaring cliffs, and Bryce Canyon, its colorful hoodoos of eroding Claron Formation. Even Everglades National Park is largely shaped by the underlying limestone.

areas of the park. All four units are present in the park's center near where the rivers join, but otherwise, each district of the park has its own suite of Cutler Group rocks.

The oldest part of the Cutler Group in Canyonlands is informally known as the lower Cutler beds. The lower Cutler beds consists of thin limestone and mudstone beds, with some sandstone. What to call these layers is a bit controversial among researchers. They have been mapped as the Halgaito Formation and Elephant Canyon Formation by some geologists, but others think that these units do not follow the proper stratigraphic naming conventions, and they instead use the term lower Cutler beds as a catch-all.

Whatever they are called, these rocks are exposed in some canyon bottoms in the southeastern part of Canyonlands (Needles District) and in the upper walls of Cataract Canyon.

The Cedar Mesa Sandstone is the iconic rock layer of both the Needles and Maze districts where it erodes into labyrinth-like canyons and rock spires. The Cedar Mesa is *eolian* in origin, meaning it was deposited by winds in an *erg* (sand dune field). The Needles District is close to the northeastern edge of the Cedar Mesa erg and the sandstone thickens towards the west.

The dark red Organ Rock Formation sits between two light-colored layers: the Cedar Mesa Sandstone below and the White Rim Sandstone above. In Canyonlands, the Organ Rock Formation consists mostly of sandstone, siltstone, and pebbly *conglomerate* deposited in river channels and floodplains and in small sand dune areas. Its thin horizontal beds can form vertical walls and spires

where protected by a cap of the hard White Rim Sandstone. The Organ Rock's most famous exposure is in Monument Basin below the Island in the Sky's Grandview Point.

A self-described "rock nerd," Allyson Mathis is a geologist, informal geoscience educator and science writer living in Moab.

To learn more about Moab's geology, visit the Geology Happenings archive online at www.moabhappenings.com/Geology.htm.



The Organ Rock Formation overlying the Cedar Mesa Sandstone in the Maze District. Very thin remnants of the White Rim Sandstone cap the Chocolate Drops. NPS photo.

For Canyonlands National Park, the Cutler Group is that rock unit. The Cutler Group differentiates Canyonlands from nearby national parks, and, in fact, from all other places in southeastern Utah. Canyonlands shares some rock layers (*formations* to geologists) with surrounding areas, such as the Wingate Sandstone and Kayenta Formation that also make the red cliffs near Moab. But many of the iconic places in Canyonlands, including the White Rim, Monument Basin, and the rounded rock spires (the Needles and the Doll House), are what they are because of the Cutler Group.

The Cutler Group consists of several different formations in Canyonlands National Park. In *stratigraphy* (the study of rock layers), a *group* is a hierarchical ranking above *formation* (the most basic unit in stratigraphic classification).

In the big picture, the Cutler Group consists of sediments shed off of the Ancestral Rocky Mountains of western Colorado during the Permian Period (approximately 290 to 275 million years ago). Closer to the ancient mountains, the Cutler consists of thick deposits of coarse red sediments and it isn't possible to break it up into separate formations.

But in Canyonlands, the Cutler Group is divided into four separate layers: the lower Cutler beds, Cedar Mesa Sandstone, Organ Rock Formation, and White Rim Sandstone. Subtle differences in paleogeography, ancient climates, and depositional environments made different rock deposits in different



The units of the Cutler Group in the central part of Canyonlands National Park near the confluence.

The White Rim Sandstone is at most a few hundred feet thick. But it is very resistant to erosion, especially relative to the underlying Organ Rock Formation and the overlying Moenkopi Formation. Through *differential erosion*, it forms an eponymous bench (the White Rim) below the Island in the Sky mesa.

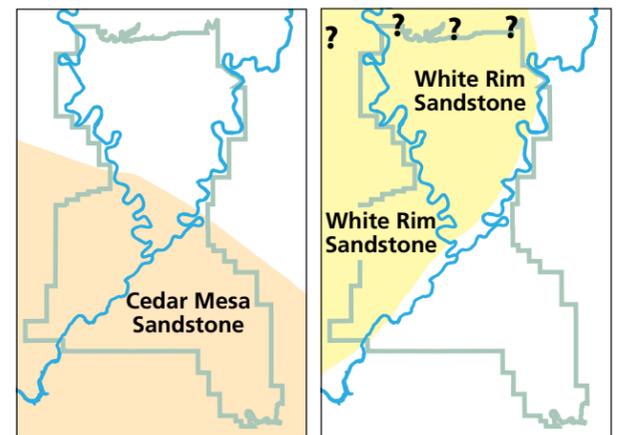
Like the Cedar Mesa Sandstone, the White Rim was deposited in a fairly large erg that extended to the west. Its eastern edge was near the current location of the Colorado River. Therefore, the White Rim Sandstone is much thicker near the Green River and in the Maze than it is on the eastern side of the White Rim bench.

The variations in the Cutler Group in Canyonlands is a big part of the reason why the three park districts are so distinctive from each other. The Needles District is nearly synonymous with the Cedar Mesa Sandstone, but has some

exposures of the lower Cutler beds. The Maze District is mostly made of three Cutler layers: Cedar Mesa, Organ Rock, and White Rim. And in the Island in the Sky District, except for the confluence, the Cutler consists of the dark red Organ Rock overlain by the White Rim.

That the layers in the Cutler Group vary from place to place in Canyonlands shows the connections between the paleogeography of the ancient past when they were deposited and the scenery of this spectacular national park today.

*Saguaro, Joshua Tree, Sequoia, and Redwood national parks, and Organ Pipe Cactus National Monument.

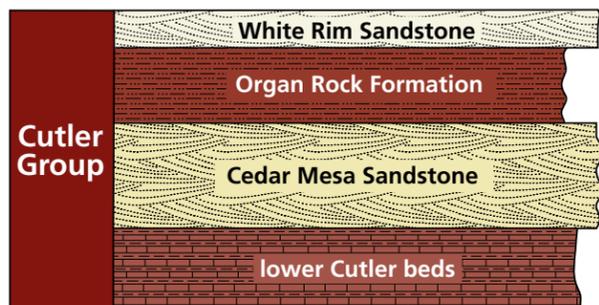


Maps showing the paleogeography of the ergs that formed the Cedar Mesa and White Rim Sandstones. The White Rim Sandstone is also slightly younger than the Cedar Mesa Sandstone



The Moab Museum is pleased to announce a semi-permanent exhibition entitled *Spirit & Grit*, which has recently opened at the Dead Horse Point State Park visitor center. *Spirit & Grit* tells the story of settlers who pieced together a hardscrabble living in early Moab, from the 1870s onward. Visitors to *Spirit & Grit* experience a window into the lives of some of these early settlers through this immersive satellite exhibit.

Spirit & Grit, an extension of stories told at the Moab Museum, was curated by Tara Beresh, Moab Museum's Curatorial and Collections Manager, in collaboration with the Moab Museum of Film and Western Heritage (MMFWH) and with assistance from lifelong Moabite and local historian Mark Beeson. Featuring historic photographs, objects, stories, and a life-sized cow camp, the exhibition paints a vibrant portrait of ranch life in the area of Canyonlands at the turn of the twentieth century.



The units of the Cutler Group in the central part of Canyonlands National Park near the confluence.

Moab Museum Happenings

Moab Museum September & October Exhibitions

By: Moab Museum Staff

This September, the Moab Museum invites you to explore the temporary exhibition currently on display, *The People's Tapestry: Weaving Tradition in Navajo Culture* through a variety of programs.

About the exhibition: The Moab Museum is honored to present *The People's Tapestry: Weaving Tradition in Navajo Culture*, a celebration of the magnificent weavings created by the Diné (which means "the people" in Navajo). Diné textiles reflect the concept of hózhóó, or balance and harmony, which is reflected in the primarily symmetrical designs. Balance and harmony bring beauty and a sense of well-being. *The People's Tapestry* provides a space for storytelling by The People through weaving demonstrations and approximately 100 textiles displayed in the spirit of historic trading posts across the four corners region. More information can be found at <https://moabmuseum.org/exhibition/the-peoples-tapestry/>.

Museum admission is required to attend. Admission is always free for current Moab Museum Members. To become a Member today please visit: <https://moabmuseum.org/become-member/>

Weaving Demonstrations with Colleen Biakeddy

Colleen Biakeddy, a master weaver raised in Big Mountain, Arizona, will present "Raising Navajo Churro Sheep and Wool Processing" at the Moab Museum on Thursday, September 14 at 6:30 pm. Biakeddy shares her experience raising Navajo Churro sheep & work supporting shepherds, as well as traditional wool processing. Attendees will have the opportunity to see and feel Navajo Churro wool at different stages in processing.

Later that week, on Friday and Saturday, September 15 and 16 from 11 am – 2 pm each day, Biakeddy will demonstrate her weaving craft in the Museum South Gallery.

A member of the Navajo Nation, Biakeddy was "surrounded by relatives who wove and instilled the knowledge to weave." She is Red Running Into Water Clan, and born to

Water Flows Together Clan. As a weaver who raises her own sheep and goats for fiber, Biakeddy has been an active participant with Diné be' iiná Inc., the Navajo-Churro Sheep Association, and was a founding member of the Navajo Churro Lamb Presidium.



Colleen Biakeddy, master weaver from Big Mountain Arizona, will demonstrate her weaving craft at the Moab Museum this September. Photo by Ernest Hubbell



Master Weaver Presentation and Demonstrations with Roy Kady

The Moab Museum is pleased to announce days of programming with master weaver, Roy Kady, from October 19-21, 2023, in conjunction with the current temporary exhibition on display at the Moab Museum, *The People's Tapestry: Weaving Tradition in Navajo Culture*.

On Thursday, October 19, Kady will deliver a weaving demonstration in the Moab Museum's South Gallery. Attendees will have the opportunity to observe the weaving process and ask questions between 1 p.m. and 4 p.m.

Later that evening at 6:30 p.m., Kady will share his interpretation and perspective about the diverse array of Navajo textiles currently on exhibit at the Moab Museum in a guided Museum tour featuring nearly 100 stunning historic and contemporary textiles. Kady will speak about the significant weaving and stylistic differences of some of the rugs and blankets on display, connecting his experience with the exhibit.

At 6:30 p.m. on Friday, October 20, the public is invited to join Kady for an evening program all about the many facets of his weaving experience. His presentation will include a history of his work and a screening of the documentary *A Gift from Talking God* about Navajo-Churro Sheep raised by Roy Kady. The evening will conclude with a Q&A.

Finally, on Saturday from 10 a.m. to 1 p.m. Kady will deliver a demonstration on the Moab Museum West Lawn on traditional natural wool dyeing. Kady will be preparing three dye baths using vegetal dyes with locally foraged plants and dyeing skeins of Navajo-Churro sheep wool. Attendees will learn how local plants become pigments and see the vibrant array of colors that can be made from vegetal dyes.

About Roy Kady: Roy Kady is a master weaver, who first learned weaving and sheep herding from his mother when growing up in Goat Spring, Arizona on the outskirts of Teec Nos Pos. He is renowned today for his masterful weaving and versatile designs: from traditional patterns to innovative pictorials. He has advocated for the continued vitality of flocks of Navajo Churro sheep through involvement with numerous organizations and has shared his passion and expertise for weaving through teaching and demonstrating both regionally and across the country.

Last Call for *Livestock Built This City: Agritourism Experience*

Come experience the legacy of Agriculture in the city of "The Far Country." Join Museum Staff for this 1-hour guided tour of Moab's Historic Business District. During this 1-mile guided experience, guests will have the opportunity to learn, explore, and experience the legacy of some of the men and women who helped establish and build-up the City of Moab, Utah through their investments in the community and their civic leadership. *Livestock Built This City* is available by appointment only each Saturday from 10 am – 11 am, concluding on September 30. To reserve your ticket, email Stephan@moabmuseum.org five days in advance of the tour date.

To learn more about Museum membership, programs, and exhibits, and to read the Museum's blog and explore online archives and collections, please visit moabmuseum.org.

Each Tuesday from mid-September through the end of October, Museum staff will be offering an in-gallery program on Grand County ghost towns that will last for half an hour.

Moab Museum South Gallery and West Lawn, 118 E Center St., Moab, UT 84532 • info@moabmuseum.org • 435-259-7985

Grand County Ghost Towns: Stories of Miner's Basin, Cisco, and more.

The Moab area is dotted with numerous ghost towns — communities that came into existence due to mining, ranching, and transportation needs, but later depopulated for a variety of factors. The Museum's archives include a historic postcard that was delivered to the remote community of Miner's Basin high in the La Sal Mountains in 1904. Join Museum staff to trace the postcard's path through Grand County, while exploring the fascinating stories of several of the area's ghost towns. *Grand County Ghost Towns* features stories from the towns of Cisco, Dewey, Richardson, Castleton, and Miner's Basin.



1904 post card mailed to the now deserted ghost town of Miner's Basin, UT in the La Sal Mountains.

Grand County Ghost Towns will take place in the Moab Museum's South Gallery each Tuesday at 11 am beginning September 12 and concluding October 31. Each program will last between half an hour and 45 minutes. Regular admission is required to attend. Moab Museum admission is always free for Members.



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Gallery Happenings

September at Gallery Moab

by Thea Nordling

Gallery Moab is an artist-owned and operated cooperative gallery dedicated to supporting local artists and building community through the arts. We love to share our joy in creating works that celebrate the beauty and wonder of this remarkable place we call home.



Nancye Culbreath

This month we welcome Guest Artist Nancye Culbreath, whose passion is painting the raw and rugged beauty of the canyon country around her. "I really believe in order for art to have a true soul, it needs to come from an emotional connection with the artist. To know your subject intimately, you have to spend time with it," Culbreath says. Her home and studio north of Monticello, Utah, with Canyonlands, Arches, Monument Valley, and Natural Bridges practically in her back yard, offers her endless inspiration for her art. "Canyons lend themselves to graphic shapes and extraordinary color," she says. Since moving to Utah Culbreath has been painting full time when she is not hiking the canyons, sightseeing, or working on her rural property.

Culbreath says she has been an artist all her life, taking numerous workshops and experimenting with different mediums including watercolor, acrylics, and inks before finding her medium of choice in oils. Her earlier work was a realistic portrayal of the landscape. More recently she has changed her palette and is painting in a more impressionistic, bold and colorful style, reminiscent of Maynard Dixon and Ed Mell in its simplicity and boldness.



Amethyst Gem

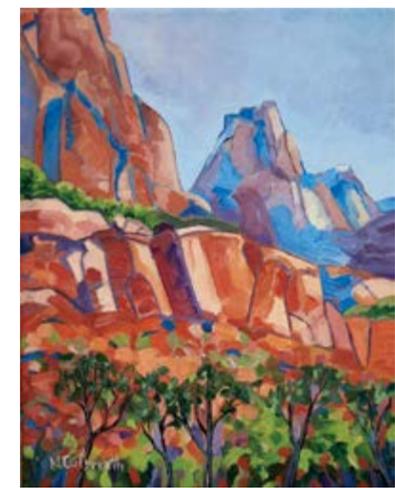
She says, "I see my work changing over time by becoming less hindered by capturing exactness in a scene but allowing the viewer to fill in what they know to be there."

Culbreath works from photographs, field sketches, and notes or small paintings done on location, later working in her studio to develop them into finished paintings. She often uses vibrant acrylic colors to create an under painting, giving a warm glow to the overlying oils. "I am looking forward to painting outdoors more," says Culbreath. "I believe that is the truest way to see."

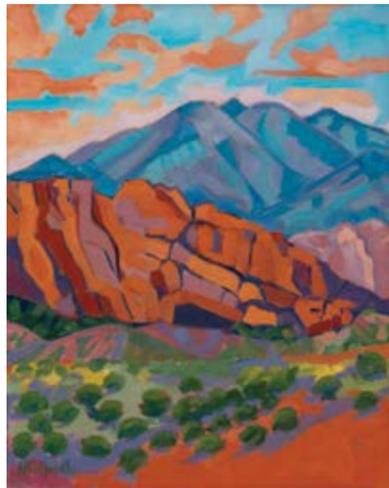


Joanne Savoie Ceramics

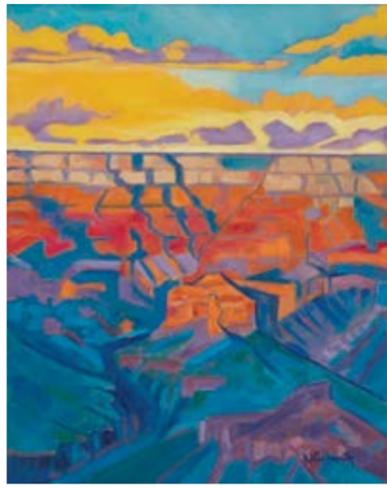
Ceramic artist Joanne Savoie is our featured artist this month. She has "thrown" her pottery around Moab for several decades. Her unique, fun, and functional designs come from the geologic forces that have shaped the mountains, rivers and canyons that surround her home in Moab. Describing her inspiration, Savoie says, "The geologic exposures of erosion by wind, water and fire, create the textures, patterns, colors and possibilities for artistic expressions." There's always something new and surprising fresh out of her kiln!



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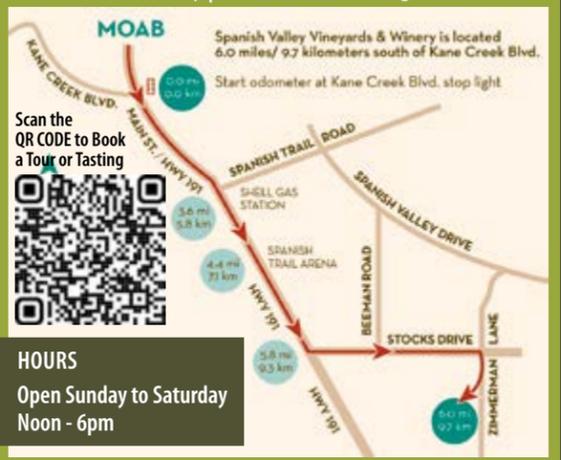


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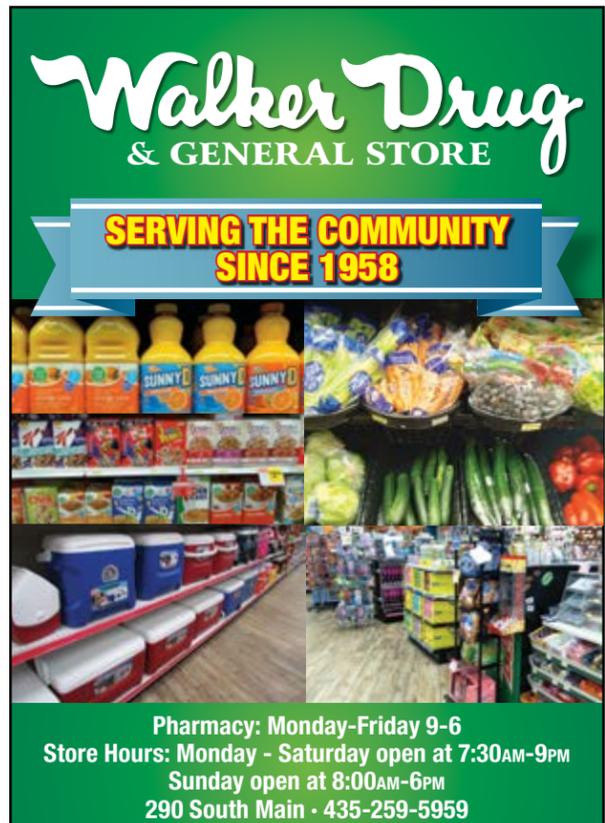


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SHOPPING GUIDE MAP

The map shows a grid of streets in Moab, Utah. The main north-south street is Main Street, which is also labeled as Highway 191. Other streets shown include 400 North, 200 North, 100 North, Center Street, 100 South, 200 South, 300 South, Grand Ave, Uranium Ave, Cedar, Kane Creek, and Millcreek Drive. Various businesses are marked with stars and names: Moab BARKery, Rim Cyclery, Moonflower Market, ar*tee*sian, Tumbleweed, Redstone T-Shirt Co., Moab Made, Desert Thread, Gallery Moab, WabiSabi, Liquor Store, Walker Drug, Moab Adventure Center, Canyonlands Copy Center, Moab Mailing Center, Gear Heads, Chile Pepper Bike Shop, Royce's Electronics, Moab Eyecare (located 3.1 miles south), and Canyonland Quilts (located 6 miles south). Pedego is also marked at the bottom right.

Hiking Happenings

Aldo Leopold And The Mill Creek Rim Trail: The Approach

by Kathy Grossman

It's a monsoony morning as I take my dog to the Mill Creek Canyon Trailhead. The wide sand-and-gravel entrance to Mill Creek Canyon is fresh and compacted from last night's storm, though the rivulets and pools have already dried up. I'm not going into the canyon this morning, though, but traversing up to its south rim. This first section of the trail is a cardio workout of sandy washes and humps of sandstone. The second section begins after plateauing at an intersection, scrambling east to the rim, and becoming a sandy jog along a former Jeep road. This month's column describes this first "approach" portion.



From the Powerhouse Lane parking lot kiosk, proceed to the sign indicating the traverse to the right. Globemallow bushes line this entry way, and you can catch spectacular orange blooms in May. Consider the quote from Aldo Leopold painted on the side of the powerhouse: "There is as yet no sense of pride in the husbandry of wild plants and animals, no sense of shame in the proprietorship of a sick landscape." This comes from "The Cheat Takes Over" section in Leopold's *A Sand County Almanac*, describing the invasion of *Bromus tectorum*: downy chess or cheat grass. This annual, invasive weed in the grass family was brought from Europe to the U.S., taking over from native grasses. Cheat grass blankets the initial lower slopes of this trail.



Aldo Leopold (1880–1948) is considered the father of wildlife ecology and our wilderness system. His land ethic calls for viewing humans as biotic citizens, not conquerors. Leaving

his Iowa home to pursue a career in the outdoors, Leopold helped create the Gila Wilderness in 1924, America's first wilderness area, and where, back in the day, I joyously backpacked. *A Sand County Almanac* is a classic environmental text, written in a renovated chicken coop on Leopold's Wisconsin farm. "Sand county" refers to the state's deep, glacial deposits of sandy soil. You can arrange a tour—actual or virtual—of Leopold's old writing coop, called "The Shack."

I look back across the creek to Potato Salad Hill, a geologic jumble attracting articulated climbing machines from around the world. A South Dakota hiker follows me, commenting, "I've always wanted to see the desert!" A German couple comes by with two big dogs, and a local man works his way down, having just ended his shift at the hospital. As I work my way up this corridor of tilted sandstone, I'm reminded of The Burren of western Ireland, the limestone ribs of that lumpy landscape where J.R.R. Tolkien loved to hike, suggesting settings for his epic, *The Lord of the Rings*.



The Mill Creek Rim Trail attracts a mix of users from hikers to trail runners to mountain bikers. Are you surprised to see bike tracks on this rocky climb? I certainly was. But some guidebooks indeed describe this trail as a bike track. I take comfort in just being able to get out into nature minutes from town, letting my screen-weary eyes

Kathy Grossman is a writer and artist who lives between Pack and Mill Creeks. Growing up in the shadow of a 31 Flavors shop in southern California, she grew to depend on mint chocolate chip cones. She's lived in Moab since 2011.



stretch into the landscape. Aldo would have appreciated that part of things, perhaps reminding hikers, "A thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise."

The eroded slabs and rivers of sand along with junipers, singleleaf ash, blackbrush, wavyleaf oak, and various grasses, including Indian rice grass (my favorite), contribute to my feelings of "awayness," though I'm close to town. This corridor is in full shade on this early summer morning. Three-quarters of the way up, things flatten out, and, bearing left, you'll see rock lining and an old juniper root snaking across the trail. This designates your way up to the rim. When I eventually top out, the trail points toward the La Sals. At this point, I can turn around and hike—or bike!—back down, or I can continue topside along the Mill Creek Rim. We'll continue that journey next month.

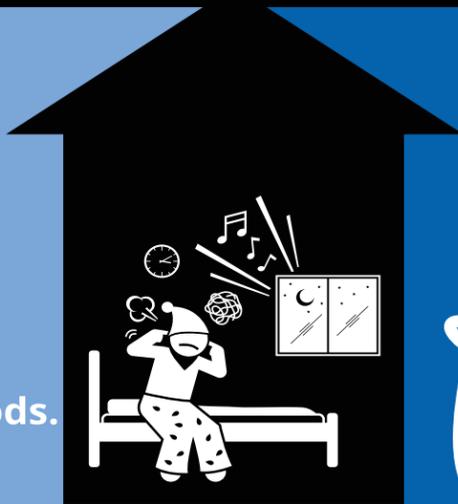


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Nature Happenings

Raptors on the Fly

by Damian Fagan

September is a great month to watch birds of prey as they slip through open desert expanses, past the towering La Sal Mountains or through the canyons of the Green and Colorado rivers. Catching a rising thermal or updraft off a ridgeline helps these birds to soar with expending much effort. They'll need that energy for the long trek ahead.



For some of these hawks and eagles, South or Central America represents the destination, the end of the line for their southbound journey. Others will settle down closer to home, perhaps in California, the southern US or right here in Canyon Country.



Why birds migrate is a fascinating topic. Some are in pursuit of prey, such as songbirds that also fly south where their preferred food is available—seeds, insects, or nectar from flowering plants. Others, such as the Arctic nesting rough-legged hawks, move to more hospitable areas where their preferred prey, small mammals, are active in winter.

Osprey from northern latitudes, whose diet is about 99 percent fish, move to ice-free water along the coastlines or inland lakes from the southern US down to Venezuela.

A close relative of the red-tailed hawk, Swainson's hawks are birds of open country where they dine on small mammals during the breeding season. A few Swainson hawks do nest in the Cisco Desert, utilizing small junipers in which to build their nests.



In winter, nearly the entire population of Swainson's hawks end up in the pampas and grasslands of Argentina where they switch their summer mammal-eating diet to primarily grasshoppers and other insects. This species has probably the longest round-trip migration of members in the raptor family, roughly 12,000-15,000 and where each migration takes about two months to complete.

Peregrine falcons, whose numbers have increased due to captive breeding recovery efforts and are no longer considered endangered in the US, undergo wildly diverse winter migrations.



The name peregrine means "to wander" and that is precisely what these birds do in winter depending upon their breeding location. Banded birds have the Canyonlands region have been recovered in Central America and Asia.

In Utah, there are two famous hawk watching sites, one in the Goshute Mountains near Wendover and the other in the Wellsville Mountains near Ogden. Both sites are monitored by Hawkwatch International, a science gathering and advocacy group for birds of prey. Locally, birders head up into the La Sal Mountains to the rim of Bull Canyon or the ridgelines around Warner Lake. These elevated spots have good vantage points to scan for migrating birds.

Many raptors passing by the La Sals are probably Cooper's and sharp-shinned hawks, red-tailed hawks, and American kestrels. The Coops and sharpies are accipiters, meaning they



A NATURAL HISTORY WRITER.

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



often perch then pursue prey with a quick chase. Their long tails act like rudders helping them navigate through forests or thick shrubs. In flight, they can be tricky to identify due to similarities in shape and plumage. The Coops are a little larger, have dark caps, and a little less streaking on the undersides. Plus, the Coops will chase larger prey like flickers, jays, and even squirrels.

Spending time at a hawkwatch also allows one to view the numerous plumage variations of red-tailed hawks which varied wildly and can cause some identification issues. But, that's also the fun in participating, witnessing the migration of birds of prey that has probably occurred for thousands of years and trying to figure out which bird just went streaking by.



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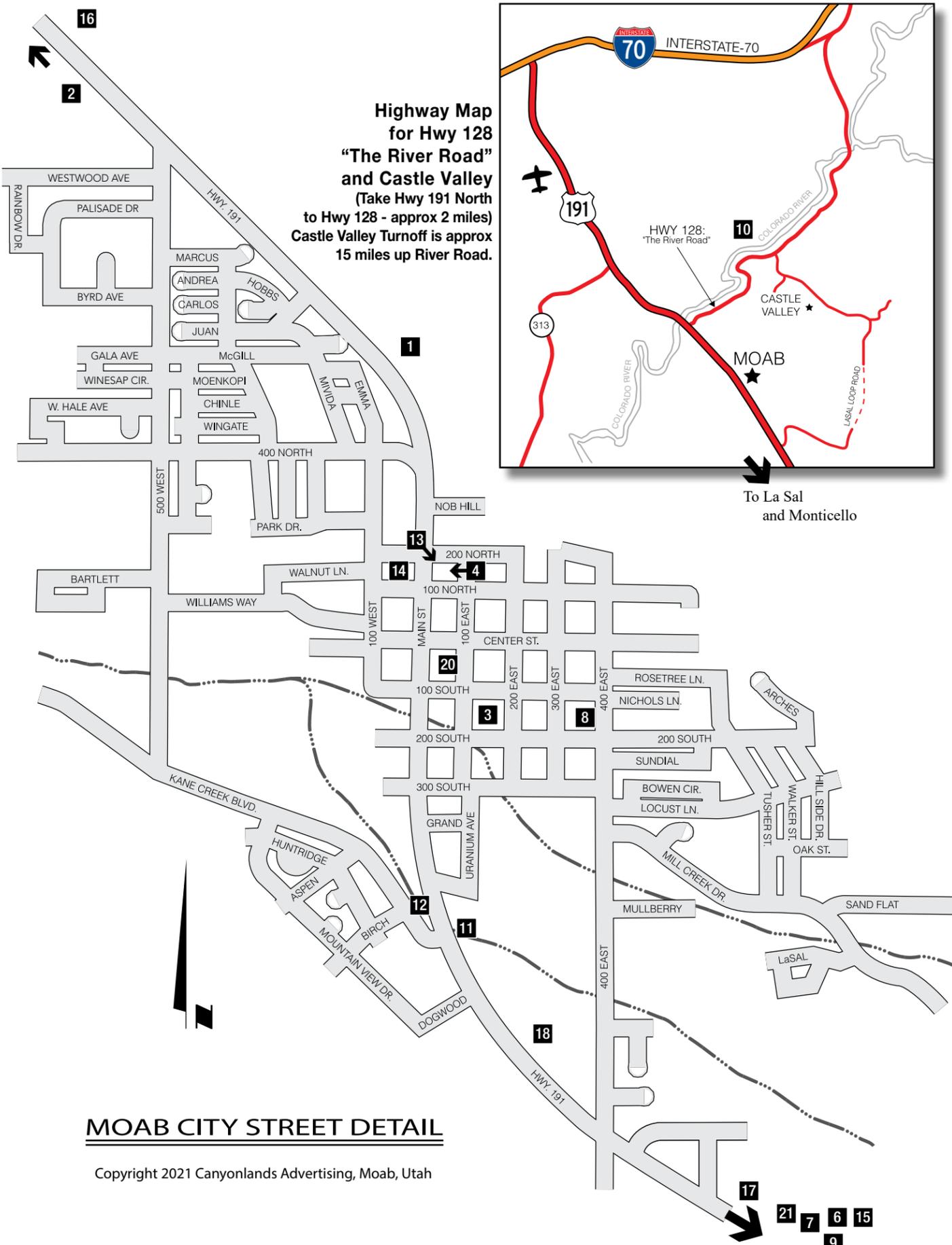
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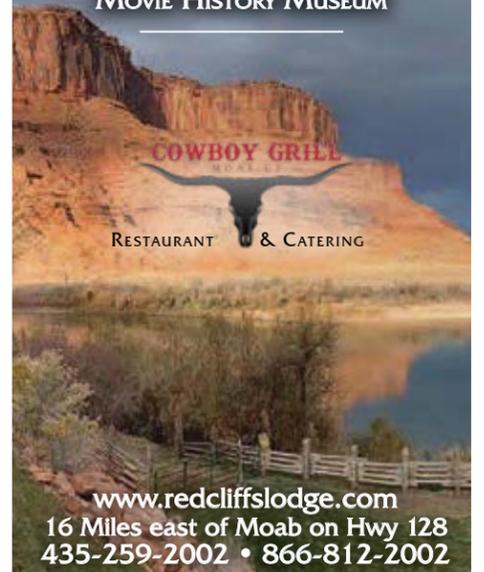
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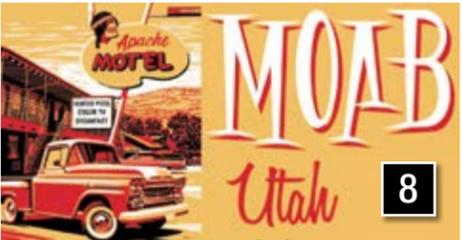
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University Happenings

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The rocketry club was created to provide a safe environment for members to experience the fun of building and launching their own rockets. The club will fly rockets from kits and use engines manufactured and produced by major hobby companies. Safety is key to all club activities.

GCMRC will explore topics related to rocketry such as aerodynamic design, gravity, telemetry, and more! 4-H and the National Association of Rocketry have developed a partnership to promote STEM (Science, Technology, Engineering, Mathematics) education in club projects.



The Rocketry Club will meet twice a month at the USU building located at 1850 S. Aggie Blvd, Moab, UT 84532. The club is open to 6th grade through 12th grade individuals. Parents and family members are strongly encouraged to participate with their child in this rewarding, fun, and educational activity.



For more information contact:
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THU 9/14 TBD Lisbon Valley Mine Tour @ RSVP
THU 9/14 7 PM Bats! @ Star Hall

FRI 9/15 8:30 AM Mill Canyon Track Site
FRI 9/15 4 PM Moab Mingle @ Moab Museum Lawn
FRI 9/15 5:30 PM Restoration + Disability + Dance! @ Star Hall
FRI 9/15 7 PM Pinyon-Juniper, Aspen, & Pine Forests @ Star Hall

SAT 9/16 8 AM Utah Raptor State Park Quarry Hike
SAT 9/16 9 AM Mill Creek Geology Hike
SAT 9/16 9 AM Forest Trees and Lichens Hike
SAT 9/16 10:30 AM STEAM Storytime – Wind @ Grand County Public Library
SAT 9/16 11 AM Natural History Mobile Museum @ Sun Court
SAT 9/16 7 PM A Light in the Darkness @ Star Hall
SAT 9/16 8:30 PM Astronomy – A Light in the Darkness @ RSVP

SUN 9/17 9 AM Unusual Lichens of Slickrock Hike @ Sand Flats
SUN 9/17 3 PM Why Big Horn Sheep Matter in Our World @ TBD
SUN 9/17 5 PM Science Trivia Night @ TBD

Check www.moab-scifest.org for details, locations, and updates.



Non-Profit Happenings

There's magic afoot, but the Grand County Education Foundation is not an illusion

by Nancy Kurtz

Melodie McCandless is chair of the 8-member Board of the Grand County Education Foundation and hard-working parent of three Grand County students. A vivacious brunette with roots in Moab, she is refreshingly candid about the nonprofit's free-wheeling profile.

If you are enrolled in any of Grand County's schools, or connected in any way, shape, or form with those same schools, you well know of the GCEF as the peripatetic patron that funds things like bus rides to sundry extracurricular events, regularly donates to Grand County Area Mentoring and other nonprofits via grant requests, provides scholarship money to at least one student every year, bolsters the bank accounts of the high school marching band and other school related activities via ticket sales, and supports a program that helps kids with vision problems by buying them free glasses.

What McCandless calls the "cherry on top" - over and above the basics covered by the school district - makes this provider of volleyball uniforms, audiovisuals and other supports to the schools - as well as to educational nonprofits such as the Canyonlands Field Institute and the Youth Garden Project -- one of those home-grown organizations that since its beginnings in '09 has quietly become a part of the community bedrock.

GCEF relies on volunteers and the students themselves to help with logistics and ticket sales to fundraising events. Bookkeeping is done on a shoestring and GCEF has no office space of its own. "We try to keep our costs really low," McCandless says, adding, "There are moments we've had zero money. We've given it all away."

While there are those, including McCandless, who would like to see the organization grow, the fact that the war chest is a moveable feat gives her and GCEF a unique sense of freedom. "We don't have to go through hoops to make a decision," she says. That allows them to suss out - often by word of mouth - ad hoc funding targets at any given moment.

"Anything that happens in the community for the kids," she emphasizes, "can ask for support from GCEF."



Funding comes from numerous sources. One of the most lucrative is a quarterly paycheck from Moab City Market's rewards program, supplemented by other donations on the website and elsewhere, while what has morphed into a frequent visit from David DaVinci, a man of magic, mystery and enchantment around this time of year is GCEF's most popular public event.

Billed a "Thrillusionist", DaVinci's dramatic "beyond reality" show is not only family-friendly, he is the perfect counterpart to the spirit of GCEF.

What started with an initial contact by local realtor Ludean Merritt has led to what has become somewhat of a GCEF staple. DaVinci, whose website boasts of a touring schedule that whisks him worldwide to six continents, will perform his lights and shadows on the stage of Grand County High School. "It's exciting," McCandless says of the show, "light and hand movements to create illusions." The idea being, she adds, "that magic is not real."



Melodie McCandless

The nitty gritty: For those wishing to volunteer, make donations, ask questions or make grant requests, McCandless can be reached at 435-259-9797. Also check out the website, grandcef.org, where there is event information and a link to GCEF's Facebook page. For those wishing to participate at a deeper level, the Board

meets the third Thursday of every month at 4 p.m. in the conference room of Moab Realty, 301 400 East.

And of course - there's the very real magic show October 4, 7 p.m. at the Grand County High School auditorium.

Be sure to mention you read about the Grand County Education Foundation in *Moab Happenings*.

Moab Clubs & Organizations

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

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Alcoholics Anonymous(435)-625-1342	Moab Disk Golf Club(435) 259-2255
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Canyonlands Back Country Horsemen (Steve Schultz)(435) 220-0860	Moab Masonic Lodge #30 (Gregory Klepzig).....(435) 260-1823
Canyonlands Field Institute (Jory Macomber)(435) 259-7750	Moab Museum (Forrest Rodgers) www.moabmuseum.org • (435) 259-7985
Canyonlands Rodeo Club (Kirk Pearson + Krista Wilson).....(435) 260-2222 + (435) 260-7942	Moab Music Festival (Amy Weiser).....(435) 259-7003
Colorado Outward Bound School – Moab Basecamp (Lance Plank)(719) 293-5371	Moab Rotary April Action Car Show(435) 260-1948
Community Rebuilds (Rikki Epperson).....(435) 260-0501	Moab Solutions (Sara Melnicoff)..... www.moab-solutions.org ... (435) 401-4685
Daughters of Utah Pioneers (Katheryn Jackson).....(435) 259-5229	Moab Speaks (Daniel McNeil).....(435) 260-9646
Delicate Stitchers Quilt Guild (Crystal Day)(435) 260-8537	Moab Sportsmen's Club (Frank Darcey)(435) 259-2222
Friends of Arches and Canyonlands Parks (Steve Evers).....(435) 259-0108	Moab Taiko (Michele Blackburn)(435) 259-0816
Friends of Indian Creek..... info@friendsofindiancreek.org	Moab To Monument Valley Film Commission (Bega Metzner)(435)-259-4341
Friends of the Grand County Library (Jessie Magleby)(435) 259-1111	Moab Trails Alliance (Kirstin Peterson)(435) 259-5223
Girl Scouts of The U.S.A. (Melodie McCandless)(435) 259-9797	Moab Valley Multicultural Center (Rhiana Medina)(435) 259-5444
Grand Area Mentoring (Dan McNeil)(435) 260-9646	Nursing Home Abuse Support (Nicole Peters) www.nursinghomeabusesupport.com
Grand Center(435) 259-6623	Order of the Eastern Star (Fran Townsend).....(435) 259-6469
Grand County Democratic Party (Bob Greenberg).....(435) 260-9665	Plateau Restoration/Conservation Adventures (Tamsin McCormick)(435) 259-7733
Grand County Extension & 4-H (Catherine Hansen).....(435) 259-7558	Red Rock Arts Festival (Moab Arts)(435) 259-6272
Grand County Education Foundation (Melodie McCandless).....(435) 259-9797	Red Rock 4-Wheelers (Ron Brewer).....(435) 259-7625
Grand County Food Bank(435) 259-6456	Rotary Club (Melissa Stocks)(435) 220-1258
Grand County Hospice (Margy Swenson).....(435) 719-3772	Seekhaven Crisis Center (Abigail Taylor).....(435) 259-2229
Grand County Library (Jessie Magleby).....(435) 259-1111	Southern Utah Wilderness Alliance (Neal Clark)(435) 259-7090
Grand County Republican Party grandcogop@gmail.com	Trail Mix Committee (Colin Topper)..... MoabTrailMix@gmail.com
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KZMU Community Radio (Barbro Rakos).....(435) 259-8824	Uranium Watch (Sarah Fields)(435) 260-8384
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League of Women Voters (Carey Dabney)(801) 938-4038	Utah Conservation Corps (Sean Damitz).....(435) 797-0964 ext 8
Moab Arts Festival (Theresa King)(435) 259-2742	Utah Friends of Paleontology – Gastonia Chapter (Lee Shenton)(435) 259-2179
Moab Arts Center (Kelley McInerney).....(435) 259-6272	Utah State University Moab.....(435) 259-7432
Moab Bird Club (Nick Eason).....(435) 259-6447	Valley Voices (Marian Eason).....(435) 259-6447
Moab Chamber of Commerce (Laici Shumway)(435) 259-7814	Veterans of Foreign Wars (Fred Every)(435) 260-1277
Moab City Animal Control(435) 259-8938	WabiSabi www.wabisabimoab.org(435) 259-3313
Moab City Recreation (Patrick Trim)(435) 259-2255	Youth Garden Project (Emily Roberson)259-BEAN (2326)
Moab Community Dance Band (Miriam Graham)(516) 376-8003	Utah State University Moab(435) 259-7432
Moab Community Garden (Becky Mann)..... mocomgardens@gmail.com	

Astrology Happenings

Overall Energy in September

by Deanna King

Well my friends, you are looking pretty good considering how August energy came in. How are you gaining clarity about your life, your triggers, and relationships NOW? At the start of this month Venus is still Retrograde in Leo BUT will station Direct on September 4th, and OH! Yes, as Venus transits forward through Leo this month you will welcome the change of emotional seasons! Coincidentally, on the 4th Jupiter goes Retrograde to join the other 4 outer planets in Retrograde until October when Pluto will begin the forward shift and go Direct in Capricorn. With the outer planets Retrograde we will be and have been called to be aware of the Social and Collective realms more than personal. Social reform and collective changes are on the agenda. The time is now.

Mercury, our planet of socializing and communication, joined the "Retrograde Brigade" in August to add to the brewing pot of triggers... But have faith, the light is soon at the end of the tunnel as Mercury too will be direct on September 14th. Whew we made it, take a well earned personal siesta.

Strangely coincidental (or is it?) also on the 14th, we get a New Moon in Virgo in harmony with Uranus in Taurus. This is a great time to do something special, to call in new beginnings of how you want your future to look and virgo supports actually getting it DONE!. Consider a Ceremony, Ritual, Gathering, Journal or Vision Board... you get the idea here.

The month ends with a Full Moon on September 29 in Aries, powering up our inner Spiritual Warrior/Warriress. The Sun and Mars in Libra remind us to consider fairness as we ask for our own needs. On this day Venus and Uranus are in Tension, so be aware and watch your quick temper, if you are the recipient of someones harsh words just breathe, you can blame it on the Cosmic Energies.

Aries (Fire) Sun Moon, Rising— March 21-April 19

You are being blessed this year with the North Node and Chiron in Aries, take advantage of the celestial request to upgrade your identity. Make use of the Full Moon on September 29th in your sign, your intentions are more potent on this full moon, ask to let go or heal what can not move forward in your evolution, make space for the higher version of your inner "go getter".



Taurus (Earth) Sun Moon Rising— April 20-May 20

Things may seem to move slower than usual as Jupiter and Uranus are Retrograde in your sign. Spend time with nature, and do activities that encourage you to go with the flow of the slowness. The New Moon on the 14th is a fellow Earth sign to assist what you are doing now. You are getting support from Mercury, and the Sun, to make your dreams real. Get clear by writing out your intentions and see what can manifest this next month.



Gemini (Air) Sun Moon Rising—May 21-June 20

This month, Gemini, your ruling planet mercury, goes direct, which will feel freeing for you! You have much support from Mars right now in libra, a fellow air sign, to get relationships moving more with ease. You may receive a heart healing by sharing kind words with those you care about. Even if it's posting on social media, you have the power to spread love to others.



Cancer (Water) Sun Moon Rising—June 21-July 22

The theme for Cancer is Relationships. Good or bad. Friends or Enemies. Lovers or Family. The government and the Bank. It's all relationships. You are being asked to uplevel, upgrade, let go of toxicity, let go of unhealthy, but from a place of integrity. Use the power of clear communication and research to support your endeavors.



Leo (Fire) Sun Moon Rising—July 23-August 22

Oh, Leo... what a summer it has been. All the hubbub about Venus in Leo has brought much loved attention. Venus is in your sign all month, she is making everything right now and loving up on your true identity. Look for sudden events on the 29th full moon as Venus is in exact square to Uranus but at the master number of 22 degrees = hidden blessings.



Virgo (Earth) Sun Moon Rising—August 23-September 22

Lucky Virgo! Mercury direct in your sign and Mercury is your ruler too. The New Moon on 14th is at 22 degrees, a master number, offering more assistance from the Divine for you to ask for a new beginning, and have it come to fruition. Are you a writer/researcher/student/healer? Take it to the next level, I dare you!



Libra (Air) Sun Moon Rising—September 23-October 22

Now that Mars is in your sign, you have more energy and drive. The sun will enter Libra later this month and bring more ambition, clarity and courage. Don't waste this precious gift, plan your activities, take the steps, "GET ER DONE". If you have trouble deciding, try a pendulum or muscle testing. An asteroid called Pallas enters Libra on the 14th and is known for wisdom and diplomacy just like Libra traits, take advantage of this momentum.



Scorpio (Water) Sun Moon Rising—October 23-November 21

Waters run deep. Having a daily practice to release what you feel and know from the outside world is the best thing you can do for yourself. Venus in Leo has been influencing your career and reputation. Be the powerful leader that you are, but only if you lead from the heart. That is where your success lies.



Sagittarius (Fire) Sun Moon Rising—November 22-December 21

Communications may have been a bit wonky last month for you, but will become easier as Mercury goes direct on the 14th. You may have felt limited and restricted but the last half of the month is more free. The last 10 days of September will be especially fun in relationships.

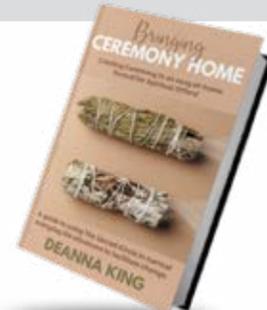


Capricorn (Earth) Sun Moon Rising—December 22-January 19

You have been Divinely blessed with the Harmony of the other Earth Signs Energy this month. Gratitude for your ease will continue the good luck. Spend time reflecting on what you can do to benefit others at this time.



Deanna is an astrologer, spiritual growth mentor, and author. You may find her services online at [5Dpath.fun](https://5dpath.fun) and her latest book at <https://5dpath.fun/my-books/>



Aquarius (Air) Sun Moon Rising—Jan 20-Feb 18

Be mindful of your thoughts about your finances Aquarius. This means even thinking bad thoughts. Affirmations will greatly help you at this time. Consider traveling or spiritual studies to bring in new enthusiasm. If money is tight, get creative. I believe in you.



Pisces (Water) Sun Moon Rising—Feb 19-March 20

Last month and part of September, you were experiencing Mercury Retrograde in your opposite sign of Virgo. This can bring some interesting challenges, but as of the 14th you will experience more ease and flow. Retrogrades offer us a time to reflect or relax and slow down. There is always a "Blessing in Disguise". Where did you see the blessings? The New Moon in Virgo is also a time to utilize the Celestial magic in order to shift our current state. So, what special Ceremony are you planning?



Hidden Secrets of Solar Eclipses

Since civilization began, humans have regarded the rare appearance of a solar eclipse as an omen or message. In the last few centuries, astronomers have assured us that, since its mechanics are both measurable and predictable, that such eclipses have no supernatural characteristics.

Author and entertainer Sand Sheff challenges that assertion with a presentation in Moab on September 11th 2023 at 7 pm at the Moab Community Church. Three years in the making, "Eclipse Witness: Evidence of Supernatural Patterns in the Solar Eclipse Phenomenon" takes on centuries of scientific orthodoxy with a chronicle of historical eclipses and solar eclipse cycles that point to artistic and narrative elements in solar eclipses. For instance, here's a few examples:

There were eclipses across Europe two days after Titanic sank in 1912 and in August 1914 in the opening days of WWI.

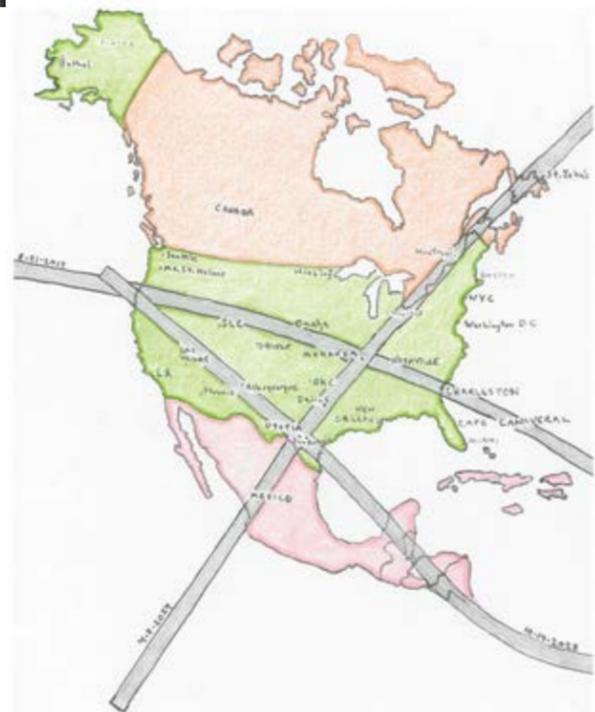
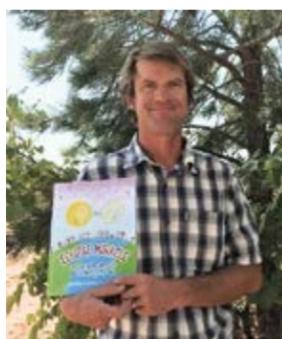
There was an eclipse that went from the USA to the USSR in 1945 one week before the Atom bomb was first tested in New Mexico.

The USA sees 3 eclipses in 7 years between 2017 and 2024 which, when mapped, create an unusual hieroglyph across the nation. It is part of a cycle which also creates a related solar eclipse hieroglyph across the Middle East in 2027 and 2034.

There are dozens of even more startling examples of peculiar individual eclipses, groups of eclipses and astonishingly precise eclipse cycles that all point to divine authorship of the eclipse phenomenon. In a fast-moving and highly visual presentation, Sheff outlines his controversial

argument and provides lots of interesting context for the upcoming US eclipses, including the October 14 2023 solar eclipse across the Four Corners region. Sheff is the author of the acclaimed children's book, Eclipse Miracle: The Sun is the Same Size as the Moon in the Sky.

Prepare to have assumptions challenged and preconceptions shaken. The presentation is free. The first 100 people get free eclipse glasses. Moab Community Church 544 Mi Vida, Moab Utah. The presentation is free and begins at 7 pm.



Pet Happenings

Missing Link for Good Digestion

My elderly dog recently went spontaneously blind and her usual entertainment and exercise was not longer possible. So I started to do some research, and found that dogs need physical exercise, yes, but equally important is providing exercise for your dog's mind. Bored dogs may become destructive, and anxious. They can chew up furniture or bark excessively, among other behavioral manifestations. But dogs left without any challenges to their mind can also become depressed, sleeping excessively or engaging in repetitive behaviors.

Taking steps to stimulate your dog's brain is important at all life stages. As puppies, brain games build confidence, while adult dogs need mental challenges to stay engaged and problem solve. Older dogs may benefit from less cognitive decline, as it's estimated that one-third of dogs may start to lose some brain function by the age of 8.



Even dogs recovering from surgery or left home alone for a few hours can benefit from mental engagement to keep boredom at bay. An added bonus of engaging your dog in learning games is that it strengthens the bond you share. Here are some of the best solutions I've found for dogs needing something a little more than fetch or chewing treats.

7 Mentally Stimulating Games for Dogs

Ready to challenge your dog with a fun dose of mental stimulation to get their brain working? Here are seven options to try out. Ideally, ensure your dog has basic obedience and knows how to respond to verbal commands like sit, stay and lie down before trying out these games, as they'll be a lot more fun this way. Plus, obedience training is a form of mental stimulation, too.

- Play hide and seek — This game speaks to your dog's desire for scent tracking. To play this classic game with your dog, you'll do the hiding — your pup will do the seeking. Start out with some easy hiding spots and stash a few treats there. Tell your dog to "sit and stay," then go hide.

After a few moments, yell for your dog to "come" — and try to stay quiet while they find you, offering a few clues if necessary. When your dog finds you, reward him with a treat and praise. Gradually move to more challenging hiding places and continue to reward your pup with lots of praise when he finds you.

- Problem-solving games — Many dogs love to problem-solve and get a confidence boost when they do so. One simple game involves only a shoelace and a treat. Tie the treat to the shoelace and, with your dog watching, place it under an obstacle that your dog can't fit under. Leave one end of the string out, accessible to your pup, but place the treat far enough under so your dog can't reach it.

Let your dog try to figure out how to pull the string to get to the treat. After a few minutes, you can demonstrate how it's done, then give your dog another try. Most will catch on quickly. If you need something easier or ready made consider a snuffle mat or snuffle toy that is designed to hold treats and be easy to find but enough of a challenge they need to use their problem solving skills.

- Tug-of-War — Grab a tug toy and gear up for a game that's both physically and mentally challenging for dogs. If your dog gets overly rowdy or aggressive,

stop the game, but otherwise, let your dog do most of the work pulling the toy toward him — and be sure to let him win sometimes.

Playing tug can boost your dog's confidence and help him learn to work as a team, while also using self-control. You can also practice obedience skills, including "drop it," while playing this brain game.

- Create a digging box — A fun option for dogs that love to dig is to create a digging box that you place in your yard. Fill it with sand and bury toys for your dog to discover.

- K9 nose work — Most pet dogs don't get to use their noses for the purposes they were designed for. K9 nose work, also referred to as scent work, provides your dog with a mental and physical outlet to burn energy and enjoy being a dog. This is exceptionally helpful for reactive dogs that can't be around other dogs, or older dogs that prefer not to leave their immediate surroundings, but still need daily enrichment.

For more information, you can visit K9 Nose Work or the NACSW (National Association of Canine Scent Work). While you can sign up for classes to work with your dog on nose work, once you learn the techniques you can work with your dog on your own playing K9 nose work games at home.



- Put toys away — Many dogs enjoy engaging in purposeful "work." One job you can teach your pup is how to pick up a toy, walk with it to the toy basket, drop it in and leave it. Start out slowly, by handing your dog a toy while you're both near the basket, then telling him to "drop it" in the bin. Reward your dog with a treat and praise. Repeat the process with another toy, and as your dog learns the process, try it with toys farther away from the basket.

Once your dog is reliably returning individual toys to the basket, you can begin rewarding him only after he returns two toys, then three, and so on. Eventually, he gets rewarded only after every toy is back in the basket.

- The 'destroy it' game — Does your dog love to tear apart stuffies or unroll an entire toilet paper roll? This is a brain game for him. Fill a cardboard box with old, scrunched up newspapers, empty paper towel rolls and other "stuffings." Close it up and let your dog go to town, unstuffing the box and destroying it.

Be careful that your pup isn't eating any of the fillings or cardboard. If he's not, you can also add more interest by placing a few treats in the box for him to discover while he destroys it.

Beyond games, there are many other ways to keep your dog mentally challenged on a daily basis, including taking him to explore outdoors and visit new places as much as possible. Also, spend time with your pup, playing, snuggling and exercising together. The more you include your dog as part of your "pack," the more he'll stay mentally stimulated and engaged.

Provided by Jessica Turquette, owner of Moab BARKery

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- Please make sure the ID info on my collar is up to date. It would be horrible if I got lost and couldn't be reunited with you.
- Please don't leave me in the car or tied to it. Temperatures in Moab can get dangerously hot for me in a matter of minutes.
- Please clean up after me...I want to be a courteous pet.
- Please take me on pet friendly trails on a leash. That will keep me as safe as possible while enjoying the outdoors.

**Love,
Your Best Friend**

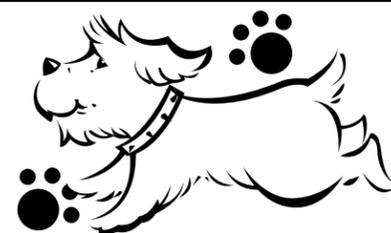
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Location: 100 E 300 S

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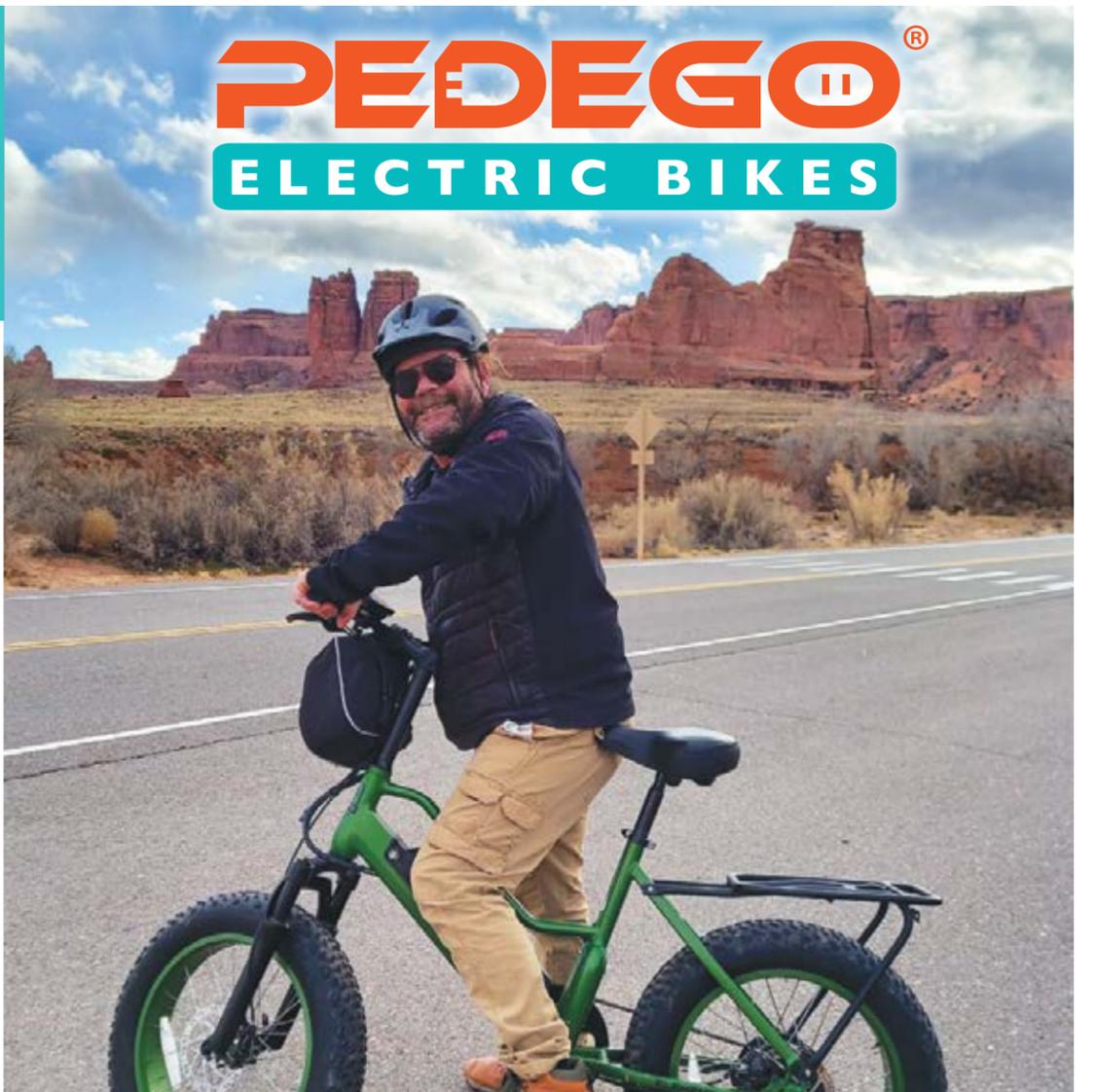


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