

MOAB HAPPENINGS

www.moabhappenings.com

Volume 37 Number 6

SEPTEMBER 2025

FREE COPY



Moab Music Festival



Skinny Tire Fall Festival



Moab Women's Festival



Red Rock Arts Festival



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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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Arches National Park Timed Entry Pilot Resumes for Labor Day Weekend

Reservations Required: August 28 Through The End of October 2025

Arches National Park’s fourth timed entry pilot program, which was paused during peak summer heat, will resume in time for the Labor Day holiday weekend. Starting August 28th, visitors will need to reserve a ticket in advance in order to enter the park between 7 a.m. and 4 p.m. daily through October 31.

Reservations can be made online at www.Recreation.gov or by calling 1-877-444-6777. Tickets are available now; additional next-day tickets will be released at 7 p.m. daily starting August 27. Those without reservations may enter the park before 7 a.m. or after 4 p.m. but may experience additional crowding, especially in late afternoon. Reservations cannot be made at Arches’ entrance booths. Timed entry reservations are not required for visitors on commercial tours or those who have camping reservations, tour tickets, or hiking or special use permits. Reservations are also not required at Canyonlands National Park.



Both Arches and Canyonlands national parks anticipate a busy Labor Day holiday weekend. Visitors should expect increased traffic, long lines at park entrances, busy trails, and limited parking at both parks.

Late summer can bring widely varying weather conditions to the high desert. Plan for your safety by checking forecasts and choosing activities appropriately. On hot days, consume plenty of water and healthy snacks and avoid strenuous hikes and prolonged sun exposure. Carry a headlamp and extra layers, as the sun may set earlier than you expect. If monsoon rainstorms are forecast, avoid travel on unpaved backcountry roads. Lightning can be fatal; seek shelter in a building or vehicle as soon as you hear thunder.

For additional information about Southeast Utah Group parks, visit these websites: www.nps.gov/arch/index.htm



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LCA

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Sunday & Monday 12-3 pm

The Sound of Sunshine

by Sandi Snead

59 S. MAIN #1 - MOAB, UT

435-355-0024

Moab Events

September 2025

Sep 1 Rocky Mountain Power Community Concert- The annual **FREE** Labor Day concert gives our community a taste of what Moab Music Festival is all about. A lively contradance by Moab's own Community Dance Band opens the show; WindSync dazzles with virtuosic chamber music selections for wind quintet; percussionists Ian Rosenbaum and Andy Akiho impress with a marimba and steel pan duo; and members of Latin-fusion band People of Earth bring the heat to close a beautiful afternoon concert on the Old City Park lawn at 2:00pm. Part of the Moab Music Festival.

Sep 1 Live Music: Blu Pig- Danny Rose

Sep 1, 15, 29 Tai Chi with Drew- Class taught by Drew Roots who has been consistently practicing Tai-chi for 27 years. 5:15pm at 76 South 100 West—in the Back of Red Rock Bakery. Sign up online at www.wellnesscollectivemoab.com.

Sep 2 Moab Music Festival- An intimate opportunity for the community to meet Moab Music Festival's new Artistic Director, the incomparable Tessa Lark! Sip on your favorite beverage and enjoy a lively 60-minute conversation and mini-concert moderated by Artistic Director Emerita Leslie Tomkins discussing Tessa's background, her creative vision for the Festival's future, and of course, hear some fiddle tunes! Free admission, 7–8pm at Cafe Italiano, 100 W 200 S

Sep 2 Live Music: Blu Pig- Johnny Rawls

Sep 3 Live Music: Blu Pig- Johnny Rawls

Sep 3 Moab Music Festival Concert- Andy Akiho and Ian Rosenbaum perform percussion duos from their recently released album, *Kin*. Red Earth Venue. Info: moabmusicfest.org

Sep 3 Bluegrass Night with Quicksand Soup- High powered music from one of the Four Corners most legendary bluegrass bands. **Free admission.** 7pm. Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 4 Non-Motorized Trails Master Plan Open House- We will be presenting our draft recommendations at a mid-term open house for details. 6–7:30 at the Grand Center. See pg 3B

Sep 4 Moab Information Center Lecture Series. Wildlife Tracking: Unraveling the Mysteries Around Us- Join Canyonlands National Park Ranger, Jonathan Jessop, as he discusses the art and science of wildlife tracking. Wildlife tracking is an excellent way to enhance your awareness and connection to the natural world. Together, we will explore the fundamentals of tracking while using local species to guide and inform our learning journey. 6pm at the Moab Information Center, Center & Main. Sponsored by Canyonlands Natural History Association (CNHA)

Sep 4 Moab USARA's 10th Annual Recovery Day Event- There will be food, lots of fun family activities, and Bubba from KCYN 97.1 FM will broadcast live from the event. At Swanny City Park from 4 to 7 pm. If there are questions about the event, please reach out to Heidi at USARA, heidi.thompson@myusara.com or (435) 612-2300 x252. see pg 17A

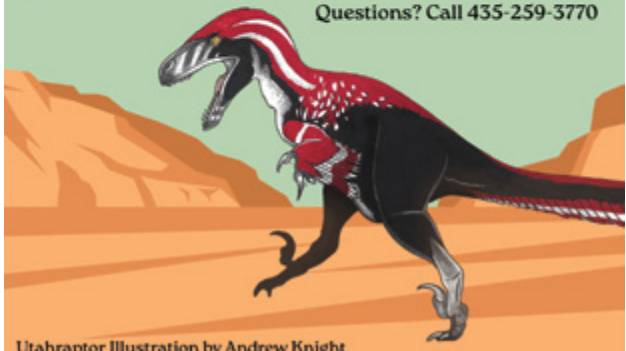
Utahraptor State Park Presents

Dinosaur Talk with a Ranger!

Join us for an exciting presentation on the Utahraptor and other dinosaurs found near Moab, Utah!

Friday, September 5th, 7:00 p.m. at the Utahraptor State Park Visitor Center

Questions? Call 435-259-3770



Utahraptor Illustration by Andrew Knight

September Concert dates you don't want to miss

 **MOAB MUSIC FESTIVAL**
music in concert with the landscape®

September 1st

Free

Rocky Mountain Power Community Concert
Old City Park

- Moab Community Dance Band
- WindSync
- Ian Rosenbaum, marimba & Andy Akiho, steel pan
- People of Earth

September 2nd

Free

Sips and Sounds
Cafe Italiano
This edition of Sips & Sounds offers an intimate opportunity for the community to meet and engage with Moab Music Festival's newly minted Artistic Director, the incomparable Tessa Lark.

September 5th

\$215

Ranch Benefit Concert
Seven-time Grammy-winning double bassist Edgar Meyer, and acclaimed cellist and composer Joshua Roman, make their Moab Music Festival debut alongside Festival Artistic Director Tessa Lark.



September 6th

\$85

Music Hike
Moab Wilderness
Seven-time Grammy winning bassist Edgar Meyer plays his seminal interpretation of solo Bach. Cellist Jay Campbell teams up for the first time ever with Meyer for his original duos; Caleb Hudson and Achilles Liarmakopoulos will break our brains with virtuosic Baroque arrangements; and clarinetist Yoonah Kim will charm us all in Weber's fiendishly difficult, yet delightfully hilarious, Clarinet Quintet.



September 6th

\$50

Sierra Hull
Sorrel River Ranch
Following her energetic 2023 debut in Béla Fleck's My Bluegrass Heart band, Moab Music Festival welcomes back virtuoso mandolinist and two-time Grammy-nominated artist Sierra Hull

September 9th

Grotto III

Colorado River Wilderness Grotto
We're sending off Moab Music Festival with a sassy, folksy bang. "Jazz Manouche" is the term for the style popularized by legendary guitarist Django Reinhardt, but Romani folk music was inspiring musical greats long before Django. The crowd favorites and barn-burners by Brahms and Liszt you'll hear are chock-full of virtuosic twists and turns emblematic of Romani folk music; and even Papa Haydn had to try his hand at the style in the finale of his Piano Trio that opens this Grotto performance



Get your tickets today!





Sep 4 Live Music: Blu Pig- Dave Mensch

Sep 4–7 Blazer Bash- Discover thrilling trail adventures and connect with fellow truck enthusiasts at this year's exciting event. Info: blazerbash.com

Sep 5 Moab Music Festival Concert- The Lark, Roman, and Meyer Trio brings together three of the most versatile and accomplished artists in the world of music, blending their distinct talents to create a musical experience unlike any other at this Private Ranch Benefit concert. Ticket info: 435-259-7003.

Sep 5 Arts & Ag Market- FREE, family friendly, outdoor market at Swanny City Park (no dogs allowed), featuring goods by local artisans, locally sourced meat and produce, food from Moab Kitchen, and live music by Christian Long and Eric Brors, and a fresh new playground for the kids. 5–8pm



Sep 5 Lymphatic Drainage Workshop with Breann- Discover self-lymphatic care in this 60-minute workshop with Breann. Learn simple techniques to support circulation and immunity, includes a dry brush to take home. Sliding scale donations; sign up at wellnesscollectivemoab.com. 6:30pm at Wellness Collective, 76 South 100 West—In the Back of Red Rock Bakery.

Sep 5 Free Live Music at Spanish Valley Winery- Ethan J. Perry playing American Indie Technicolor Jazz on our gorgeous back patio overlooking the vines. 5–7pm. 4710 Zimmerman Ln, Moab.

Sep 5 Live Music: Blu Pig- Lost Buffalo

Sep 5 Monumental Lights Gala- This elegant evening will bring the community together in support of education, cultural preservation, and outreach programs designed to strengthen Fruita for generations to come. Info at fruitachamber.org/fruitafoundation/

Sep 5, 6 Classes at Moab Arts (MARC)- Two classes taught by visiting instructor Janice Reich. Fall is the perfect time to create pottery lamps and decorate some gourds! hwww.moabarts.org

Moab Happenings

Events Calendar listings are FREE!!

DEADLINE: September 20, 2025

for October Events Calendar

Send your event information to:

info@moabhappenings.com

More Events

DEAD HORSE POINT STATE PARK

RANGER PROGRAMS

September 4 Moonlight Hike • Join a ranger in a one-mile hike by the light of the moon. The hike will start at the front of the Visitor Center at 8:00pm!

September 6 Coffee with a Ranger • Start your day at the park with a cup of coffee and an educational presentation led by a Park Ranger! This event will be held inside the Visitor Center.9:00 pm

September 10 Nature Walk • Join a Ranger on an evening hike and learn about the plants and natural features of the park! Meet at the Visitor Center for this 2-mile out-and-back hike at 6:00pm.

September 12 Painted Sunsets • Dead Horse Point's stunning sunsets have inspired generations of artists and photographers. Learn about the Park as a Ranger demonstrates painting techniques. Meet at the Point at 6:00pm.

September 13 Scorpion Hunt • How many scorpions can you find in the desert? Come grab a UV light and find out! Meet at the Mountain Bike Parking Lot at 8:00pm

September 18 Star Party: Dragon Slayer • High in the dark western skies, a dragon guards a golden treasure. Navigate its celestial den in this Ranger-led telescope adventure! Meet at the Mountain Bike Lot at 7:00pm

September 20 Bat Blitz • Come learn all about our favorite flying mammal, the bat! Meet in front of the Visitor Center at 7:00pm.

September 24 Sunset Solar Party • Through a solar filter, peer through a telescope to get up close with the setting sun, and learn about our nearest star! Meet at the Dead Horse Point Overlook at 6:30pm.

September 27 Outlaw • Uncover the secret outlaw in this homebrewed Wild West party game, and get hands on with the true story of a local outlaw in the process! Meet at the Visitor Center at 1:00pm.

September 30 Haunted History Hike • Can you hear the galloping of the ghost horse herd? Join a Ranger in a loop around the Point and learn the haunted history of the park. Meet at the Point. at 7:30pm.

***Events are subject to change due to weather and conditions**

Park Hours: 6:00am–10:00pm
Visitor Center Hours: 9:00am–5:00pm

For more park information visit:
<https://stateparks.utah.gov/parks/dead-horse/events>



- Sep 6 Kickball Tournament for a Cause-** Join us for a fun-filled day while making a real difference in a child's life! Proceeds go directly to the Friends of the Children's Justice Center to help children in need. 9am at Center Street Ballpark. Register a team at kickball-tournament-for-a-cause.cheddarup.com
- Sep 6 Moab Music Festival Concert-** A guided scenic hike at a private ranch leads concert-goers to enjoy music chosen to fit the setting. Ticket info: moabmusicfest.org. 435-259-7003
- Sep 6 Moab Music Festival Concert-** Sierra Hull, virtuoso mandolinist and two-time Grammy-nominated artist. At Sorrel River Ranch. Ticket info: moabmusicfest.org. 435-259-7003
- Sep 6 Magic Show with Rick Boretti-** The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh and be mystified! 7pm, Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Rock, Gem, and Mineral Show

Grand Junction, CO
Mesa County Fairgrounds
Saturday Sept 20 **Sunday Sept 21**
9am-5pm **10am-4pm**



Kids Activities, Geodes, Fossils, Jewelry
Adults \$5, Srs & Mil \$4, Kids <12 Free

UTAHRAPTOR STATE PARK

RANGER PROGRAMS

September 5 Dinosaur Talk • Join us for an exciting Ranger presentation on the Utahraptor and other dinosaurs found near Moab. Meet at the Visitor Center at 7:00 pm

September 6 Morning Quarry Hike • Join a ranger for a one hour hike to Dalton Wells Quarry where the first Utahraptor bones were found. Learn about the quarry's history, the Utahraptor and what the Moab area looked like during the Cretaceous period. Hike is .42 miles one-way and 191 ft. elevation gain. Bring water and sun protection. Meet at 9am at entrance gate to Dalton Wells Quarry (38.721952, -109.690499); 4-wheel drive is required.

September 7 Full Moon Talk • Learn about the science, stories, and significance of the full moon during a brief presentation, followed by an opportunity to view the moon up close through a telescope. Meet at 9:00pm at the Historic Site (38.711910, -109.700358).

September 11 Scorpion Hunt! • Scorpions glow under UV light! Join us for a nighttime 0.5 mile walk searching for these glowing creatures. 8–9pm at the Historic Site (38.711910, -109.700358)

September 12 Guided Hike through the Dalton Wells Historic Site • Explore the stories of the Civilian Conservation Corps (CCC) and Japanese-American Internment Camp that once stood in our park. This one-hour, short, fairly level, .5 mile walk offers a meaningful glimpse into the past. Meet 9am at the Historic Site (38.711910, -109.700358)

September 13 Morning Quarry Hike • Join a ranger for a one hour hike to Dalton Wells Quarry where the first Utahraptor bones were found. Learn about the quarry's history, the Utahraptor and what the Moab area looked like during the Cretaceous period. Hike is .42 miles one-way and 191 ft. elevation gain. Bring water and sun protection. Meet at 9am at entrance gate to Dalton Wells Quarry (38.721952, -109.690499); 4-wheel drive is required.

September 17 Pollinators of the Night Sky • Join us as we shine a light on the mysterious and magical world of bats & moths. This family-friendly event invites you to experience the park after sunset and get an up-close look at some of Utah's nocturnal pollinators! From 7:30–8:30pm at the Visitor Center.

September 25 New Moon Star Party • Join us to view different stars in the night sky through our telescope! From 8:30–9:30pm at the Historic Site (38.711910, -109.700358)

September 27 National Public Lands Day Volunteer Event • Volunteers meet at the Visitor Center. We will be removing invasive Russian Thistle from the park. All tools will be provided. 9am–12pm. More info: email_zprevost@utah.gov

Park Hours: 6:00am–10:00pm
Visitor Center Hours: Saturday–Thursday: 9am–5pm
Friday: 9am–7pm

For more park information visit:
<https://stateparks.utah.gov/parks/utahraptor/> Phone: 435-259-3770



- Sep 6 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. Synergy products will remain at the same year-round owner discount. 8am–8pm at Moonflower Co-op
- Sep 6 Herbal Tea Making & Yoga for Kids-** Join Moonflower Co-op and Courtney Dare Reese Hill for a fun, interactive class for children and caregivers. We will learn the benefits of offering calming tea to children, how to introduce tea to kids, and how to create a healthy bedtime routine as families get back into the school routine. Courtney will then teach a brief relaxing yoga class for the kids and participants will make their own herbal tea blends. 9:30am at the MARC (Moab Arts). Free and open to all. Sign up at bit.ly/mckkidstea.
- Sep 6 Live Music: Blu Pig-** Josh Hoyer Trio featuring Blake DeForest & Myles Jasnowski
- Sep 6–7 Moab Golf Course Tournament-** Glen Richeson Steak & Sudfest Mixed Bestball, *mixed*. To sign up for a tournament call the pro shop at (435) 259–6488. www.moabgolfcourse.com
- Sep 7 Free Community Meal + Free Market-** Everyone Welcome. Bring reuseables (bowls utensils, cups). Free Market: bring what you can share, take what you need. Rotary Park 6–8pm. Sponsored by Moab Mutual Aid.



Sep 7 Moab Music Festival- “The Promise of Peace” delves into the profound impact of war on music, revealing the human spirit's struggle, hope, and ultimate resilience. The evening culminates with the world premiere of a deeply personal work by Viet Cuong, commissioned by the Moab Music Festival. 7pm at Star Hall. Ticket info at moabmusicfest.org

Sep 7 Live Music: Blu Pig- Reckless Rooster

Sep 8 Plant-Based Sports Nutrition Series:
Protein- This 2-part class series will cover popular topics and answer common questions regarding plant-based diets in the sports and fitness world. Learn about muscle maintenance and development, endurance training, and sports supplements to enhance performance and recovery for the vegan athlete. The first session will cover protein intake and muscle maintenance. Attendees will get hands-on experience preparing food, engage in open discussion, and be given take-home materials for introspective learning. Expect to leave with a better understanding of how to fuel various sports and activities on a plant-based diet. Free and open to all. Sign up at bit.ly/mccplantbased1. 6pm at Moonflower Co-op

Sep 8 Live Music: Blu Pig- Danny Rose

Sep 9 5% Day for Moab Solutions- 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 Moab Solutions. Join us in supporting this nonprofit by shopping the co-op! 8am–8pm at Moonflower Co-op

Sep 9 Moab Music Festival Grotto Concert- An exhilarating jet boat ride down the Colorado River brings listeners to a pristine wilderness grotto carved from the surrounding red rocks, for an inspiring “once-in-a-lifetime” experience (Fodors). These MMF signature events weave a rich sonic tapestry of music with one of the most stunning natural environments imaginable, combining the beauty of music with the area's scenic wonders. Ticket info: moabmusicfest.org and 435-259-7003

Sep 9 Training in Question, Persuade, Refer or QPR for short- This training will help people recognize the warning signs in someone who might be thinking of taking their own life and how to keep them safe. This event will be at the MARC (Moab Arts) on September 9th at 6 pm. It is free and open to the public. If you or someone you know is struggling with a mental health, substance use, or suicidal thoughts, call or text 988 for 24/7, confidential support. See ad on pg 17A

Sep 9 Live Music: Blu Pig- Broken Arrow

Sep 10 Root-to-Crown Chakra Yoga & Essential Oil Roller Series #6: Third Eye Chakra- In this monthly series, instructor Crystal Blanks will guide you through an introduction to each chakra, its attributes, and the signs of both balance and imbalance. You'll learn simple practices to restore harmony to these energy centers. Together, we'll also create custom essential oil rollers and enjoy a yin yoga practice designed to support and nurture the chakra, integrating their healing properties into your daily routine for a deeper connection with yourself and others. This class will focus on the third eye chakra, which represents intuition and

More Moab Events

inner clarity. Free and open to all. Sign up at bit.ly/mooniechakraseries. 5pm at the MARC (Moab Arts)

Sep 10 World Suicide Prevention Day- Four Corners and The Hope Squad of Carbon, Emery, and Grand Counties are hosting a candlelight vigil (LED luminaries) at Swanny City Park at 7–8:30pm. This event is free and open to anyone who wants to join us for this time of remembrance and hope. If you or someone you know is struggling with a mental health, substance use, or suicidal thoughts, call or text 988 for 24/7, confidential support.

SEPTEMBER 10TH

WORLD SUICIDE PREVENTION DAY

Please join us as we honor our loved ones lost to suicide.

We remember them.
We celebrate their life.
We bring hope; together.

September 10, 2025
7:00 PM – 8:30 PM
Swanny Park

"There are some who bring a light so great to the world that even after they are gone, the light remains"

Sep 10 Community Design: Envisioning a New Community Garden- Youth Garden Project and Moab City are would like help for designing a new community garden at Old City Park. Join a community design event at Old City Park for brainstorming and modeling on how to shape our garden. 6–8pm.

Sep 10 Bluegrass Night with Quicksand Soup- High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 7pm. Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 10 Live Music: Blu Pig- Community Music Night

Sep 11 Moab Information Center Lecture Series: SE Utah Community Artist- Join Charlotte Quigley, as she discusses her experience as the 2025 community Artist in the Parks. Since 2009, the Community Artist in the Parks program has highlighted the connection between local artists and the landscapes of Arches and Canyonlands National Parks, as well as Hovenweep and Natural Bridges National Monuments. 6pm at the Moab Information Center, Center & Main. Sponsored by Canyonlands Natural History Association (CNHA)

Sep 11, 25 Community NADA Ear Acupuncture- Join Wellness Collective and The Recovery Center for Ear Acupuncture. The ear acupuncture will follow the NADA protocol. This unique blend of gentle acupuncture and immersive sound creates a whole-body experience that supports healing on both physical and emotional levels. By Donation. Please sign up online at www.wellnesscollectivemoab.com.

wellnesscollectivemoab.com. 6:30pm at 76 South Main St—behind Red Rock Bakery.

Sep 11 Live Music: Blu Pig- Rick Gerber

Sep 12 Candlelight Yoga with Amanda- Unwind in a soothing candlelit setting with gentle yoga postures held for deep relaxation. A calming practice for all levels to release tension and restore balance. sign up at wellnesscollectivemoab.com. 6:30pm at Wellness Collective 76 South 100 West—In the Back of Red Rock Bakery

Sep 12 Free Live Music at Spanish Valley Winery- Ft. Lorelei Sky a local Moab singer with enchanting harmonies and siren like sounds. A perfect way to relax and enjoy wine and vines on a hot day. 5–7pm. 4710 Zimmerman Ln, Moab.

Sep 12 Skate Moab- Family Skate Night, all ages, 6–8pm, Old Spanish Trail Arena Pavilion.

Sep 12 Live Music: Blu Pig- Bob Greenspan & Mama T

Sep 12–Oct 10 Red Rock Roam & Rail Sweepstakes- Enter the Red Rock Roam & Rail Sweepstakes for a chance to win an incredible getaway from Denver to Moab! The prize includes a Canyon Spirit Luxury Train ride, 2 nights at the Hoodoo Moab Hotel, a 2-day Jeep rental, and an annual National Parks pass—all while supporting Southeastern Utah's national parks. For more info visit: foacp.org/redrockrailroamsweepstakes/



Sep 13 Magic Show with Rick Boretti- The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh and be mystified! 7pm, Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 13 Live Music: Blu Pig- Alan & Valerie Brown

Sep 13, 29 Qi-Gong- Zhineng Qigong is a powerful mind-body practice rooted in ancient Chinese healing traditions and adapted for modern times. This gentle yet profound system blends slow movement, sound, visualization, and meditation to help individuals cultivate inner peace, restore balance, and enhance vitality. Virtual-Zoom or in person option available! 8am at 76 South 100 West—in the Back of Red Rock Bakery. Sign up at wellnesscollectivemoab.com for more info.

Sep 13–14 Moab Women's Decompress Fest25- 2 days of entertainment, workshops, and celebration under the wide Moab sky. From breathwork to live music, off-road adventures to hands-on art, this is your space to recharge, reconnect, and remember what matters. At the Aarchway Inn, 1551 North Riverview Drive. Info: moabwomensfestival.org See ad pg 7A

Sep 14 Live Music: Blu Pig- Rick Gerber

Sep 15 Plant-Based Sports Nutrition Series: Endurance Training- This 2-part class series will cover popular topics and answer common questions regarding plant-based diets in the sports and fitness world. Learn about muscle maintenance and development, endurance training, and sports supplements to enhance performance and recovery for the vegan athlete. The second session will cover nutrition for endurance training and sports supplements. Attendees will get hands-on experience preparing food, engage in open discussion, and be given take-home materials for

Fall Classes Start Soon Register:

www.desertsunceramics.com

Mugs, cups, bowls, butter dishes, tiles, seasonal decorations, lots of colors, instructions, inspiration, and much more

introspective learning. Expect to leave with a better understanding of how to fuel various sports and activities on a plant-based diet. Free and open to all. Sign up at bit.ly/mccplantbased2. 6pm at Moonflower Co-op

Sep 15 Live Music: Blu Pig- Casey Turner

Sep 16 Live Music: Blu Pig- Dave Mensch

Sep 17 Bluegrass Night with Quicksand Soup- High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 7pm. Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 17 Live Music: Blu Pig- Community Music Night

Sep 18–21 Moab Festival of Science- Returning for its 10th year, bringing five days of free, family-friendly events that celebrate the wonders of science on the Colorado Plateau! From dinosaurs to hummingbirds, geology to desert lichens, regenerative agriculture to flash floods, this year's Festival showcases fascinating scientific research while connecting our community with the beauty, value, and importance of science in everyday life. The Festival kicks off midweek with events for local students and evening programs, with activities expanding through the weekend. Programs include hikes, talks, films, and interactive presentations led by scientists, educators, and community partners. moab-scifest.org. See 6B

Festival of Science

Moab, Utah

Wednesday, September 17 - Sunday, September 21

<http://moab-scifest.org/>

Sep 18 Moab Library Book Presentation- Steven Wesley Law presents his latest book "Gone: Encounters with Awe, Wonder and Reverence While Exploring the American West." Joining him is local author Mark Batmale, a lifelong adventurer with a sense of humor and a gentle spirit.

Sep 18 Dharma Recovery- A peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that the traditional Buddhist teachings, often referred to as the Dharma, offer a powerful approach to healing from addiction and living a life of true freedom. 6:30pm at 76 South 100 West—in the Back of Red Rock Bakery. Please sign up online at www.wellnesscollectivemoab.com

WILD & SCENIC[®] FILM FESTIVAL

Sat Sep 27th 2025

Star Hall

Moab, Utah

presented by FRIENDS OF ARCHES AND CANYONLANDS PARKS

Downtown Entertainment!

Bring food (and drinks) to go and see a show!!

SHOWTIMES 7PM!

WEDNESDAYS BLUEGRASS
All Star bluegrass band!

SATURDAY MAGIC
the Mystifying Rick Boretti!

★ visit website for exact times and more info! ★

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

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Call for tee times
435-259-6488

Sep 18 Third Thursdays in Montezuma Park- Food, Drink, Vendors, Fun. Live Music and Giveaways. 5–8pm, Cortez Downtown Market, on the corner of Market & Montezuma. Cortez Retail Enhancement Association. Colorado.

Sep 18 Live Music: Blu Pig- James Kirby

Sep 19 Herbal Meditations with Rob- Relax into guided meditation with Rob, naturopathic practitioner and meditation instructor. Enjoy mindfulness and calming tea in a peaceful space for grounding and renewal. sign up at wellnesscollectivemoab.com. 5:15pm at Wellness Collective, 76 South 100 West—in the Back of Red Rock Bakery

Sep 19 Free Live Music at Spanish Valley Winery- The Nanites, a Moab-based trio blending sultry vocals, jazzy undertones, and moody grooves. Their sound is equal parts dreamy and dynamic—perfect for a golden hour glass of wine on the patio. 5–7pm. 4710 Zimmerman Ln, Moab.

Sep 19 Live Music: Blu Pig- Bob Greenspan & Mama T

Sep 19–20 Green River Melon Days- Green River Utah's annual Melon Days Festival, now 119 years old, is a celebration of our town's famous tasty melon varieties and their growers. Our rural town's population swells as locals, family, friends and visitors come together for a weekend of melon-munching fun. Info: www.melon-days.com

Green River Melon Days



SCAN ME

September 19-20

FRIDAY

12:00 PM: Vendor Fair
All Day: Softball Tournament
All Day: 3-Man Scramble Golf Tournament
12:00 PM - 6:00 PM: Bright Ideas Kid's Market

SATURDAY

7:00 AM: 5k Melon Run
7:00 AM - 10:00 AM: FFA Breakfast in the park
10:00 AM: Parade
10:45 AM: Melon Days Fun Shoot @Gun Range
All Day: Melon Munchin'
All Day: Vendor Fair
All Day: Softball Tournament
12:00 PM - 6:00 PM: Bright Ideas Kid's Market
12:00 PM - 1:00 PM: Generations Band
2:30 PM - 4:30 PM: Monkey Friday Band
5:00 PM - 7:00 PM: The Fox Brother's Band
melon-days.com



Sep 19-21 Moab Pride Weekend- See ad pg 1B

Friday: The Storied Self: on the theme of Pride 6pm at Moab Arts (MARC)

Saturday: Climbing Event: Belay Clinic. 10am–12pm at Cimb Moab 11850 S Hwy 191 Unit A8

Saturday: Drag Show. 7pm at the MARC

Saturday: Shimmer & Sashay: Dance Party, 9:30pm at Spitfire

Sunday: Visibility March, Rotary Park to Swanny Park, Assemble at 10:30am

Sunday: Block Party, Swanny Park, 12–3pm

Recurring Events:

Free Community Meal + Free Market. Everyone Welcome. Bring reuseables: bowls, utensils, cups. Free Market: Bring what you can share, take what you need. Rotary Park 6–8pm. (*First Sundays of the month July 6, August 3, Sept. 7*) Moab Mutual Aid

In Stitches: Fiber Arts Club- Free! Fiber arts club. (*Mondays 3:30–4:30pm*) All skill levels and ages welcome! No registration required. Moab Public Library, 257 E Center St

Radio Book Club 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. 90.1 or 106.7

The History Hour Hosted by local guide Blaine Reniger, through storytelling and conversation with expert guests, the show covers the significant people, places and events that have shaped Moab and the surrounding area. *Last Monday of every month at 4PM* on KZMU radio: 90.1, 106.7, or 90.7.

This Week in Moab The longest running public affairs show on KZMU features live, civic-related discussions about the goings-on in the Moab community. Join hosts for conversations on what's happening locally and in our region! (*Almost*) *every Monday at 5PM* on KZMU radio: 90.1, 106.7, or 90.7.

Chef's Adventures with Buck and Bernie Join chef Tim Buckingham and chef Bernard Guillas on their culinary adventures featuring travel, culture, friendship and recipes in each episode. *First Monday of every month at 4PM* on KZMU radio: 90.1, 106.7, or 90.7.

Indoor Soccer (*Mondays 8pm*) at Old Spanish Trail Arena

USARA Family Bowling Night- 6pm at Gravel Pit Lanes, 1078 Mill Creek Drive. (*Every last Monday of the month*) Questions: 435-612-2300

Castle Valley Library Hours: Tuesday–Friday 10am–2pm

Equestrian Community Night (*Tuesdays 4–8pm*) at Old Spanish Trail Arena indoor arena

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 Mary Wakeley, Guild president, at 815-712-6169.

Miners at the Moab Museum- *Wednesdays in September, 1–3pm.* Meet miners, geologists, and mill workers to hear firsthand accounts from those who have worked in uranium projects past and present.

Weed N Feed at the Youth Garden Project- *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 outdoors in the garden! Weed n Feed 2025 Dates: 8/6, 8/20, 9/3, 9/17, 10/1. www.youthgardenproject.org

Grand County Public Library's 2nd Wednesday Book Club meets at 6 pm on the *2nd Wednesday* of each month. All are welcome! Call the library at 435-259-1111 to learn more or to reserve a copy of the monthly book selection. Info at www.grandcountyutah.net/638/Book-Clubs.

Moab Swing Dance Community *Wednesday evenings 7pm* at the MARC, 111 E 100 N, This is a progressive series—no experience or partner required. facebook: @moabswingdance

Moab Taiko Dan (*Thursdays 6:00-7:30pm*) a local drumming group specializing in the art of Japanese drumming, is recruiting beginners. Center Street Gym. Text 435-201-0209 for info.

Figure Model Session with Live Model (*Every other Thursday: Aug 7 & 21, Sept 4 & 18, Oct 2 & 16 & 30, 6–9pm.*) at the Moab Art Center: all skill levels and mediums welcome (must provide own materials), \$10 suggested donation at the door, contact facilitator Greg MacDonald at greg@studiowhat.net for more information

Our Village Community Center Free Market (*Thursdays 6:00-7:30pm until Oct 16*). Locally Grown Produce. www.ourvillagemoab.org

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.

Grand County Public Library's Castle Valley Book Club meets at 10am on the *last Friday of each month* at the Castle Valley Town Pavilion. All are welcome! Call the library at 435-259-1111 to learn more or to reserve a copy of the monthly book selection. Info at www.grandcountyutah.net/638/Book-Clubs.

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.

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

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

Moab Arts Center Classes Visit our website at www.MoabArts.org for the most recent class schedule.

Sep 19–20 Moab Golf Course Tournament- Red Rocks Amateur *men*. To sign up for a tournament call the pro shop at (435) 259–6488. www.moabgolfcourse.com

Sep 20 Free Movie: Every Little Thing- A breathtaking documentary about a woman in Hollywood who cares for injured hummingbirds, experiencing personal growth as she witnesses their fragility and resilience. 7–9pm at Star Hall. Doors open at 6:30pm. Presented by Moab Festival of Science and Grand County Public Library

Sep 20 Youth Garden Project 7th Annual Harvest Festival- Help celebrate the end of another successful garden season! This event is free and open to all ages, featuring live music from Salt Lake City-based bands, garden-fresh food, Blue Ribbon Contests, and more! Food: Sweet treats, popcorn, garden nachos, and more! • Live Music • Blue Ribbon Produce Contest • Pie Walk, Cornhole, Pumpkin Tic Tac Toe, Gaga Ball, and other games • Face-painting • garden-based activities, and more! 3-7pm at Youth Garden Project, 530 South 400 East St. www.youthgardenproject.org/harvestfestival/

Women’s Happenings

Moab’s Second Annual Women’s Festival Invites You to Take a Deep Breath

After the runaway success of last year’s debut, the Moab Women’s Festival is back—bigger, bolder, and more relaxing than ever. Organizers Toni Sicola and Teresa Herd have expanded the event into a full weekend experience, transforming last year’s foundation into something even more magical: **Decompress Fest**.

This year’s festival will take place over two days, September 13–14, and promises a thoughtfully curated lineup of workshops, live performances, local vendors, and opportunities to connect. On **Saturday, September 13**, attendees can participate in a full day of guided activities led by women artisans, yogis, teachers, musicians, adventurers, and creatives.

Festival goers—as well as the community at large—can also take advantage of a flash tattoo salon at the Moab Arts & Recreation Center (111 N. 100E.). Four women tattooers will set up shop with a creative offering of flash designs in each artist’s signature style. Then on **Sunday, September 14**, the festival returns to the spacious lawn of the **Aarchway Inn** for a full day of **live music, comedy, food, drinks, and chillin’**. Doors will open at 12:30 with opening remarks kicking off at 1:30. We’ll plan to wrap the show at 8pm.

Set against the stunning backdrop of the Portal with plenty of grass and open sky, the Aarchway Inn provides one of Moab’s most underrated venues—perfect for stretching out, relaxing, and taking in the desert air during our favorite season in Moab.

The organizers have designed **Decompress Fest** to stand out from Moab’s already rich calendar of events. Their goal: to create a welcoming space that highlights women’s



Audrey Graham

creativity and entrepreneurship while inviting the entire community to engage, connect, and breathe. “Everyone is welcome to join us in one big collective sigh,” said co-organizer Teresa Herd.

A **two-day ticket** includes unlimited access to Saturday’s workshops and full access to Sunday’s festivities at the Aarchway Inn. Sunday-only tickets are also available.

Herd and Sicola also invite **everyone in the greater Moab community to join them for a FREE Show** at the Helipad the evening of September 13th—**Drag, Drop, and Decompress** hosted by the ever-talented and fabulous drag queen, White Chocolate. The night will include pole dancing, a drag performance, more live music, a DJ set, and maybe even some sneak peeks of what’s to come on Sunday!

This year’s entertainment lineup is stacked.

The hilariously talented **Amy Geist** will serve as emcee and performer, offering much-needed comic relief. The musical slate includes nationally touring acts as well as local favorites, **Toni and the Enablers**. Headliner **Jenn Grinels** will bring powerhouse vocals, relatable lyrics, and unforgettable energy. Also performing are: **Raye Zaragoza**, whose empowering, feminist songwriting and recent Broadway tour (as Tiger Lily in *Peter Pan*) have earned national acclaim; and **Abbey Posner**, a multi-instrumentalist known for her genre-bending, playful approach to music. Kicking off the day will be a sneak peek of *Leaving a Trace*, a locally-written community musical that will be running at the MARC September 25th-28th. See article on page #

Just like last year, organizers will recognize a new

TrailblazHER—a local woman who shines bright in our amazing community. Last year’s recipient was Audrey Graham, recognized for her immense impact across the many decades she’s been a resident. Nominations are still open; head to <https://moabwomensfestival.org/#trailblazher-award> to enter.

On Sunday, attendees can also browse an **expanded marketplace of local artisans** offering handmade crafts, jewelry, and wellness goods. “We want to build on the magic of last year and grow this festival into a town treasure that people look forward to,” said Sicola. “There’s so much talent in Moab. It’s such a joy to see that being shared with locals and visitors alike.”

Proceeds from the festival will benefit **SeekHaven Family Crisis Center and Women’s Business Center of Utah**.

As the festival weekend approaches, the organizers emphasize the importance of building an inclusive space where everyone feels inspired, uplifted, and welcome to freely express themselves.

Mark your calendars for September 13–14 and join us for Decompress Fest: the Second Annual Moab Women’s Festival.

For more information and to get tickets, visit moabwomensfestival.org. Space for Day 1 activities is limited, so don’t wait to grab your spot.

To get involved, email toni@moabwomensfestival.com or teresa@moabwomensfestival.com. While vendor applications are now closed, there’s still room for **volunteers and sponsors!**

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



Schedule of events

Moab Women’s Festival invites you to Relax and Decompress with Workshops and experiences. For locations and Tickets go to www.moabwomensfestival.org

September 13, 2025

10am to 5pm: All-Women Artist Flash Tattoo Salon at the Moab Arts and Recreation Center. Presented by the Moab Women’s Festival (Open to the public)

- 10am AND 12:30pm:** 9D Breathwork with Letia Perry
- 10am AND 2pm:** Dirt Therapy Off-Road Adventure with Outlaw Off Road Adventures
- 10am:** Body Care from Your Kitchen Cabinet with Emily Stock
- 11am AND 2pm:** Breath, Shape and Shine Silversmithing Class with Asia Raine
- 11am:** Rhythm and Release with Moab Taiko Dan
- 11am:** Meditation & Chanting: Return to Calm with Monica Stankovicova
- 12pm:** Power Down Yoga with Desert Power Yoga
- 1pm:** Rest and Digest: Optimizing Digestion with Emily Stock
- 1:15pm:** Decompress Yoga with Desert Power Yoga
- 1pm AND 3:15pm:** Intro to Heart Coherence and the Physiology of Emotions with Sara Cook
- 3:30pm:** Restore with Mantra: Cultivating Peace and Rest with Darcy Nelson

September 13, 2025

7-10pm - Drag, Drop, and Decompress at the Helipad, Sponsored by the Moab Women’s Festival (FREE and open to the public)
Helipad 239 W Center St, Moab
Join us for the variety show of a lifetime—kicking off this year’s Decompress Fest with drag, The Butch Cassidies, Amy Geist, pole dancing, hula hooping, live music, and more. This event is FREE and open to the public. Come enjoy a bite from Moab Kitchen and dance your pants off!

September 14, 2025 - Aarchway Inn

The Decompress Fest: Moab Women’s Festival invites you to Relax and Decompress with comedy, music, vendors and the Stargazer. Tickets required. Go to www.moabwomensfestival.org



Moab Women’s Festival

DECO
MPRE
SSFE
ST 25



For tickets, full schedule and information, visit:
www.moabwomensfestival.org

SEPTEMBER 13: ALL DAY!
Workshops and experiences
10am–5:30pm

Flash Tattoo Salon: Open to the Public! 10–5:00 The MARC, 111 E 100 N

Drag, Drop & Decompress
Free & Open to the Public! 7–10pm
Hearthspace, 239 W Center St.

SEPTEMBER 14: 1:30–8:00
Aarchway Inn, Moab

Jenn Grinels
Headliner
“Grinels steals the show ... a rock and roll temptress conjuring musical spells that no one could resist.” –San Francisco Examiner



AMY GEIST:
Stand Up and Event MC



RAYE ZARAGOZA
Singer Songwriter



ABBY POSNER
Singer Songwriter



TONI & THE ENABLERS
Singer Songwriter



- 12:30pm** - Doors Open! Come in, grab a spot in the shade, and check out our amazing vendor market
- 1:30pm** - Opening Remarks
- 1:45pm** - Sneak Peek of Leaving a Trace, Community Theater Project
- 2:15pm** - Toni and the Enablers

- 3pm** - Amy Geist, Stand Up Comedian
- 3:45pm** - Abby Posner
- 5pm** - Raye Zaragoza
- 6:15pm** - TrailblazeHER Award Presentation
- 6:45pm** - HEADLINER, Jenn Grinnels

Even More Moab Events

Sep 20 Mi Vida Mine Tour and Dinner at Sunset Grill- Explore the legendary Mi Vida Mine with exclusive insights from Mark Steen, son of uranium prospector Charlie Steen, followed by dinner at the historic Steen family home, now the Sunset Grill. All Day, Lisbon Valley, UT (Registration Required) www.moabmuseum.org, 435-259-7985

Sep 20 Magic Show with Rick Boretti- The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh and be mystified! 7pm, Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 20 Live Music: Blu Pig- Jamie & The Dreamers

Sep 20-21 Grand Junction Rock, Gem and Mineral Show- Big Event at the Mesa County Fairgrounds, Saturday 9am–5pm, Sunday 10am–4pm. 40 vendors also displaying fossils, geodes, and beautiful jewelry handmade from natural materials. Tickets \$5 adults, \$4 Seniors & Military, <12 Free. www.grandjunctionrockclub.org/shows

Sep 20–22 Skinny Tire Fall Festival- Moab's Skinny Tire Events are not only fund raisers for cancer research and survivorship, but are intended to create an experience that uplifts, rewards and rejuvenates on many levels. From Aarchway Inn, the ride will be to/from Bull Canyon & Dinosaur Tracks Overlook on Saturday, Potash Road on Sunday and Deadhorse Point State Park on Monday. Live music and a BBQ lunch will await participants post-ride on Saturday and Sunday and on Monday participants will grab a lunch to go. Come join the fun! skinnytireevents.com

Sep 21 Equinox Garden Visit- Join Terry and Ester Channell in welcoming the beauty of Fall in their garden. 11am–7pm at 147N 200E, Moab.



Equinox Garden Visit

September 21
11 am until 7 pm
147 N 200 E

Join us as we welcome
the beauty of Fall
in the garden

Your presence and
support are appreciated

Terry and Esther Channel's home garden

Sep 21 Radical Rest with Sam- A 90-minute practice of breathwork, restorative yoga, yoga nidra, and sound healing. Restore your body, recalibrate your mind, and receive deep rest. sign up at wellnesscollectivemoab.com. 6:30pm at Wellness Collective 76 South 100 West—in the Back of Red Rock Bakery

Sep 21 Live Music: Blu Pig- Matthew Marcus McDaniel

Sep 22 Fall Equinox Celebration for Kids- Join Moonflower Co-op and Courtney Dare Reese Hill for a fun, interactive class for children and caregivers celebrating the fall equinox! We will learn about the fall equinox and the Earth's seasons and move through a brief yoga practice. We will then take a nature walk outside to find signs of fall such as leaves and pine cones. We will learn to make arrangements with our collected items and create leaf rubbings on paper with crayons. 5pm at the MARC (Moab Arts) Free and open to all. Sign up at bit.ly/mccfallequinox.

Sep 22 Live Music: Blu Pig- Lost Buffalo

Sep 22–26 National Land Rover Rally- Annual event for Land Rover enthusiasts, particularly those who enjoy four-wheeling and off-roading. The rally focuses on responsible four-wheeling and provides

a platform for Land Rover owners to connect, share experiences, and enjoy the outdoors. Info: solihullsociety.org

Sep 23 Live Music: Blu Pig- Broken Arrow

Sep 24 Bluegrass Night with Quicksand Soup- High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 7pm. Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 24 Skate Moab- Disco Night, ages 18+, 7–10pm, Old Spanish Trail Arena Pavilion.

Sep 24 Live Music: Blu Pig- Community Music Night

Sep 25 Canyonlands Natural History Association National Public Lands Day Celebration- Join us along with the National Park Service, Bureau of Land Management, US Forest Service, and local partners, who help protect and share our public lands, for an evening of live music by David Steward and Friends, community booths, and giveaways. Free and family-friendly! 5–7:30pm at the Moab Information Center, corner of Center and Main.

CANYONLANDS NATURAL HISTORY ASSOCIATION

NATIONAL PUBLIC LANDS DAY CELEBRATION

LIVE MUSIC!

Thursday, September 25
 5 pm - 7:30 pm
 Moab Information Center

Join us for an evening of live music by David Steward and Friends, free swag, and community fun—featuring the National Park Service, Bureau of Land Management, U.S. Forest Service, and local partners who help protect and share our public lands.

Canyonlands Natural History Association

Moab Information Center
Corner of Center and Main

FREE!

Sep 25 Live Music: Blu Pig- Davey & the Midnights

Sep 25, 26, 28 Leaving a Trace- Moab Theater Project performances take place at the Slick Rock Bike Trail in the Sand Flats Recreation Area Tickets are \$18 and are limited to 100 people per for performance. Entrance to Sand Flats Recreation Area is included with ticket price. More details and tickets available at <https://tinyurl.com/moab-trace>. See pg 10B

Sep 25–28 Moab Photo Symposium- The Moab Photography Symposium (MPS) presents known leaders and new voices in the field of landscape-based fine art photography. www.mps25.com

Sep 25–28 Red Rocks Arts Festival- Theme: *Our Collective Timeline*, a series of events and experiences that connect our cultural, societal and historical moments together. Programming will feature collaborative community activities, art experiences, music performances, theatrical performance, artisan vendors and all-ages art activities. The Festival is centrally located in downtown Moab at the Moab Arts facility at 111 E 100 N. redrockartfestival.com. See pg 14A

Sep 26 Free Live Music at Spanish Valley Winery- The Patchwork Jacks, threading together influences of Latin ballads, Texas Country, and Romani swing. Don't miss your chance to see this incredible traveling band on our stunning back patio overlooking the vines. 5–7pm. 4710 Zimmerman Ln.

Sep 26 Skate Moab- Free Night, all ages, 6–8pm, Old Spanish Trail Arena Pavilion.

Sep 26 Live Music: Blu Pig- Matthew Earle

Sep 27 National Public Lands Day- Enjoy free entry to national national parks or volunteer and help take care of our public lands. The theme for this year's celebration is National Public Lands Day: Together for Tomorrow.

Sep 27 National Public Lands Day at Arches- Take care of public lands by volunteering at Arches on National Public Lands Day! All equipment will be provided and all ages and abilities welcome. Minors

must be accompanied by an adult. 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 email SEUG_Volunteers@nps.gov or call 435-719-2214.

Sep 27 National Public Lands Day Volunteer Event at Utahraptor State Park- Volunteers meet at the Visitor Center. We will be removing invasive Russian Thistle from the park. All tools will be provided. 9am–12pm. More info email zprevost@utah.gov

Sep 27 Trail Mix Volunteer Day- The new Mud Springs trail system south of Moab, which is a collaborative project with San Juan County and the BLM is underway, and public volunteer days are scheduled for National Public Lands Day and October 18. If you or your business are interested in volunteering to help build Mud Springs, please reach out to trailoutreach@grandcountyutah.gov. Info: grandcountyutah.net/980/Volunteer. See pg 3B

Sep 27 Growing a Circular/Sustainable Garden- Free Workshop Led by Diane Ackerman. "We will highlight the value of building soils and other techniques for garden resiliency in a hotter climate. We will dig into expanding our gardens to include perennial vegetables like asparagus and rhubarb, and fruit & berries. Finally, I will introduce basic seed-saving techniques and the planning involved in saving vegetable seed." 10am–12pm at Youth Garden Project, 530 South 400 East St. www.youthgardenproject.org

Sep 27 Wild & Scenic Film Festival- Friends of Arches and Canyonlands Parks is thrilled to bring this inspiring adventure film festival to Moab! Experience a powerful lineup of award-winning short films that celebrate the beauty of the natural world and the people who protect it. Be among the first to watch the premiere of our brand-new storytelling piece *The Maze: Stories of Sand & Water*, one of the most remote and awe-inspiring districts of Canyonlands National Park, and a special discussion with the filmmakers and National Park Service rangers. 7–9pm at Star Hall. Free Admission—Donations Welcome. Your support helps Friends of Arches and Canyonlands Parks protect and preserve our national parks for future generations.

Sep 27 John Wayne Grit Series- 10K and Half Marathon fundraiser for the John Wayne Cancer Foundation. Info: johnwayne.org/pages/moab



MOAB, UT | 9.27.25

JOHN WAYNE

GRIT SERIES

Sep 27 Magic Show with Rick Boretti- The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh and be mystified! 7pm, Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Sep 27 Live Music: Blu Pig- Lost Buffalo

Sep 27–28 Barrels 4 Bucks- Slot race. Old Spanish Trail Arena. www.barrels4bucks.mysite.com

Sep 28 Live Music: Blu Pig- Dustin Burley

Sep 29 Live Music: Blu Pig- J. Ezra

Sep 30 Live Music: Blu Pig- J. Ezra

PLANNING A 2026 EVENT?

LET US KNOW

info@moabhappenings.com

Moab Happenings

2025 Moab Events

August 27-Sep 12...Moab Music Festival	Sep 25-28...Moab Photo Symposium	October 17-19 Moab Celtic Festival Scots on the Rocks	Bunkhouse	Nov 8... Frisbee Tournament
September 5-7...Blazer Bash	Sep 27...John Wayne Grit Series (running event)	October 18-19..Red Canyon Powwow Cancelled	October 25/26...Barrels 4 Bucks	Nov 15...Dead Horse Ultra (long dist running)
Sep 13-14... Moab Women's Festival	September 27-28...Barrels 4 Bucks	October 23-25...Jeep Jamboree	October 31...Trunk or Treat	November 22...Turkey Trot
September 18-21...Moab Festival of Science	Sept 30-Oct 4...Grenadier Oktoberfest	October 23-26...Moab Ho Down	November 2...Day of the Dead	Nov 27...WabiSabi Community Thanksgiving
September 19-20...Green River Melon Days	October 3-5...Outerbike (Mountain Bike Expo)	Oct 24-25...Field of Screams Softball Tournament	November 2-7...Moab Folk Camp	December 5...Holiday Tree Lighting
September 20-22... Skinny Tire Fall Festival	Oct 4...Arches Marathon & Half, 15k & 50k	Oct 25...Canyonlands Ultra (long dist running)	November 7-9...Moab Folk Festival	December 5-6...Holiday Craft Fair
September 21-26...National Land Rover Rally	Oct 4...Community Appreciation Block Party	Oct 25 ... Community Rebuild's Haunted	November 8-9...Moab Trail Marathon, Half Marathon, 5K & Kids K	December 6...Electric Light Parade
September 25-28...Red Rock Arts Festival	October 10-15...Moab 240 Endurance Run		November 8... Soup Bowl Fund Raiser	December 6...Moab Locals 10K

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

October 2025

- Oct 2–5 Grenadier Oktoberfest-** An off-road event for INEOS Grenadier owners and enthusiasts ineoseventsusa.com
- Oct 3 Arts & Ag Market-** Swanny Park from 5-8pm
- Oct 3 Tiny Station Concert: Taiko Dan-** Free concert simulcast live from KZMU station, 1734 Rocky Rd. 6pm
- Oct 3–5 Outerbike Moab-** A premier mountain bike festival, where riders can test-ride a wide variety of new bikes from multiple brands on world-class trails, enjoy food and social events, and connect with the cycling community. Info at www.outerbike.com
- Oct 3–10 KZMU Radiothon-** This fall's fundraising theme is pirates. Please donate a few doubloons to support our independent radio station at kzmu.org
- Oct 4 Pirate Boat Race-** Build your own vessel and race for prizes at Ken's Lake. In conjunction with KZMU Radiothon.
- Oct 4 Moab Out of the Darkness Walk-** Walk to prevent suicide. Grand County High School. Register at afsp.org/moab



WALK WITH US TO PREVENT SUICIDE

JOIN OUR COMMUNITY

Moab Out of the Darkness

October 4, 2025

Grand County High School (608 S 400 E), Moab, UT

Register at afsp.org/moab



- Oct 4 Arches Marathon**
- Oct 4 White Mesa Ute Community Spiritual Walk and Protest-** Against the Energy Fuels uranium mill- 11am. More info: contact White Mesa Concerned Community (435) 459-2461 • ybadback427@gmail.com • bradley@greenaction.org
- Oct 4 Witches Night Out Block Party-** Grab your hats, your brooms, and your best ghou! friends... This is the spookiest night of the year! You don't want to miss this magical evening of music, cocktails & mocktails, costume contests, treats, and wicked fun! 6–9pm in the alley behind 41 E Center street, Moab. Sponsored by Piercing by Abbi with Wild Ink, Red Oasis Spa & Juniper Row Salon
- Oct 4–5 Moab Golf Course Tournament-** Moab Senior Amateur men/women. To sign up call (435) 259–6488. www.moabgolfcourse.com
- Oct 7 Uranium Mines to Red Rock Tourism-** Discover how Moab transformed from a mining boomtown to a world-class outdoor recreation destination with Robby Anderson, Canyonlands National Park Ranger. 6pm at Moab Information Center. Sponsored by Moab Museum.
- Oct 9 Writing your Life: A Generative Memoir Workshop with Author Suzanne Roberts-** No matter where you are in your memoir-writing journey, this 2-hour generative workshop will help you start, develop, or revise a memoir-in-process. Bring a paper and pen. Free workshop! 6:00pm–7:30pm at Grand County Public Library, 257 E Center St

- Oct 10 Skate Moab-** Family Skate Night, All Ages 6pm-8pm - Old Spanish Trail Pavilion
- Oct 10–15 Moab 240-** Enjoy 240 miles of beautiful terrain as you travel through desert, canyons, slick rock, and two mountain ranges — all while surrounded by Canyonlands and Arches National Park. www.destinationtrailrun.com/moab
- Oct 11 WabiSabi Fall Festival 2025-** Festivities, vendors, live entertainment, food trucks, beverages, art, crafts, costumes, carnival games, and more! If you would like to volunteer, or be a vendor or food truck, please email us at forms@wabisabimoab.org. Free entry, costumes encouraged, bring your ID, all ages! Center Street at 198 East Center.

- Oct 11 Youth Garden Project Garden Dinner-** Enjoy a multi-course meal prepared by guest Chefs Sylvia Bentley and Abigail Lawrence, harvested straight from the garden! Dine outside with friends and family under twinkling lights, at tables beautifully set throughout the heart of the garden. Each event will be complete with a starting reception and mocktails, a farm tour, and a seed-to-table dining experience like no other with stunning views of the red rocks in the distance. \$75 for adults and \$25 for youth under 12. Event begins at 5pm. Dining service begins at 6:15pm. Reservations are required and seating is limited! www.youthgardenproject.org/seed-to-table.

- Oct 11 Lip Synch Contest-** Lip synch for prizes or just enjoy the show. 7pm, Woody's World Famous Tavern.
- Oct 16–19 Bluff Arts Festival-** The Bluff Arts Festival is an annual celebration of the creative spirit of Bluff, Utah, San Juan County and surrounding communities, including the Navajo Nation, Ute Mountain Ute Tribe, Hopi, Zuni, and more than 20 other Tribes and Pueblos who have called the greater Four Corners region home since time immemorial. (Alternate text: The Bluff Arts Festival is an annual celebration of the arts and culture of the Four Corners region.) More info at bluffartsfestival.org

- Oct 17–19 Moab Celtic Festival—Scots on the Rocks-** Heavy Athletics including the Lightweight Women's National Chonpionship, Pipe & Drum Competition, Highland Dance Competition, Educational Clan Booths, Traditional Vendors, and Delious Food & Drinks. Center Street Ballpark, 250 E Center St. Info: ScotsOnTheRocksMoab.org

- Oct 18 Castle Valley Gourd Festival-** Family fun with face painting, gourd vendors, parade and puttett show. Free to all. Info: 435-259-0537 or facebook.

- Oct 18 Trail Mix Volunteer Day-** The new Mud Springs trail system south of Moab, which is a collaborative project with San Juan County and the BLM is underway. If you or your business are interested in volunteering to help build Mud Springs, please reach out to trailoutreach@grandcountyutah.gov. Info: grandcountyutah.net/980/Volunteer

- Oct 20–24 Jeep Jamboree USA-** Family oriented four-wheel-drive adventure that's probably unlike anything you've ever experienced. Info: jeepjamboreeusa.com/



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- Oct 23 Abandoned Mine Reclamation (AMR) Tour-** Visit historic uranium sites undergoing environmental restoration and learn about modern mine safety and reclamation efforts. Yellowcat Area. (Registration Required) Info: www.moabmuserum.org, 435-259-7985
- Oct 23–25 Jeep Jamboree USA-** Four-wheel-drive adventure event. Info: jeepjamboreeusa.com/
- Oct 23–26 Moab HoDown-** Moab's local IMBA Chapter — Moab Mountain Bike Association is the host of the event and has put together a schedule that brings together multiple opportunities of fun to be had on 2 wheels and raises funds for our local bike park and trail projects. moabhodown.com
- Oct 24–25 Field of Screams Softball Tournament**
- Oct 25 Canyonlands Ultra-** Part of Mad Moose Events' popular Run Moab Series! With events ranging from 15k to 100K, this weekend is the best way to immerse yourself in the trail running community and explore the breathtaking scenery of Moab. www.madmooseevents.com
- Oct 25 Community Rebuilds' Haunted House**
- Oct 25 Service Saturday at Arches-** 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. Minors must be accompanied by an adult. 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. 9–10:30am. For more information or to sign up, please email SEUG_Volunteers@nps.gov or call 435-719-2214.
- Oct 25–26 Barrels 4 Bucks-** Costume race. Old Spanish Trail Arena. www.barrels4bucks.mysite.com
- Oct 31 HALLOWEEN**
- Oct 31 Skate Moab-** Free Night, All Ages 6–8pm at Old Spanish Trail Pavilion, 3641 S Hwy 191
- Oct 31 Trunk or Treat-** 4–6pm, Ballfield Road at Old Spanish Trail Arena, 3641 S Hwy 191

Restaurant Guide

The Alley
Sports Pub & Grill
At Gravel Pit Lanes

Watch Every Game Here!
Best Wings in Town
20 Beers on Tap!



1078 Millcreek Dr. | 435-259-4748



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

Bangkok House Too, Sushi Bar & Asian Bistro
59 South Main St. Suite 8 435-355-0168
Lunch • Dinner • Take-Out • Delivery
Open Daily 11:30am-10pm 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, Bubble Tea. There are many Vegetarian and Gluten Free options. Plus a kids menu! We also offer Lunch Specials and To-Go. **Delivery available.**

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Whiskeys & Tequilas in Moab

Blu Pig & Blu Bar
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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.

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WWW.THEBROKENOARMOAB.COM

Broken Oar
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Dinner • Take-Out Open Nightly - Closed Sundays
Hours & Days subject to change
Check current hours online

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.



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36 South 100 West

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435-259-0756 FULL LIQUOR LICENSEE

Desert Bistro
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Dinner
Open 5pm

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



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Pick up your free copy of the
Moab Menu Guide
at businesses
all over town
and online!
www.moabmenuguide.com



Restaurant Guide



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

Try our Sopas and Gorditas \$7.50ea
Try our Super Fries (like Nachos but with French Fries)

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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, Jamaica. Order online www.gilibertos3.com



TOP 5 Reasons for Eating Locally

1. You keep your money in Moab's economy.
2. You benefit from Moab passion and expertise.
3. You keep Moab tax dollars here.
4. You keep the American Dream alive.
5. It's a 50+ mile drive to eat anywhere else.



Gloria's Cafe
Open 7 days a week

20 South Main Street
gloriascornercafe.com 435-259-0101

Gloria's Corner Café
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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.



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Indo Grill
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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.



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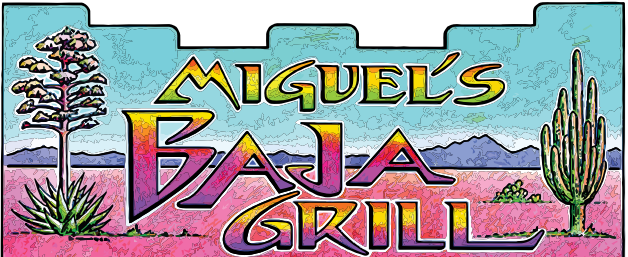
Tacos Sopas Nachos
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La Dueña Mexican Kitchen
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La Dueña Mexican Kitchen is a locally owned and operated food truck. Every customer is treated like family, and they respond the same. Our goal is to serve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



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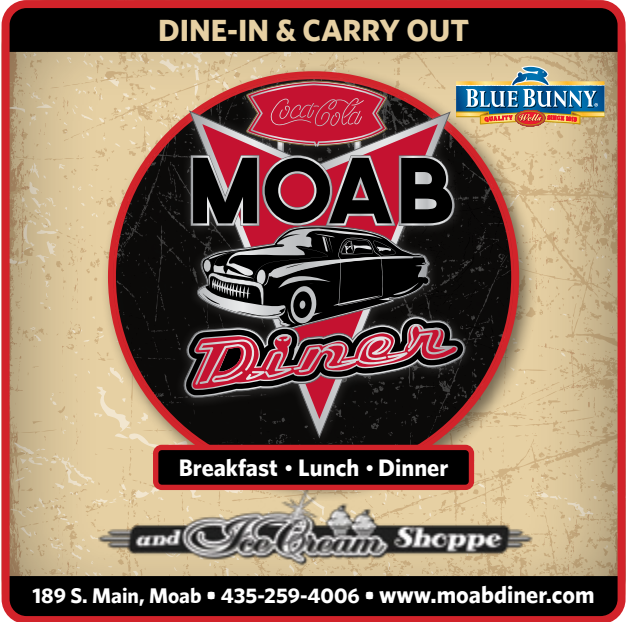
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and Ice Cream Shoppe

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

Moab Diner & Ice Cream Shoppe
189 South Main 435-259-4006
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Open Mon-Sat 6am-9pm. Closed Sundays

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

Restaurant Guide



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1393 N HWY 191, MOAB, UT 84532

Proper Brewing Co.
1393 North Hwy 191
Open Sunday-Thursday 12pm-9pm
Friday-Saturday 12pm-10pm Closed Tuesday

Experience Proper Brewing Co. Moab. With a wide selection of craft beers, delicious appetizers, juicy burgers, hearty entrees, and a variety of vegan options. This brewery and restaurant is truly a gem in the desert. Soak in the beautiful views from our patio while sipping on a cold beer, and grab some beer to-go in our beer shop for your next adventure- the perfect way to enjoy Moab.



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Mediterranean Restaurant

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11:30am - Close

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Phone: +1 435 355 0700
sultanmoab.com

Sultan Mediterranean Grill
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Open Daily

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.



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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 Tuesday & Thursday nights. To go orders are welcome.



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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 Happenings Restaurant Guide



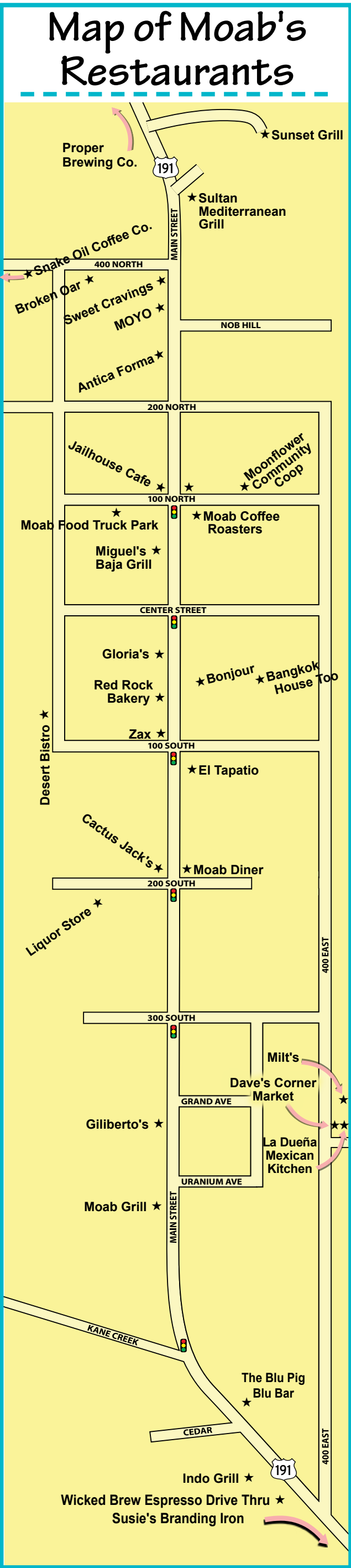
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MOYO is a self-serve frozen yogurt shop that offers 14 delicious flavors of yogurt, including low fat and no-sugar added. We also have custard and Italian ice. Our topping bar offers over 30 choices, from healthy to decadent, to enhance your froyo experience. All of our yogurts and sorbets are real dairy, live and active culture certified as well as OU-D Kosher certified.



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Open Mon - Fri 6am-12pm
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Open Daily 7-7pm Breakfast/Lunch 7-3pm
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Dave's Corner Market
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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!

Downtown Happenings





September 25-28, 2025

FREE!
COMMUNITY
ARTS FESTIVAL



Moab, Utah

RED ROCK ARTS FESTIVAL

.COM

Free Workshops • Block Party • Live Music • Art Market • Theater

Family Paint & Sip • Dance Lesson & Session • Community Dinner





Moab Live Downtown Entertainment Starts Autumn Season

Cooler weather makes outdoor entertainment even better in Moab. Not only are there plenty of natural wonders to see in Moab, there’s also fun entertainment available right downtown. If you’re looking for something totally different, the Moab Backyard Theater is located right in the heart of downtown. It’s open to all ages and great fun for grown-ups and kids alike. Not only is it fun, but all shows are performed without the use of Artificial Intelligence.

The Backyard Theater is one of the only open-air entertainment venues in the west, a throwback to the old west days when traveling shows entertained culture-starved pioneers on the dusty streets of the frontier towns. Located just a half-block off Main street in downtown, The



Backyard Theater features Magic and Music two nights a week. The stage sits beneath a giant cottonwood tree that is older than the town itself. In its 12th year of operation, the theater has entertained thousands of people from all over the world. They come to see an old-fashioned type of American entertainment that has all but vanished in the rest of the country.

Every Wednesday, there’s traditional bluegrass music at the theater. The band Quicksand Soup performs old-time standards and unique originals starting at 7 pm. The free show has become a downtown fixture over the last few years and it’s common to see both locals and tourists alike tapping their toes, or even dancing.

On Saturdays, The Backyard Theater feature’s the southwest’s only outdoor downtown Magic Show, the award-winning magic of Rick Boretti. Rick’s hilarious routine changes constantly, but always involves lots of wisecracks and mystifying magic tricks. Folks have been known to return year after year for the show. Kids love Rick’s magic, but adults love it too. If you haven’t caught a real magic show in a while, then you might have forgotten how fun they can be. Shows start at 7. Music is always free. Magic Prices are 15 dollars for folks over 12 and 8 dollars for kids over 3. 3 and under are free. The theater often features the authentic cooking of El Local Cocina Food Truck, and always allows outside food and drink.. It is located just behind Zax at 56 W. 100 South



Moab Celtic Festival

Scots on the Rocks

Save the date!

Join us

October 17-19, 2025

THREE EXCITING DAYS OF ENTERTAINMENT!

Heavy Athletics including the Lightweight Women’s National Championship, Pipe & Drum Competition, Highland Dance Competition, Educational Clan Booths, Traditional Vendors, and Delicious Food & Drinks!

Center Street Ballpark 250 East Center Street

For details visit ScotsOnTheRocksMoab.org



WILD & SCENIC® FILM FESTIVAL

Sat Sep 27th 2025

Star Hall

Moab, Utah

presented by

 FRIENDS OF ARCHES AND CANYONLANDS PARKS

Dark Sky Happenings

The Great Rift

Adapted from an article by Dave Prosper and updated by Kat Troche



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!

September nights have glorious views of our own Milky Way galaxy under dark skies. For many city dwellers, their first sight of the Milky Way comes during trips to rural areas, so if you are traveling away from city lights, do yourself a favor and look up!

In Moab this time of year, you can see the Milky Way after dark overhead. Photos of the Milky Way are breathtaking, but they usually show far more detail and color than the human eye can see – that’s the beauty and quietly deceptive nature of long exposure photography. To observe the Milky Way with your eyes, you need clear, dark skies and enough time to adapt to the dark. Avoid bright lights as they will ruin your night vision, and choose a night with new or crescent Moon; a full Moon will wash out potential views.

Keeping your eyes dark-adapted is especially important if you want to see the dark lane cutting into that haze, stretching from the Summer Triangle to Sagittarius. This dark detail is known as the Great Rift and is seen more readily in very dark, dry skies found in

high desert regions. What exactly is the Great Rift? You are looking at massive clouds of galactic dust lying between Earth and the interior of the Milky Way.

Other “dark nebulae” of cosmic clouds pepper the Milky Way, including the famed Coalsack, found in the Southern Hemisphere constellation of Crux. Many cultures celebrate these dark clouds in their traditional stories along with the constellations and the Milky Way. One such story tells of a Yacana the Llama, and her baby, wandering along a river that crossed the sky – the Milky Way. The bright stars Alpha and Beta Centauri serve as the llama’s eyes, with the dark sections representing the bodies of mother and baby, with the baby below the mother, nursing. What do you see in the Milky Way?



The Vera C. Rubin Observatory, located at Cerro Pachón, Chile, under the Milky Way. The bright halo of gas and stars on the left side of the image highlights the very center of the Milky Way galaxy. Image Credit: RubinObs/NOIRLab/SLAC/NSF/DOE/AURA/B. Quint



This painting by Cusco artist Miguel Araoz Cartegna (b. 1977, Oil on canvas, 2014) depicts the Milky Way over Cusco during July and August - the time when the sky is clear and most of the Inka constellations can be easily observed. Credit: Doug McMains, National Museum of the American Indian. Courtesy of the Museo del Convento de Danto Domingo, Cusco, Peru.

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MOON HAPPENINGS

- September 7 — Full Moon at 12:08 pm
- September 14 — Third Quarter at 4:32 am
- September 21 — New Moon at 1:54 pm
- September 29 — First Quarter at 5:53 pm

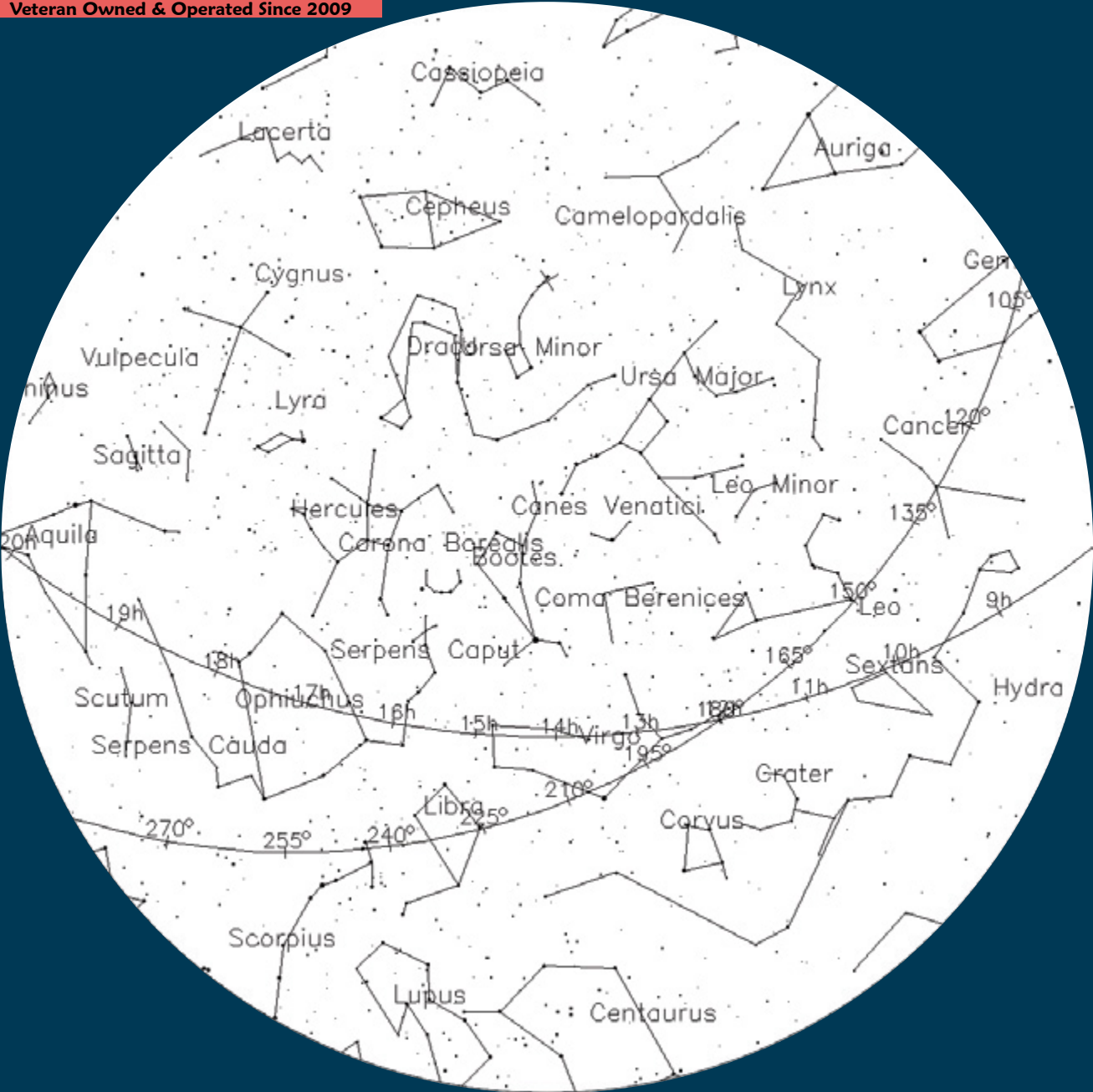


SUNRISE & SUNSET TIMES

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

DATE	SUNRISE	SUNSET
Mon, Sep 1	6:46:41 AM	07:49:22 PM
Tue, Sep 2	6:47:33 AM	07:47:50 PM
Wed, Sep 3	6:48:26 AM	07:46:18 PM
Thu, Sep 4	6:49:19 AM	07:44:46 PM
Fri, Sep 5	6:50:11 AM	07:43:13 PM
Sat, Sep 6	6:51:04 AM	07:41:39 PM
Sun, Sep 7	6:51:57 AM	07:40:06 PM
Mon, Sep 8	6:52:49 AM	07:38:32 PM
Tue, Sep 9	6:53:42 AM	07:36:57 PM
Wed, Sep 10	6:54:34 AM	07:35:23 PM
Thu, Sep 11	6:55:27 AM	07:33:48 PM
Fri, Sep 12	6:56:19 AM	07:32:13 PM
Sat, Sep 13	6:57:12 AM	07:30:38 PM
Sun, Sep 14	6:58:05 AM	07:29:02 PM
Mon, Sep 15	6:58:57 AM	07:27:27 PM
Tue, Sep 16	6:59:50 AM	07:25:51 PM
Wed, Sep 17	7:00:43 AM	07:24:15 PM
Thu, Sep 18	7:01:36 AM	07:22:40 PM
Fri, Sep 19	7:02:29 AM	07:21:04 PM
Sat, Sep 20	7:03:22 AM	07:19:28 PM
Sun, Sep 21	7:04:15 AM	07:17:52 PM
Mon, Sep 22	7:05:08 AM	07:16:17 PM
Tue, Sep 23	7:06:02 AM	07:14:41 PM
Wed, Sep 24	7:06:55 AM	07:13:06 PM
Thu, Sep 25	7:07:49 AM	07:11:31 PM
Fri, Sep 26	7:08:43 AM	07:09:56 PM
Sat, Sep 27	7:09:37 AM	07:08:21 PM
Sun, Sep 28	7:10:31 AM	07:06:46 PM
Mon, Sep 29	7:11:26 AM	07:05:12 PM
Tue, Sep 30	7:12:21 AM	07:03:38 PM

North



Non-Profit Happenings

The Moab Area Community Land Trust: A Primer Affordable Housing for Locals

by Nancy Kurtz

Kaitlin Myers, who has headed up the Moab Area Community Land Trust for the last three and a half years, has formulated some strategies that actually work.

A lot has happened since she became the Land Trust’s first paid staffer in January 2022. Having served on the nonprofit trust’s Board of Directors for several years, and having earned college degrees in architecture and economic development, Myers knows more than a little bit about how houses get built, from the ground up.

She begins by saying MACLT is the “puppeteer” of the five different developers they work with. Myers learned early on that being an architect was not her wheelhouse. “I care more about how people interact within the walls, than how the walls are put together,” she tells me.

“Our whole model,” she says, “is focused on the land. We first work with developers to make it easier for them to build housing—so we’re able to sell the lease on the lot to them.” The lease is priced substantially lower than it would be on the open market. And MACLT begins the work by building infrastructure—roads, utilities, garden spots, site planning.

You need land. You need money—starting with a \$4.4 million Federal grant the Land Trust garnered in 2019.

You need an indispensable public partner called the Southeast Utah Housing Authority, to oversee construction and help connect the dots.

You need an 8-member board of directors comprised of an impressive list of high-powered local leaders to help develop priorities.

And then you need something like a spaghetti chart, or as Myers puts it, “red strings on a board” to keep it all straight.

The admitted complexity is needed in order to satisfy a major requirement of the Land Trust’s mission, which is to serve a diverse population, and which the land trust believes is key to the sustainability and quality of life here.

Myers points to the spectrum of potential homeowners and renters, their different preferences, household



Staffers, board members, and partners celebrate ground-breaking for new projects at Arroyo Crossing last April - Kaitlin Myers is the second from the right.

structures, and income profiles. “It’s complicated,” Myers says, “but in the end it provides more choice for people who want to live and work here.”

The flagship of MACLT’s mission is Arroyo Crossing, a 41-acre tract about a mile and a half south of Moab on Spanish Valley Drive. The land was donated to the Land Trust in 2017 and was slated to be the breeding ground for 300 housing units at completion.

Building has been ongoing, with many of the first homes built in partnership with a Moab nonprofit called Community Rebuilds, which oversees construction of affordable strawbale homes in the Moab area (see Non-Profit Happenings, August 2023 issue).

The magic is that homeowners own the homes, but lease the land. This helps to keep the properties affordable, and management under the careful eye of the land trust ensures that there are limits on how much the price of the property goes up over time.

“This is my dream job,” Myers says. “There is nothing cooler and more personal than your home. What we do provides stability for people who love this community and want to stay here.”

To learn more and especially to get on the list for the new homes currently under construction at Arroyo Crossing: The MACLT has an informative web page and the Southeast Utah Housing Authority (435-259-5891) is an excellent resource. Myers also suggests going to Moabhousing.com for information on the land trust and other housing opportunities in Moab.

MACLT accepts monetary donations and is happy to entertain opportunities for land acquisition.

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

2023

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Learn About Natural Healing Modalities at 3rd Annual Wellness Expo in Grand Junction

By Sharon Sullivan

A wide range of natural healing modalities will be presented at the third annual Wellness Expo in Grand Junction, September 27, at the Unitarian Universalist Congregation of the Grand Valley in Grand Junction, 536 Ouray Ave.

From 9 a.m. to 2 p.m., attendees can meet various practitioners who will conduct demonstrations and workshops on topics such as acupuncture, energy healing (like reiki, and chakra balancing), ortho-bionomy, sound healing, and so much more.

Approximately 25 different vendors will be on hand, to also talk about guided meditation, accessible yoga, a brain training system called NeurOptimal Dynamical Neurofeedback. One workshop is titled “How to rediscover and realize your natural state of peace, purpose and passion.”



“People will get a little taste (of different types of practices) during those workshops, said UU Program Director Maya Kraushaar. The Wellness Expo is an introduction to various healing modalities. Most of the



practitioners who will be there to answer questions are from the Grand Valley, she said.

“Each year has been eye-opening,” learning about all the vast array of healing modalities available, Kraushaar said.

Other topics that will be presented that day include biodynamic craniosacral therapy, manual lymphatic drainage, and myofascial trigger point therapy. There will also be introductions to life coaching, nutrition and diet, art therapy, herbal medicine, as well as, Family Connection and Parenting workshops.

The Unitarians are partnering with Pathways to Wellness, a division of Creative Directions Counseling and Consulting, to host the event.

“This aims to be an adventurous exploration into the realms of self-discovery, wellness, and creativity,” according to Pathways to Wellness. It is “designed for those seeking to enrich their lives through diverse, non-therapeutic avenues; our new initiative offers a unique blend of activities to nurture the mind, body, and spirit.”

The Unitarian Universalist Congregation of the Grand Valley identifies itself as a welcoming congregation that “encourages spiritual exploration and growth, according to its web site. “We recognize the unity of religious ideals in the search for truth and common good. We seek fairness in our relationships and justice in the larger community.”

Admission to the Wellness Expo is \$10 for everyone 12 and older. For more information email: programs@grandvalleyuu.org.

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



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Chair Yoga (Mondays at 9am, 76 South 100 West—In the Back of Red Rock Bakery) Join us for Chair Yoga, a class designed to support and nurture everyone, regardless of ability. Sign up online at www.wellnesscollectivemoab.com to save your spot.

Y12SR-The Yoga of 12-Step Recovery (Wednesdays at 5:15pm at 76 South 100 West—In the Back of Red Rock Bakery) Combining the practical tools of the 12-Step program with the ancient wisdom of yoga. Y12SR is a yoga practice followed by a brief group discussion based on the 12-steps. Open to everyone and anyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome. Y12SR is NOT a replacement for meetings, sponsors, or a part of the 12-step program. Provided in partnership with @myusara Sign up online at www.wellnesscollectivemoab.com

Community Yoga with Wellness Collective (Thursdays at 5:15pm at 76 South 100 West—In the Back of Red Rock Bakery). Join the facilitators with Wellness Collective for a 60 minute community yoga class. Class is by donation and you must sign up in advance online at. www.wellnesscollectivemoab.com

Meal Support Circle (Thursdays at 5:15pm at Youth Garden Project). Join the facilitators of the Wellness Collective for a 60 minute community nutrition class with a free meal and take home Free produce from Easy Bee Farm. Sign up in advance online at www.wellnesscollectivemoab.com

Gentle Yoga (Fridays, 10:00am at USARA 23 S 100 W, Moab). Join Breann at USARA for a FREE gentle yoga class. Please sign up in advance online at. www.wellnesscollectivemoab.com

Friday Flow (Fridays, 8:30am at 76 South 100 West—In the Back of Red Rock Bakery). Start your Friday with this all-levels donation yoga class designed to help you awaken the body, center the mind, and ease into your day with intention. Please sign up in advance online at. www.wellnesscollectivemoab.com

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Bahá'í Faith	435-650-5778
Canyonlands Fellowship	435-260-2434
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Church of Jesus Christ of Latter-Day Saints	
First & Second Wards	435-259-5566
475 West 400 North	
Third, Fourth & Fifth Wards	435-259-5567
701 Locust Lane	

Community Church	435-259-7319
544 MiVida Drive	
Episcopal Church of St. Francis	435-259-5831
250 South Kane Creek Blvd	
Friends in Christ Free Lutheran Church	
1240 South Highway 191	435-259-4378
Grace Lutheran Church	435-259-5017
360 West 400 North	

Jewish Interfaith Beit Moabi	435-260-0241
Kingdom Hall of Jehovah's Witnesses	
25 Dogwood Ave	435-259-8166
Moab Baptist Church	435-259-8481
356 West Kane Creek Blvd.	
Not So Churchy in Moab	970-213-8208
Quaker Meeting	775-442-1298
239 West Center St.	text only

River of Life Christian Fellowship	435-259-8308
2651 East Arroyo Rd.	
St. Pius X Catholic Church	435-259-5211
122 West 400 North	
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Moab Church Services Directory

Healthy Happenings

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Brain Fog? Here, Take This Pill

By Ray Andrew, MD

At age 42, Shawn should be at the top of his “A” game. But he isn’t. He has become increasingly tired. After dragging himself through work, he just wants to veg on the couch when he gets home. His wife and children have learned not to expect anything from him after work because he is physically and mentally spent. But this isn’t the worst of his problems. What bothers Shawn even more is the brain fog. He feels as if his head is full of cobwebs. He can’t solve problems like he used to. When he can string thoughts together, it takes much longer than it used to. This makes it really difficult for him to perform on the job. If that’s not bad enough, he forgets the names of friends he has known since he was a child. Poof. Gone. To avoid humiliating embarrassment, he just addresses them as “Hey, dude…” each time he sees them.

“Am I just getting old?” he asked. “Am I getting early Alzheimer’s?”



When I completed my training in conventional medicine, the best I could do was to think perhaps Shawn was suffering from depression and prescribe him an antidepressant. Or to say, “Well, Shawn, you’re not getting any younger.” Because I’m quite a bit older than he is, however, the second answer rings hollow. And the first would only work if he was in fact depressed. But he isn’t. He doesn’t come close to meeting the criteria for that diagnosis. As tempting as it might be to give him a trial of a drug, hope for the best, and move on to the next patient, this would be a grave disservice to him.

There is simply no drug for brain fog. There is no receptor in the brain to block or to stimulate to make those cobwebs go away and the neurons to fire as they were designed to. Like so many of the symptoms that plague Americans today, brain fog is no more than a symptom of an underlying dysfunction. Moreover, in all my years of practice, I’ve never met a patient with brain fog who didn’t have several other symptoms to go with it. As a result, even if there was a magic drug for brain fog, it wouldn’t eliminate or even touch any of the other symptoms that accompany it.

Logically speaking, rather than trying to find a pill to control or lessen brain fog, it makes more sense to find out what is causing it and fix that. Some of the well-known hormonal causes include testosterone deficiency, estrogen dominance, hypothyroidism, vitamin D deficiency, and hypercortisolism. Common toxic causes include mercury toxicity, spike protein toxicity, chemical toxicity, mold toxin, sugar, bromine toxicity, and liver toxicity. Infectious causes include Lyme disease, viruses (especially Epstein-Barr Virus and Long-COVID), dental infections, parasites, and yeast overgrowth. Frequent autoimmune causes include Hashimoto’s thyroiditis, Lupus, and multiple sclerosis. Nutritional causes include vitamin B12 deficiency, processed foods, and dehydration. Gastrointestinal causes include intestinal dysbiosis, intestinal permeability, and food sensitivities.

Additional causes of brain fog include TBI/concussion, nonrestorative or inadequate sleep, hyperhomocysteinemia, reduced glymphatic activity during sleep, dysautonomia, chronic inflammatory response syndrome, depression, anxiety, chronic fatigue syndrome, and fibromyalgia.

Finally, although there is no drug that takes brain fog away, there are many that cause it. For example, chemotherapy is such a notorious offender that we have a specific term for the condition: “chemo brain”. It is also known as chemo fog or chemotherapy-induced cognitive impairment (CICI). This is serious enough that increasing numbers of people with cancer are choosing alternatives

to conventional chemotherapy, including insulin-potentiated (very low dose) chemotherapy and many other non-toxic options. Seizure medications are also well-known causes of brain fog. Because they decrease the energy in brain cells in order to reduce seizure activity, that same decrease leads to reduced thinking power. Other drugs that cause sluggish brain activity include antihistamines, antidepressants, medications for urinary symptoms, and drugs for nerve pain.



This is just a sampling of the numerous disturbances in your body that can cause brain fog. Even so, testing for each of these conditions would be time-consuming and cost-prohibitive, besides leading to unnecessary delays in treatment.

At Prestige Wellness Institute, we believe in helping our patients find shortcuts to better health. In less than ten minutes using bioenergetic testing, we were able to discover that the inflammation in Shawn’s brain was coming from parasites in his colon. Not only that, but the same parasites were interfering with his sleep. He hadn’t even mentioned his sleep problem because he thought it was just normal at his age, at least normal for him.

“But I haven’t visited a Third World country, and I don’t have diarrhea,” he protested. What he didn’t realize is that most people in America with parasites do not have any foreign travel exposure and do not have diarrhea or any other symptoms they would normally associate with parasites. This misunderstanding is so ingrained in American medicine and society that I once received a call from a hospital laboratory director who refused to run a test I had ordered for a specific parasite. “That parasite is not found in the United States,” he defiantly informed me. How does one nicely say, “I’m sorry to ruin your preconceived notions, but I know for a fact that it is found in the United States because I already found it”? All I was trying to do was confirm that the treatment had been successful in removing the bug from her intestines.

Returning to Shawn, as we discussed more of his history, we learned he had suffered a concussion playing high school football. After sitting out a couple of games, he was allowed to return to play following the official clearance guidelines. Unfortunately, neither his coach, parents, nor doctor realized that just because his symptoms resolved didn’t mean the inflammation in his brain had gone away. They also did not know at that time that a single concussion at any time in one’s life dramatically increases his or her risk of dementia, especially early-onset dementia. Consequently, part of Shawn’s recovery program includes interventions to shut down the inflammation in his brain and restore neuron integrity.

For other men and women, brain fog turns out to be no more than a simple testosterone deficiency. Sadly, we are seeing this earlier in life than we ever thought possible. The toxic, electrical, nutritional, emotional, and infectious assaults on both our brains and our hormones have accelerated in recent years. Identifying and making every effort to reverse them is proving life-changing for many people.

Not wanting to mess with something that isn’t yet severe, you might be tempted to say, “It’s just brain fog. Everyone my age has it.” As tempting as this is, it would be a mistake for two reasons: Although some people your age have it, not everyone does, and it has nothing to do with age per se. Secondly, the same dysfunction that is causing a nuisance symptom today—whether it’s brain fog, fatigue, headaches, body aches, heartburn, bloating, or whatever—can at the same time be brewing tomorrow’s heart attack, stroke, diabetes, cancer, autoimmune disease, or yes, dementia.

If you are younger than 105 and experiencing brain fog, memory loss, word-finding difficulty, or just not feeling as sharp as you used to be, don’t blame your age. If your doctor’s best efforts to help you get to the bottom of your problem prove inadequate, don’t give up. There are a lot of things your doctor and I were not taught in medical school. Advanced training in Functional Medicine is required to solve many of the most common problems seen in the American population today. For help in southeastern Utah, call (435)259-4466. For help in northern Utah, call (435)210-0184. You can get your brain back. The sooner, the better.

And don’t forget to mention you read about Prestige Wellness Institute in *Moab Happenings*.

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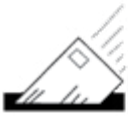
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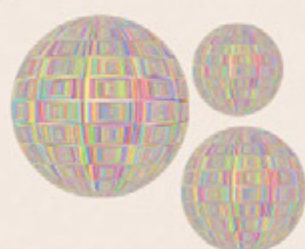


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**SAT
20**

**SAT
20**

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SPITFIRE
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**SAT
20**

**SUN
21**

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BLOCK PARTY
SWANNY PARK
12 PM - 3 PM

**SUN
21**

MOAB PRIDE



SHOPPING
DINING

Moab Happenings

LODGING
EVENTS

Volume 37 Number 6 Section B September 2025

Celebrate Summer’s End at Gallery Moab

by Thea Nordling

What a relief as this summer’s unrelenting inferno yields to the approach of fall! We relish the return of our favorite season, rousing from our summer torpor and venturing out to savor the cooling days and subtle change in colors. Creative energy builds as the mellowing sunlight and lengthening shadows draw painters and photographers outside to capture the mood of the season. For a sampling of the creative energy of our community, stop by Gallery Moab, an artist-owned and operated cooperative gallery offering original fine art and one-of-a-kind artisan crafts created by local artists inspired by our unique landscape.

Vanessa Rusczyk is featured as our special Guest Artist this month. She skillfully paints the native flora and landscapes of western America. Raised in New Mexico, she has lived in southern California for 25 years, and will return to New Mexico this year. Her award-winning portraits of flowers and plants give viewers a close look at plant structure and natural design, immersing them in that small world on a large scale. Her paintings are inspired by

hikes and road trips, along with the native plant species she grows in her garden. While focusing on native plants of California started her art career, her subject matter has broadened to the vast landscapes of Western America. Trips to canyon country of Arizona, Utah, and New Mexico inspire new works that aim to give a sense of vast space inhabited by resilient plant life.

While you’re at Gallery Moab, browse the walls and shelves, and you might find a perfect gift or memento, or that special piece of original art that sparks a personal connection with you. We offer a wide variety of original fine art and artisan crafts in different mediums to appeal to any taste and budget.

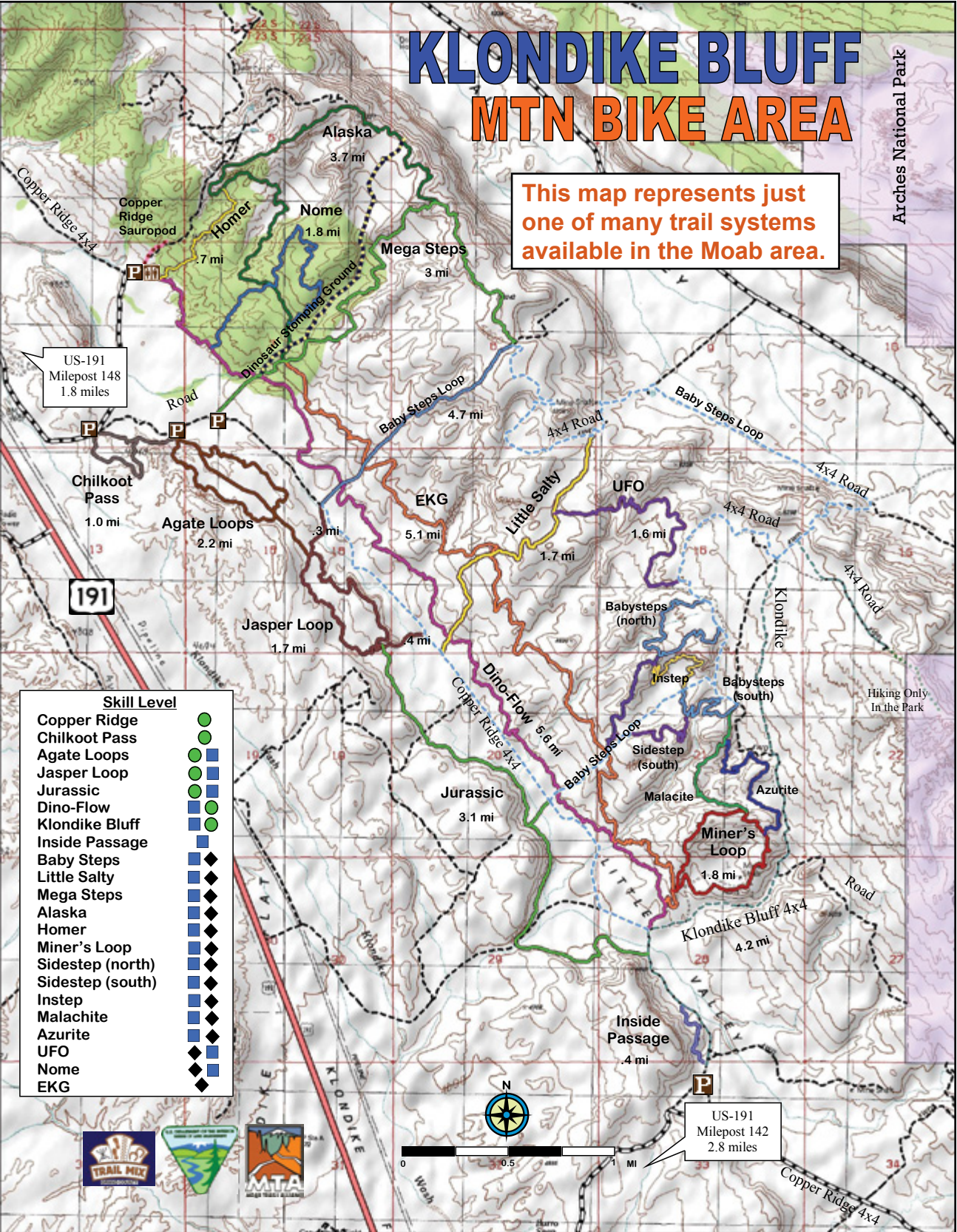


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Road & Mountain Bike Events



• **SKINNY TIRE FALL FESTIVAL - Road Cycling Tour, Sept 20-22, 2025** Formerly known as the Moab Century Tour, the Skinny Tire Fall Festival is just around the corner. Aarchway Inn graciously provides a well-balanced venue for our event. We look forward to welcoming 200 participants over the 3-day event. With the help of our volunteers & local businesses, the participants will cycle 3 days... Bull Canyon & Dinosaur Track Overlook, Potash and Deadhorse Point State Park. Please continue to be cautious while driving these routes. A portion of the registration fees goes towards Moab Regional Hospital Cancer Center. We welcome locals who wish to join in the event either on a bike or as a volunteer and we look forward to meeting you. If you're interested in volunteering, please send us an email. info@skinnytireevents.com Vince, Angie & Austin Sellers

• **OUTERBIKE October 3-5, 2025** The event is free & open to the public. We will have the latest & greatest from lots of Mountain bike brands as well as bike related gear, SWAG & info for everyone. Outerbike is a mountain bike demo event as well. There will be Bikes, Shuttles, Lunches and live music, happy hours for those that purchase a ticket. Even if you don't purchase a ticket, come out anytime. Gates open at 9am and close at 5pm. See ad page

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 23-26, 2025.** Moab's local bike community has come together for this fun-filled weekend of bike riding, bike racing, bike jumping, costume wearing, laughter and our communities love for all things biking. Moab Ho Down Mountain Bike Festival raises funds for our local bike park and has also helped to fund local trail projects over the years. Our local IMBA Chapter, Moab Mountain Bike Association dba Moab Bike Association, is the host of the event. Call 435-259-4688 or visit www.moabhodown.com

• **SKINNY TIRE FESTIVAL MARCH 2026.** We welcome over 500 participants over the 4-day event. With the help of our volunteers & local businesses, the participants will cycle 4 days... Deadhorse Point, River Road, Arches National Park and Potash. Please continue to be cautious while driving these routes. A portion of the registration fees goes towards Moab Regional Hospital Cancer Center... a cause that, sadly, too many people can identify with. We welcome locals who wish to join in the event either on a bike or as a volunteer and we look forward to meeting you. Vince, Angie & Austin Sellers, new owners of Skinny Tire Events.

• **MOAB ROCKS: A TRANSROCKIES RACE SERIES, May 2-4, 2026.** Whether you're a pro looking to jumpstart your race season or a weekend warrior with your sights set on finishing with a smile, Moab Rocks is three days of racing that's sure to leave you wanting more! Over three fully supported stages—covering 76 miles (123km) and 7,800 feet (2,400m) of elevation—you'll race on legendary trails like Porcupine Rim and modern classics like Bar M Trails and Mag 7. Once described as the "Unofficial Down-Country World Championships" by mountain bike racing legend, Geoff Kabush, Moab Rocks doesn't pull any punches. This is a race, a festival, a family-friendly vacation and an adventure all rolled into one. For info: www.moab-rocks.com/

• **TRANSROCKIES MOAB FONDO FEST, May 2026.** Prepare for a cycling spectacle as the TransRockies Moab Fondo Fest returns for an exhilarating weekend featuring not one, but two thrilling events—a 60 mile Gran Fondo on Saturday and a 60 mile Gravel Fondo on Sunday. Cyclists have the option to participate in either event or, for the ultimate challenge, tackle both, promising an unforgettable experience against the breathtaking backdrop of Moab's iconic red rock scenery Info: www.transrockies.com/gran-fondo-moab-2



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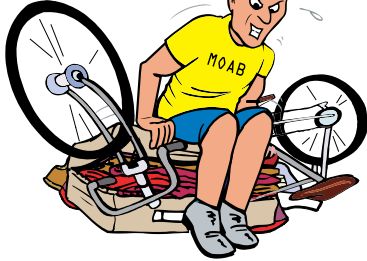
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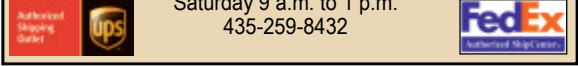
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Hiking Happenings

A Cooling Respite on the Manti-La Sal’s Devil’s Canyon Interpretive Nature Trail

by Kathy Grossman

As afternoon temperatures in Moab were still reaching into the 90s and 100s, I was looking for some relief. Hiking in a pine forest sounded like just the thing. Driving south from Moab 54 miles on US 191 to Monticello (gaining 3,000 feet in elevation), I proceeded south another 13 miles and turned right/west at the sign to Devil’s Canyon Campground (elevation 7,400 feet).



The trail begins

After following the Abajo Loop State Scenic Backway 0.7 miles, I turned right/east into the campground, crossed a cattle guard, and turned left/north past the camp host’s site to follow the loop for sites #17–41. After less than a mile, I arrived at the very end of the lollipop at site #41



where the trailhead for the Interpretive Nature Trail begins. (For more hiking trails at higher elevations, you can continue on the Scenic Backway around the base of Abajo Peak.)

The trail drops down from the road and begins an easy graveled loop below the camp sites, great for many abilities, including my (human) hiking companion who was recently recovering from

back surgery. Fifteen numbered posts mark information in a brochure available in the trailhead’s metal box. The

campground sits in the Manti-La Sal National Forest at the foot of the Abajo Mountains, also known as the Blue Mountains, another Colorado Plateau sky island including the La Sals and the Henrys. Devil’s Canyon itself is a rugged serpentine gorge carved into the San Rafael Swell with a drainage that starts near San Rafael Knob (at 7,921 feet, the swell’s highest point), cuts through Estrada sandstone layers, featuring pour-offs, tributary canyons, and elevation changes in the canyon floor.

Ancient peoples used many of the forest’s natural resources including pine nuts, produced by pinyon pines (*Pinus edulis*), which were—and are today—roasted and eaten. Tribes also wove the fibrous leaves of the narrowleaf yucca (*Yucca angustissima*) into baskets, sandals, rope, and twine, also consuming the stalks, flowers, and buds. The roots were processed into soap and yellow dye to color yarn. The sap of the Ponderosa pine (*Pinus ponderosa*) was used for glue and waterproofing, and tribal peoples also ground the seeds into flour. The plump, blue female seed cones (misnamed berries) of the Utah juniper (*Juniperus osteosperma*) were used



Looking down into Devil's Canyon

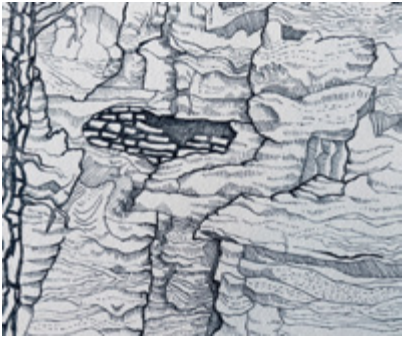
for medicines, its resin for tea and oil, and its drought-resistant wood for fence posts and firewood. The small red fruits of the bitter apple (*Peraphyllum ramosissimum*) are eaten by humans, elk, deer, and birds for their vitamin C, plus, the sweetened and cooked fruits can be made into jam. Gambel oak (*Quercus gambelii*), common across the Colorado Plateau, produce acorns, a food rich in fat and protein that can be stored for long periods, and, when

California beach girl **Kathy Grossman** is an artist, writer, and nature journalist who’s lived in Moab since 2011.



soaked or boiled to remove the bitter tannins, are roasted or ground into flour.

Ancestral Puebloans were in this area from about 50–1300 Common Era (CE). They then migrated away, mostly to what is now New Mexico and Arizona. Tribal descendants such as the Hopi, Zuni, Utes, and Diné still use these forest products. Other informational stops describe lightning strikes, bark beetles, barbed wire, and forest life cycles. A short side trail from station 11 leads east to a viewpoint of the Bitter Apple Ruin on the opposite side of the canyon. A granary sits in a small alcove high up on a cliff face. (I wish I’d brought my binoculars!) These granaries



Devil's Canyon Granary

protected caches of grain, beans, nuts, seeds, and corn from rodents and kept them dry from rains and floods. The harvest I preserved on this day was a refreshing respite from the Moab Valley heat, lovely rich scents of pinyon and Ponderosa pines, and the *ssshhhhhhhh* of the wind through their needles in this mountain foothill ecosystem just an hour from my desert home.

Grand County Trail Mix September Happenings

Progress continues at the new Mud Springs trail system south of Moab, which is a collaborative project with San Juan County and the BLM. Phase 1 of construction is underway, and public volunteer days are scheduled for September 27 (National Public Lands Day) and October 18. If you or your business are interested in volunteering to help build Mud Springs, please reach out to trailoutreach@grandcountyutah.gov.

Upcoming GCATT/Trail Mix Volunteer Days and Events:

- Volunteer Trail Ambassador Training - September 2nd and 4th, 5:15pm-7:15pm at the GCATT Office
 - Teach folks about Moab’s amazing desert ecosystem and how to stay safe while on trail.
- Adopt a Trail Training - September 3rd, 5:15pm-7:15pm at the GCATT Office
 - Adopt a section of Moab’s single track and help Moab’s trail team keep our trails in tip-top shape.
- September 4th Non-Motorized Trails Master Plan Open House- Grand County and the City of Moab are in the process of updating the Non-Motorized Trails Master Plan (last updated in 2011), which lays out a vision for a network of trails for non-motorized recreation and active transportation in Grand County. This will include a network of trails for walking and biking to get around town, as well as updates to our County’s recreational trail system (including trails for hikers, mountain bikers, equestrians, runners, skiers, and climbers). After an extensive public input process this summer, we will be presenting our draft recommendations at a mid-term open house on Thursday, September 4th from 6:00-7:30 at the Grand Center. Come by to weigh in on our proposals before the plan is finalized! The draft recommendations will also be posted online on the Grand County Active Transportation and Trails Department (GCATT) website (www.grandcountyutah.net/971/Active-Transportation-and-Trails). Email trailplan@grandcountyutah.gov with any comments or questions.

- The next Trail Mix meeting will be held Tuesday, September 9, at the Grand Center. Meetings are open to the public, and public participation is encouraged.

- National Public Lands Day at Mud Springs - September 27th, 9am-5pm at Mud Springs Trail System

Learn more about volunteer opportunities and trainings at www.grandcountyutah.net/980/Volunteer, or email trailoutreach@grandcountyutah.gov.

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

Locals and visitors - do you recreate on the Moab area's non-motorized trails? Do you walk, bike, or roll to get around town? Want to do that more? Do you have ideas for new trails, or ideas how to improve the trails system in Moab? We want to hear from YOU!



UTAH RAPTOR STATE PARK PRESENTS

MORNING QUARRY HIKE WITH A RANGER!

4-WHEEL DRIVE IS REQUIRED!

Join us for an exciting one-hour hike up to Dalton Wells Quarry - where they found the first Utahraptor bones! This guided hike will include history of the Quarry, information about the Utahraptor, and insight into what Moab looked like during the Early Cretaceous period.

The hike itself is 0.42 miles one-way with a 191 feet elevation gain. Bring water and sun protection, it is a moderate hike!

SATURDAY, SEPT. 6TH, 13TH, & 27TH

Meet at 9 a.m. at the entrance gate to Dalton Wells Quarry, (38.721952, -109.690499)

Questions? Call 435-259-3770

CANYONLANDS NATURAL HISTORY ASSOCIATION

NATIONAL PUBLIC LANDS DAY CELEBRATION

LIVE MUSIC!

Thursday, September 25
5 pm - 7:30 pm
Moab Information Center

Join us for an evening of live music by David Steward and Friends, free swag, and community fun—featuring the National Park Service, Bureau of Land Management, U.S. Forest Service, and local partners who help protect and share our public lands.

CANYONLANDS Moab Information Center FREE!

Nature Happenings

September Butterflies in Flight

September is a great month to catch the flight of butterflies in red rock canyons or in mountain meadows and summits as the males patrol these hilltops in search of females. This enjoyable butterflying experience is enhanced with distant mountain views, scenic redrock backdrops, and colorful late-summer wildflowers.

Over 250 butterfly species have been recorded in Utah, even though southern Utah represents a bit of a data gap because it has not been surveyed as extensively as other areas in the state. Reporting



Swallowtail

Monarchs have a classic migration from northern latitudes to overwintering southern latitudes that takes several generations to complete. Their affiliation for milkweed plants as both nectar sources and host plants for caterpillars, is a reason to promote growing or protecting milkweed patches.

Watching a western tiger swallowtail, named for its tiger-like stripes and forked tails, float through a mountain meadow is a fun experience. These large butterflies float on long wings, dipping and fluttering with the wind. Their long wing projections or tails are intended to distract predators which might strike the tails but miss the body. These butterflies nectar on a variety of wildflowers from columbines, to milkweed, to monkshood. A close relative, the anise swallowtail also inhabits southern Utah. These butterflies have heavy concentrations of black along their wing margins and lack the black streaking of the tiger swallowtails.



Unk White



Greenish Blue

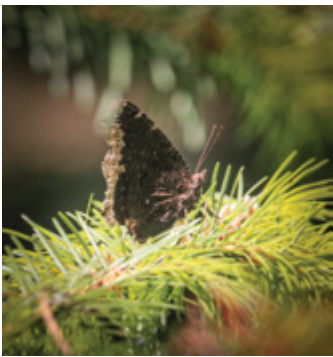


Buckeye

sightings to various community-driven databases such as iNaturalist or BAMONA, Butterflies and Moths of North America, are highly encouraged.

Here are just a few of the many butterflies that hikers might encounter on a September hike.

The mourning cloak butterfly, a large dark butterfly, is the Utah State Butterfly. Wide-ranging, the mourning cloak is found in wooded habitats because they feed on tree sap. The common name is derived from the dark wings resembling a heavy woolen cloak that a mourner might wear to a funeral in olden times. A tannish border with small blue dots offsets the dark wings.



Mourning Cloak

Amazingly, these butterflies overwinter as adults, called the “imago” life stage. They find cracks and crevices in old barns, under tree bark, and other protective confines. To avoid freezing, the butterflies produce special chemicals in the circulatory system called cryoprotectants which act like antifreeze agents to protect the butterflies.

Probably the best-known butterfly US-wide is the monarch which shows up in Utah in July. These butterflies are orange with black lines and are fairly large. Tagging projects occur across the region where a small white dot with an identification number is affixed to the underside of a wing. This helps researchers track the movements and survival rates of these milkweed-dependent butterflies. Recently, the U.S. Fish and Wildlife Service



Monarch

proposed to list these creatures under the Endangered Species Act.



Painted Lady

One challenging group of butterflies to view are the small blues that like to “puddle” – sipping salts and minerals from wet spots on the ground. These ½-1” wide butterflies are mostly blue above, with various spotting or marks on the undersides of the wings. Artic blue, greenish blue, western pygmy-blue, and others require some good looks and photos of both the top and undersides of the wings to aid in identification. Even then, it may be too challenging to make an identification to the species level.



Tiger Swallowtail

Several late summer wildflowers and shrubs provide abundant nectar sources for butterflies to feed on, including rabbitbrush, asters, thistles, sagebrush, yarrow, and other flowering plants, while others feed on tree sap.



Arrowhead Blue

So, if you take photographs of these amazing creatures, upload them to the free sites such as iNaturalist or BAMONA. Even if the species is unknown, community members contribute identifications. It’s a great way to learn the butterflies and to help expand the knowledge of these graceful creatures, one flutter at a time.



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.

UTAHRAPTOR STATE PARK PRESENTS

Pollinators of the Night Sky

Join us as we shine a light on the mysterious and magical world of bats moths. This family-friendly event invites you to experience the park after sunset and get an up-close look at some of Utah's nocturnal pollinators!

Wednesday, September 17th
8:30 - 9:30 p.m.
Utahraptor State Park Visitor Center, (38.70134, -109.69764)

<https://stateparks.utah.gov/parks/utahraptor/>
Questions? Call 435-259-3770

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San Juan Happenings

A Journey Through Time: Discovering the History of Utah’s Canyon Country

by Utah’s Canyon Country

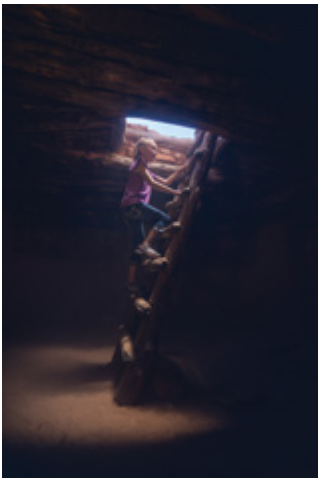
Nestled in the heart of the American Southwest, Utah’s Canyon Country is more than just a visual masterpiece of red rock canyons, towering mesas, and wide open desert skies—it’s a place where history whispers from every stone, trail, and petroglyph. From ancient Indigenous cultures to wild west outlaws and pioneering settlers, the region’s layered past is as rich and rugged as its dramatic landscapes.



Bluff Fort

Long before modern roads carved paths through the desert, Utah’s Canyon Country was home to the Ancestral Pueblo and Fremont cultures. These early inhabitants built intricate cliff dwellings, cultivated crops along the riverbanks, and left behind stunning Petroglyph panels—storytelling that still decorates canyon walls today. Sites like the Edge of the Cedars State Park Museum and Newspaper Rock offer visitors a glimpse into this fascinating early history and the enduring legacy of Native cultures.

Today, much of Canyon Country lies within or near the Navajo



Edge of the Cedars State Park- UT State Parks photo

Nation and Ute Mountain Ute Tribal Lands. These sovereign nations continue to carry forward traditions, language, and art that have shaped the region for centuries. Their presence infuses the area with living history, reminding travelers that Canyon Country is not just about the past, it’s about continuity and connection. Cultural centers and guided tours led by Native storytellers provide deeper insight into the land’s meaning and the spiritual stories rooted in it.

In the 1800s, as settlers pushed westward, Canyon Country became both a sanctuary and a challenge. Spanish missionaries, American pioneers, and notorious outlaws like Butch Cassidy traveled and hid in these remote canyons. The Hole-in-the-Rock Expedition remains one of the most daring feats of western expansion, as settlers carved an improbable passage through the rugged terrain to establish communities.

Today, Utah’s Canyon Country invites exploration through a historical lens. Scenic byways like the Trail



Monument Valley Tours- Jay Dash



Newspaper Rock- Eri Hayakawa

of the Ancients offer immersive road trips, while archaeological sites and museums help preserve the stories of those who came before. Whether you’re hiking among ancient granaries or learning about Navajo weaving, each experience connects you to a larger story—one that spans thousands of years.



MONUMENT VALLEY

Experience the awe-inspiring beauty and diverse landscapes of Utah's Canyon Country in San Juan County, where adventure and preservation go hand in hand. Remember to #ExploreSustainably when roaming paths less crowded.

UtahsCanyonCountry.com/happenings



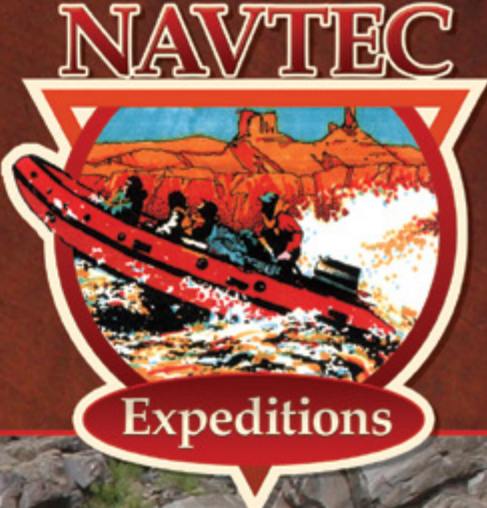
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Science Happenings

Moab Festival of Science returns for its 10th year

The Moab Festival of Science is bringing five days of free, family-friendly events that celebrate the wonders of science on the Colorado Plateau! From dinosaurs to hummingbirds, geology to desert lichens, regenerative agriculture to flash floods, this year’s Festival showcases fascinating scientific research while connecting our community with the beauty, value, and importance of science in everyday life.

The Festival kicks off midweek with events for local students and evening programs, with activities expanding through the weekend. Programs include hikes, talks, films, and interactive presentations led by scientists, educators, and community partners.

Highlights of the 2025 Festival include:

- **Walking with Dinosaurs** – Screening and Q&A with Dr. Joshua Lively, Curator of Paleontology at the Prehistoric Museum in Price, Utah, who was part of the dig team featured in the new PBS series *Walking With Dinosaurs*.
- **Biomechanics of Hummingbird Flight** – Dr. Bret Tobalske will reveal the secrets of hummingbirds’ remarkable maneuverability and unique evolutionary adaptations.
- **Film: Every Little Thing** – A moving documentary about hummingbird rescue and rehabilitation, in collaboration with the Grand County Public Library.

- **Science in the Field** – Explore the Moab area with expert-led hikes on geology, desert lichens, and hydrology.
- **Flood Walk and Talk** – Learn from Rim to Rim Restoration about the science of flooding in Moab, and how to stay safe and prepared during flood events.
- **Molecules & Minerals** – Join scientific illustrator Abbi Zimmer in a workshop that blends art and science.
- **STEMonstrations for Students** – Fun, hands-on science demonstrations for local middle and high school students.
- **Social and Community Events** – From the Moab Museum lawn mingle to Science Trivia Night, participants can connect with scientists while enjoying a lively community atmosphere.
- **Overnight Excursion** – Experience the University of Utah’s Bonderman Field Station at Rio Mesa, with stargazing, birding, and science-based activities along the Dolores River.

With a mix of engaging talks, films, guided hikes, and family-friendly activities, the Moab Festival of Science invites residents and visitors alike to explore, learn, and celebrate scientific discovery in the Colorado Plateau.



Event Information

- **Dates:** September 17–21, 2025
- **Location:** Various venues across Moab and surrounding public lands
- **Cost:** All events are free. Some require RSVPs on Eventbrite (see Moab Festival of Science website).

For the latest schedule, event details, and registration for limited-capacity programs, visit www.moab-scifest.org, follow us on Facebook (@moab.scifest), or contact organizers at moab.scifest@gmail.com.

Join us in celebrating 10 years of science in Moab—where discovery takes flight!

Fall Program Lineup Announced at the Moab Museum

by Moab Museum Staff

This fall, the Moab Museum invites the community and visitors to engage with an exciting series of programs that illuminate Moab’s rich and complex history—particularly its pivotal role in the uranium boom and its lasting legacy. From conversations with miners to immersive tours of historic and modern sites, the season offers something for everyone interested in the people, places, and stories that have shaped the region.

Fall 2025 Program Schedule

- **Miners at the Museum**
Wednesdays in September | 1–3pm | Moab Museum
Meet miners, geologists, and mill workers to hear firsthand accounts from those who have worked in uranium projects past and present.
- **Mi Vida Mine Tour and Dinner at Sunset Grill**
With Mark Steen, son of uranium prospector Charlie Steen | September 20 | All Day | Lisbon Valley, UT (Registration Required)
Explore the legendary Mi Vida Mine with exclusive insights from Mark Steen, followed by dinner at the historic Steen family home, now the Sunset Grill.
- **Uranium Mines to Red Rock Tourism**
With Robby Anderson, Canyonlands National Park Ranger | October 7 | 6pm | Moab Information Center
Discover how Moab transformed from a mining boomtown to a world-class outdoor recreation destination.
- **Abandoned Mine Reclamation (AMR) Tour**
October 23 | Half Day | Yellowcat Area (Registration Required)
Visit historic uranium sites undergoing environmental restoration and learn about modern mine safety and reclamation efforts.
- **Moab UMTRA Site Tour**
November 4 | 3pm | UMTRA Site (Registration Required)
Gain a behind-the-scenes look at the Uranium Mill Tailings Remedial Action project and its role in safeguarding Moab’s future.
- **Uranium Memories Project Showcase**
November 18 | 6:30pm | Location TBA
Celebrate the culmination of the Museum’s oral history project capturing voices and memories from Moab’s uranium era.



Utahraptor State Park Presents

Guided Hike through the Dalton Wells Historic Site

Join us for a guided 0.5-mile hike through the historic Dalton Wells site, where you'll explore the stories of the Civilian Conservation Corps (CCC) Camp and the Japanese-American Internment Camp that once stood in our park. This short walk features minimal elevation gain and offers a meaningful glimpse into the past.



Friday, September 12th, 9 - 10 a.m.

Meet at the Historic Site, located at:
(38.711910, -109.700358)

Questions? Call 435-259-3770

All events are open to the public, with select programs requiring registration. Members receive discounts to our ticketed events. Visit moabmuseum.org for full details, ticketing information, and updates.



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9am-5pm
Tuesday-Saturday

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MOAB MUSEUM
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Exhibition at Dead Horse Point State Park Visitor Center

Spirit and Grit: Ranching in Canyonlands

Explore the story of settlers who pieced together a hardscrabble living in early Moab, from the 1870s onward, in this temporary exhibit at the Dead Horse State Park Visitor Center. Visitors to Spirit and Grit experience a window into the lives of some of these early settlers through this immersive satellite exhibit.

Spirit and Grit, an extension of stories told at the Moab Museum, was curated by the Moab Museum’s Curatorial and Collections Manager, in collaboration with the Moab Museum of Film and Western Heritage (MMFWH), and with assistance from longtime 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.

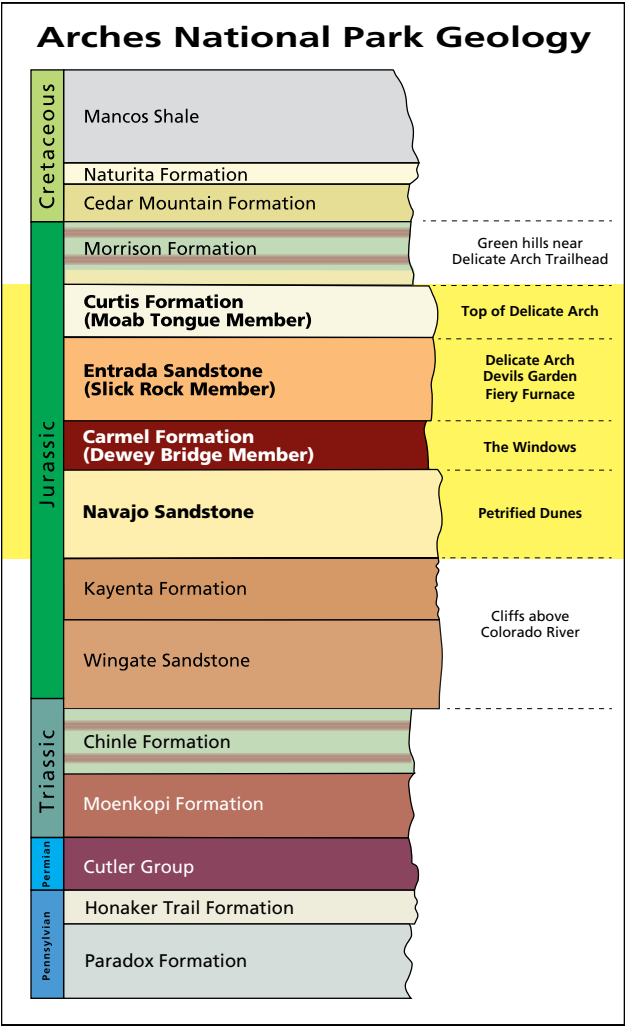
Geology Happenings

Know Your Layers — Arches Edition

by Allyson Mathis

One of the more striking things about Arches and Canyonlands, the two national parks close to Moab (besides of course their breath-taking beauty and overall red-rock-canyon theme), is how different they are. Each features cliffs and canyons that were formed through erosion and both are dominated by exposures of bare rock. Yet the two parks are distinct in their characteristic landforms.

One of the main reasons why the two parks each have their own unique character is that they feature different rock layers (*formations* to geologists). These rock layers are the building blocks of canyon country scenery. Therefore, rock units greatly impact what a landscape looks like.



A *formation* consists of a body of sediment that was deposited at some point in the geologic past under a specific set of environmental conditions in a particular geographic locality. A formation is composed of certain types of sediment (like sand, silt, or clay). For example, the Navajo Sandstone was deposited in an ancient sand dune field that covered much of the Four Corners region about 185 million years ago during the Jurassic Period when dinosaurs were alive. The Entrada Sandstone was deposited in a different and much smaller sand dune field that existed a bit later in time (about 159 million years ago).



Geologists spend a great deal of time studying each rock layer in detail, including its fossils and where it crops out across a geographic area, in order to understand Earth history. Fortunately for park visitors, hikers, and others out enjoying canyon country scenery, most layers have easily observable features that make them recognizable without having to undertake such scientific study. Many rock layers have characteristics that form distinctive landforms. These characteristics do relate back to their geologic history, but also can be appreciated just purely from a landscape sense. Arches National Park contains at least 15 different rock layers. Only four make up most of the main features in the park and are responsible for most of its iconic scenery. Note that other geologic events also impact scenery. For example, the rock layers in some parts of Arches have been folded and

contain sets of parallel fractures (*joints*). These joints have facilitated the erosion that carved the *fin*s (elongated rock ridges) of Devils Garden and the Fiery Furnace.

Navajo Sandstone

The Navajo Sandstone makes up some of the most compelling scenery in Utah. It is the “rock star” in Zion and Capitol Reef national parks and makes up the iconic Mesa Arch in Canyonlands. In Arches, it is mostly found in the area known as the Petrified Dunes and it has more of a supporting role in the scenery. Although the Navajo Sandstone was in fact deposited in ancient sand dunes, the rounded knobs of the Petrified Dunes were formed by erosion. The Navajo Sandstone is light yellow in color and displays a type of inclined layering known as *cross bedding* that formed along dune surfaces.



The Petrified Dunes. Photo by m01229 CC BY 2.0

Carmel Formation (Dewey Bridge Member)

The Dewey Bridge Member is a unique subdivision of the Carmel Formation found only in Southeastern Utah. Its most famous exposures are in the Windows Section of Arches National Park. It is dark red to orange in color and is striking because of its *contorted bedded* formed by *soft-sediment deformation*. The conditions that caused the Dewey Bridge’s beds to wrinkle while its sediments were still soft (e.g., before they were *lithified*) are unknown, but the wavy and uneven bedding is pervasive. Even the *contact* (boundary) with the overlying Entrada Sandstone shows this uneven layering.

Entrada Sandstone (Slick Rock Member)

The Entrada Sandstone has the starring role in Arches National Park. Most of the park’s arches are found in this beautiful reddish-orange layer. It also makes scenic cliffs with shear walls like those in Park Avenue. Other scenic spots like Devils Garden, Delicate Arch, and the Fiery Furnace are predominantly made of the Entrada.

While also *eolian* (e.g., deposited in sand dunes) in origin like the Navajo, the Entrada Sandstone is also *massive*, meaning that it lacks pronounced layering within it. Therefore, the Entrada is more uniform than the other



Devils Garden

Rock, Gem, and Mineral Show Grand Junction, CO Mesa County Fairgrounds

Saturday, Sept 20
9am-5pm

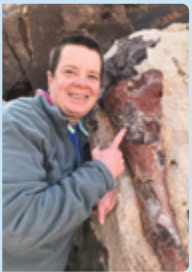
Sunday, Sept 21
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A self-described “rock nerd,” **Allyson Mathis** is a geologist, informal geoscience educator and science writer living in Moab. To learn more about Moab’s geology, visit the *Geology Happenings* archive online at www.moabhappenings.com/Geology.htm.



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layers in Arches, which helps make it a good tableau for the weathering and erosional processes that carve natural arches. The fact that the Entrada is strong enough to hold up vertical cliffs and overhanging slopes while still eroding rather readily is also key.



Delicate Arch

Curtis Formation (Moab Member)

The Moab Member is another unique subdivision of a rock layer found (you guessed it) in the Moab area. It is also another eolian in origin but is thinner than the other prominent layers in Arches at usually less than 100 feet thick. Besides being off-white and the lightest-colored rock unit in the park, it is also harder (e.g., more resistant to erosion). It forms the hard cap rock on the top of fins in places like Devils Garden and the cap on Delicate Arch.

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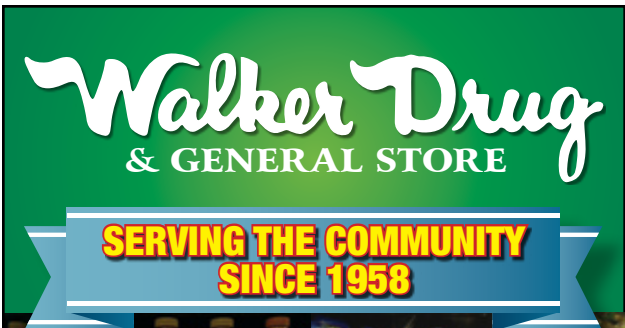


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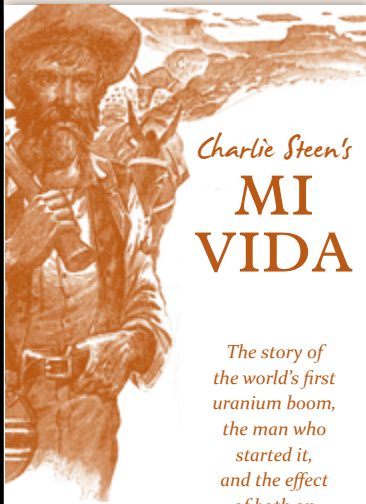
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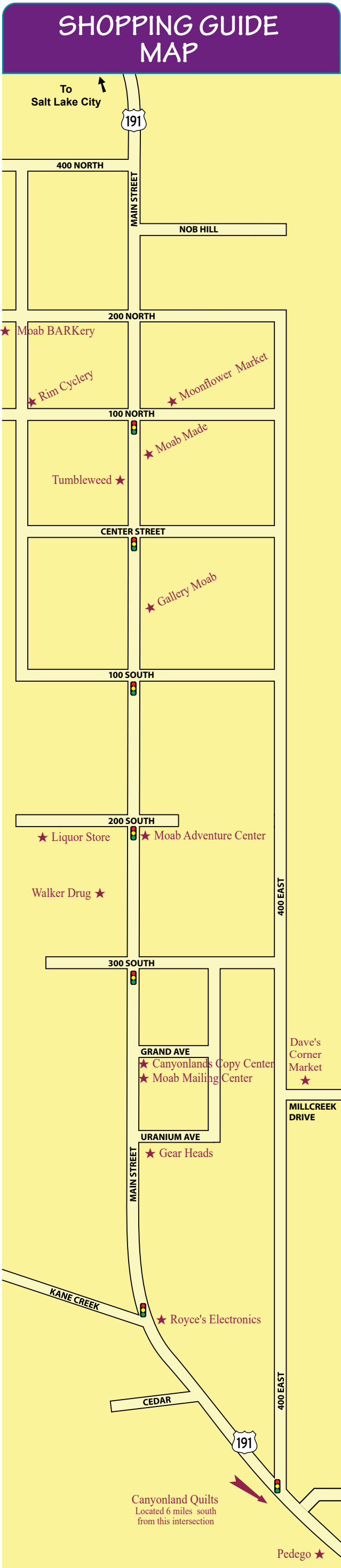


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Art Happenings

Artist uses his blacksmithing skills to create artwork, that includes desert critters

By Sharon Sullivan

Monticello artist Scott Mitchell says he became a welder in his 20s, for practical reasons before turning to the related field of blacksmithing for purely artistic endeavors. Using a hammer and anvil, Mitchell, 69, crafts snakes out of copper, as well as whimsical lizards, and occasionally spiders. He also makes sculptural wall-hangings and nighttime canyon scene paintings.



You can find Mitchell’s artwork at Moab Made, 82 N. Main St. in Moab and at High Desert Café, 516 N. Main St., in Monticello. Moab Made is a shop that features the works of local artists and artisans.

Mitchell calls his artwork “house jewelry” – some of his pieces include intricate inlay work. They are small, unique works, that are popular with visitors, because they’re small and easy to pack away, he said. There’s a sample of Mitchell’s work at Pagan Mountaineering, 211 N. Main St., where he crafted the business’s door handle in the shape of a snake.

In his nighttime canyon paintings Mitchell plays with the moonlight, by applying multiple thin layers of a glaze that allows the light to flow through differently, he said. His paintings are an acrylic-oil blend, typically. Moab Made has been carrying Mitchell’s work since the shop opened nine years ago.

“Moab Made has been great; it’s perfect for me,” he said. The owner “Rebecca (McAllister) does a really good job,” providing an outlet for local artists.

Artwork at Moab Made is sold on consignment which Mitchell said works well for him because he can determine his own price on items, and placing pieces on consignment allows for more creativity, by offering the opportunity to submit a one-of-a-kind “funky, one-off” type of piece, he said.

Tamar Phillips, Artist liaison for both Moab Made and Arteesian, (a second Moab shop featuring the work of local artisans) said it’s always a treat to open up a new box of creations from Mitchell. Items range from cute little copper twist micro snakes to foot-long uber-detailed, silver inlay snakes, tarantulas and lizards,” she said.

And if snakes aren’t your cup of tea, said Phillips, Mitchell also makes “beautiful hammered copper bracelets, original mini art,



metal-crafted wall art pieces, and even a CD of his own music,” all sold at Moab Made. The CD, titled *Moon House*, is a folk-rock instrumental recording that includes flute, mandolin, guitar and drums.

Leaving a Trace: An Original Musical Theater Spectacular on the Slickrock!

Tickets are now on sale for **LEAVING A TRACE!** Created by the Moab Theater Project, *LEAVING A TRACE* is a large-scale, site-specific, musical theater production created by local artists that explores Moab’s layered history, changing ecology, and deep-rooted community stories. Performances will be held at the Sand Flats Recreation Area on **September 25, 26, and 28 at 6pm**. Tickets are limited and can be purchased for \$18 each at <https://tinyurl.com/moab-trace>.

Told with humor, heart, and a touch of desert magic, the story follows four playful park rangers who accidentally disrupt the fragile desert ecosystem, unleashing an unforgettable journey through deep time, slickrock potholes, desert town halls, campfire tales, larger-than-life puppets, and ancient rock layers brought to life by spectacular Rock Witches. The show invites audiences to reflect on the traces we leave behind—ecologically, culturally, and spiritually—and asks how we might live in “right relation” with our place and each other. The cast includes over 50 local cast members and

musicians, and is operating under a special recreation permit from the Bureau of Land Management.

This is not your typical theater production! The audience will meet at the Slickrock Bike Loop Trailhead in Sand Flats Recreation Area and be guided to six different scene locations. Audience members should expect to walk approximately 1.2 miles on uneven terrain during the course of the 2.5 hour immersive experience. Attendees are invited to bring a blanket or portable chair for enjoying each scene, along with a water bottle, and a headlamp to make their way back to their vehicles once the performance has ended.

If walking this distance or if ticket prices are inaccessible, Leaving a Trace will also hold a FREE, accessible version of the performance at the Red Rock Arts Festival on Saturday, September 27th. See www.redrockartsfestival.com for more details. A radio drama version of the production will also be released on KZMU in October 2025.

Moab Theater Project

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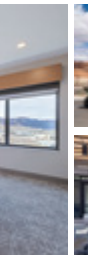
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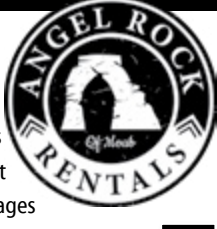


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Astrology Happenings

Overall Energy for September

by Deanna King

Happy Birthday to all Virgo and Libra readers this month!

Buckle up Folks! It's Eclipse Month! (unfortunately neither Eclipse is visible in Utah) But, they are still causing a trajectory of vibration.

We begin the month with Venus in passionate Leo (rrrrrrrr), as Saturn Retrogrades back into watery and intuitional Pisces, Jupiter is also heightening positive emotions in Cancer. So Love and socializing is on the horizon? Or revisiting something from a few months ago that is emotionally charged like your dream career, your loved ones, or your spiritual path in life.

Mars is also giving added will power to this month's unfolding, in Libra (our relationships and values)

September 2nd Mercury moves into Virgo, your mind will be sharp, learning and doing projects is easier for the next 2 weeks. As Mercury stimulates the South node here in Virgo, we will be asked to let go of those pesky critical voices in our head that are not helping anyone or anything.

September 5th Uranus turns retrograde in Gemini, the messenger of information and innovation will be incubating new ideas and technology.

September 7th - Full Moon Lunar Eclipse- (Pisces/ water sign) It's time to get clear about your Dreams and Aspirations. Letting go of unhealthy perfection and martyrdom is key to your dreams being realized! This is the longest total lunar eclipse since 2022—totality will be visible from Australia, Asia, Africa, and Europe. Sorry folks, not visible in Moab!

September 10th -Speak up! Take advantage of this helping energy today and “Say that thing you have been waiting to say”.

September 19th - Venus enters level headed Virgo. Joining the Virgo party for the upcoming eclipses.

September 21st - New Moon AND Partial Solar Eclipse (Virgo/Earth sign) at 1:41 pm MST - Not visible in Moab, but your intention is heightened to receive the blessings. This new way of showing Love for Mother Earth, and our Bodies will unfold in the next few months.

September 22nd - Sun enters Libra, Happy Fall Equinox! Happy Birthday to Libra's!

What to expect for each sign~

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

Passion is the name of the game for Aries. Take advantage of this assistance to enjoy what you are passionate about. Mars in your opposite sign is making you consider others in your plans, especially with family or at home. If troubles arise at home, simply tap in to your unconscious and unexpressed emotions for the answer.



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

Both Eclipses are in harmony with you, Taurus! You will be shining and prospering. The last week of September may be a bit tricky as you encounter a relationship conflict. The way out is to really see and understand their point of view.



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

You will need to take initiative to create an easier move through this month's Eclipse energies. If you pay attention during the events around the first eclipse and force yourself to take some steps, the second eclipse will unfold much more easily. The answer to your woes is to embody optimism. Also a big adventure could break you out of it.



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

Consider reading the “Four Agreements”, the first agreement is “Don't take anything personally” ... this is a good mantra for you this month. After the 22nd there may be trouble with the law, a contract or diplomatic person. The second agreement is “Be impeccable with your words”. That is how you will manage the situation for the best outcome!.



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

Last month was hard on Leos, but you found a way to connect again to the inner courage and passion. The first 2 weeks is a welcome reprieve. You will feel invigorated and motivated to get back to your important gifted work. You will begin this new endeavor after the 20th, as Venus helps you organize your plan. After the 23rd you may encounter someone jealous of your passion, be careful about conflict.



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

Happy Birthday Virgo! Both Eclipses will be stimulating personal growth, something you are good at. Use the transformational energies of the Virgo eclipse on the 21st, to assist becoming more authentic. Honoring your unique gifts is an inside job. Something special happens after the 20th. Pay attention, and offer gratitude.



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

You will have extra spitfire this month, maybe even bordering on anger. A sense of being grounded and confidence arrives after the Sun moves into your sign on the 22nd. (Happy Birthday!) The first eclipse is bringing a challenge at home (plumbing or emotional). Positive affirmations will benefit you greatly during this time.



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

Both eclipses are strongly stimulating your sign in a good way. There are lots of positive emotions, projects moving well, and a renewed interest in health or transformational activities. Finding a group who supports you will accelerate your endeavors. Do your research to find the right one.



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

Both Eclipses will stimulate you to grow, it might not feel good, but I believe in you. Use the support of your relationships to assist you. Your passionate dreams are important, just remember to upgrade that inner critic who may be sabotaging you. If others seem judgmental, remember they are often a mirror of your inner beliefs.



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

Both Eclipses are in harmony with you, Capricorn! This is good news for the unfolding of your month. Others may be critical of you, or you to them, but keep seeking a way to use loving tactfulness. You could be the victim of a “rose colored glasses perspective of yourself”. Use your benevolent leader skills to navigate compassionately with others. It makes more sense and opens you up after the 20th.



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

The first 3 weeks will feel good and full of joy. After the 2nd Eclipse there could be a power struggle with someone. My guess is repressed emotions (anger issues?) are attracting a situation to make you aware of your next important inner work. Resisting it will only make it worse.



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

Big month for you, Pisces! It may be challenging and transformative as well. Both eclipses are strongly stimulating your sign. You will benefit from meditation and connecting to nature. The health of your physical body is up for review this month, how does it need to change? Are you taking better care of others over yourself? Or are you holding yourself to unrealistic ideals?



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/>

Deanna King empowers readers to reconnect with themselves and the world around them. Through *Bringing Ceremony Home*, she demonstrates how remembering our own ancient wisdom and marrying it to our modern lives, we can provide ourselves solace, meaning, and a deeper sense of purpose.



Bringing Ceremony Home is now available locally in Moab at Back of Beyond Books and in bookstores nationwide, as well as online. For more information about Deanna King and her work, please visit her website at www.5Dpath.fun

About Deanna King:

Deanna King is an astrologer, author, speaker, and ceremonialist who has dedicated her life to exploring the transformative power of bringing spirit to the Earth Plane. With a background in Metaphysics and a deep reverence for all spiritual practices. King's work emphasizes the universality of ceremony in our human experience.

Utahraptor State Park Presents

Scorpion Hunt!

Scorpions glow under UV light! Join us for a nighttime 0.5- mile walk searching for these glowing creatures!

Thursday, September 11th, 8 - 9 PM

Meet at the Historic Site, located at: (38.711910, -109.700358)

An illustration of a flashlight beam shining on a glowing green scorpion in a desert landscape under a starry night sky.

MOAB TAIKO DAN

The logo for Moab Taiko Dan, featuring a stylized red figure in a dynamic pose, possibly a drumming figure, with the text "MOAB TAIKO DAN" in black.

Recruiting Beginners

We are a local Japanese drumming group who have been drumming for 30 years!

We are looking for beginners for our new class. Classes are from 6:00–7:30 PM on Thursdays in the basement of the Center Sreet Gym. No prior music experience needed—just a desire to try something new and fun!!

For more information, send e-mail to Moabtaikodan@gmail.com or text: 435-201-0209

Pet Happenings

The Scent of Connection

The Scent of Connection: How Your Cat Recognizes and Bonds With You Through Smell

If you’ve ever noticed your cat pausing to sniff your hand, your clothes, or even your face before curling up beside you, you’re witnessing something much more significant than simple curiosity. These subtle behaviors are deeply rooted in the way cats experience and interact with the world, a world not dominated by sights and sounds, but by smells.

While humans rely heavily on visual and auditory cues, cats use scent as their primary language. For our feline companions, smell isn’t just about detecting food or danger. It’s how they identify friends, claim territory, and create lasting emotional bonds. This includes you.

Smell First, Sight Later: How Cats Identify Their Humans

Contrary to common belief, cats don’t primarily recognize their humans by sight or sound. In fact, vision is one of their weaker senses when it comes to social recognition. Cats evolved as nocturnal hunters, meaning their eyes are adapted to detect movement in low light, not facial features or details. That’s where their incredible sense of smell takes over.

With over 200 million olfactory receptors (compared to just 5 million in humans), cats navigate the world through scent. When your cat sniffs your hand or leans in to smell your shirt, they’re not just being affectionate, they’re identifying you, affirming your bond, and finding comfort in your presence.



Konstantin Aksenov - Getty Images/iStockphoto

The Science Behind Your Cat’s Sniffing Habits

Recent research from Tokyo University of Agriculture has provided scientific confirmation of what many cat lovers already suspected: cats have powerful scent memories. In one study, 30 domestic cats were presented with scent samples from their owners and from strangers. The cats consistently spent more time investigating unfamiliar scents, suggesting they instantly recognized their owners’ scent and found it familiar and safe.

Interestingly, the study also observed how cats used their nostrils differently depending on the scent’s familiarity. When exposed to a new smell, cats led with their right nostril. As the scent became more familiar, they shifted to using the left. This nostril-switching is believed to reflect how the brain processes emotional information, with novel stimuli being handled by the right hemisphere (via the left nostril) and familiar, comforting stimuli by the left hemisphere (via the right nostril).

Sniffing Styles and Feline Personality

Just like people, not all cats behave the same way and their sniffing habits might even give you insight into their personality. In the same study, male cats with more neurotic tendencies were found to sniff obsessively and repeatedly, while more laid-back cats sniffed in a gentler, more methodical manner.

By observing how your cat investigates the world (and you), you might learn more about their emotional state and temperament. Is your cat a calm sniffer or a compulsive one? It could say a lot about how they’re feeling.

Will My Cat Remember Me After Time Apart?

One common worry among cat parents is whether their pet will remember them after time apart; whether for vacation, a move, or an extended absence. Fortunately, the answer is a resounding yes.

Cats possess both short-term and long-term memory. While their short-term memory may only last hours for trivial things, their long-term memory is surprisingly strong, especially when tied to emotional experiences. If your scent is associated with feeding, cuddling, and comfort, it becomes embedded in your cat’s memory. Even after weeks or months apart, most cats will still recognize and respond to your unique scent.



CandyRetriever - Getty Images/iStockphoto

Why Your Cat Rubs on You: Scent Marking as Affection

When your cat rubs their cheeks or flanks against your legs, hands, or face, they’re doing more than asking for pets, they’re marking you. Cats have scent glands in various parts of their body, including the cheeks, forehead, and paws. By rubbing on you, they’re transferring their scent to you and mixing it with yours. It’s their way of claiming you as part of their world.

This behavior strengthens social bonds, not just between cats but also between cats and their humans. In feline terms, it’s a loving gesture, an olfactory hug that says, “You belong to me.”

Do Cats Recognize Our Voices Too?

Yes, but not in the way dogs do. Studies show cats can distinguish their owner’s voice from that of a stranger and even tell when you’re speaking directly to them. However, they may not respond visibly or come when called, simply because they’re less socially dependent than dogs.

Still, your voice plays a role in your cat’s emotional world. Combined with your scent, it helps create a sensory identity that your cat associates with safety and comfort.

How to Strengthen the Scent Bond With Your Cat

Understanding the role of scent in your relationship with your cat can help you deepen your bond. Here are a few tips:

- **Leave behind a familiar scent when traveling:** A worn T-shirt, pillowcase, or blanket can comfort your cat while you’re away.
- **Avoid strong, artificial smells:** Perfumes, chemical cleaners, and scented candles can disrupt your cat’s ability to recognize you. Stick to unscented or mild products when possible.
- **Encourage scent-sharing behaviors:** Let your cat rub against you freely. Don’t discourage this, it’s part of how they bond and communicate.

Provided by Jessica Turquette, owner of Moab BARKery

• **Bring familiar smells into new spaces:** If you’re moving or taking your cat to a new environment, bring items that carry your scent to help ease the transition.

• **Watch how they sniff:** Pay attention to their sniffing patterns. A relaxed sniff might mean comfort, while intense or repetitive sniffing could signal anxiety or curiosity.

A Silent but Strong Bond

Cats may not wag their tails or jump with joy when you walk through the door, but that doesn’t mean they don’t recognize or love you. Their affection is often quiet, expressed in ways we may overlook like a soft nuzzle, a slow blink, or a purposeful sniff.

Through scent, your cat knows who you are. It’s the invisible thread that ties you together, even in silence. By respecting and responding to your cat’s sensory world, especially their incredible sense of smell, you’re not just taking care of them you’re speaking their language.



Dear Family,

- 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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FOR AN ANIMAL EMERGENCY CALL
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Moab Animal Control 435-259-8938
Moab Animal Shelter 435-259-0199
LOCAL VET HOSPITALS
Moab Vet Clinic: 435-259-8710
Mill Creek Animal Hospital 435-259-2733

The Bark Park - Off-leash Dog Park



Location: 100 E 300 S

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

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MORE INFO & SIGN-UP Here!



marcadmin@moabcity.gov • 435.259.6272
Please contact us for any accessibility needs.

Green River Melon Days

Green River is getting ready for its 119th annual Melon Days Festival on **September 19-20, 2025!** Thanks to the dedicated melon-growing families in Green River, we'll be celebrating all things tasty, flavorful, and delicious.

Join the Melon Fun! Known around the world, Green River Watermelons bring together the community, visitors, family, and friends for a weekend of melon-munching good times every September. This year's festival promises fun for the whole family with activities like:

- A softball tournament
- 5K Run
- Golf tournament

- Melon carving contest
 - Concert
 - Melon photo contest
 - Bounce houses
 - Vendor fair
 - Pony rides
 - And much more!
- Find Out More Ready to dive into Melon Days? Visit melon-days.com or search for "Melon Days" on Facebook and Instagram for more information.
- Get Your Melons Now!** You can pick up your fresh melons anytime from Dunham Farms or Vetere Farms at their melon stands located along Green River Main Street.



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