

# MOAB HAPPENINGS

moabhappenings.com

Volume 37  
Number 12

MARCH 2026

MOAB RUN THE ROCKS

SKINNY TIRE SPRING FESTIVAL

CANYONLANDS HALF MARATHON

BEHIND THE ROCKS ULTRA

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# MOAB HAPPENINGS®

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## Arches National Park Lifts Entry Reservation Requirement for 2026

Arches National Park announced it will not require advanced timed-entry reservations this year. Visitors may enter the park at any time during operating hours.

As visitation increases during peak seasons, guests should plan ahead for possible entrance lines and limited parking at popular destinations, particularly on weekends and holidays.

“Arches offers extraordinary experiences at every hour of the day,” said Superintendent Lena Pace. “We encourage visitors to arrive early, explore lesser-traveled areas if certain locations are busy, and be flexible when enjoying the park. Arches is an International Dark Sky Park, and visiting after hours is highly encouraged. We look forward to working closely with local and state partners as we implement these adjustments and refine our approach to serve visitors while protecting park resources.”

Real-time entrance conditions are available through the park’s webcam at [go.nps.gov/archeswebcam](http://go.nps.gov/archeswebcam). Visitors are encouraged to check conditions before departing for the park.

A valid entrance pass remains required and may be purchased online at [Recreation.gov](http://Recreation.gov) or at the entrance station. Reservations continue to be required for Devils Garden Campground and self-guided and ranger-led Fiery Furnace hikes.

To help maintain safe traffic flow, visitors are asked not to wait in roadways for parking spaces. When parking areas

reach capacity, staff may temporarily restrict access to specific locations to reduce congestion and protect visitor safety. Additional scenic viewpoints and trailheads throughout the park offer outstanding alternatives during peak periods.

Nearby public lands including Dead Horse Point State Park, Canyonlands National Park, and Utahrapator State Park also provide additional opportunities to explore the region.

Spring conditions in southeast Utah can change quickly. Visitors should carry adequate water, wear sturdy footwear, dress in layers, and monitor official park channels for updates.

The National Park Service remains committed to providing access to Arches National Park while protecting its natural and cultural resources for current and future generations. Visitors are encouraged to plan ahead, check conditions before arrival, and remain flexible to help ensure a safe and efficient experience during peak visitation periods.

For additional information about Southeast Utah Group parks, visit these websites:

Arches National Park: [www.nps.gov/arch](http://www.nps.gov/arch)  
 Canyonlands National Park: [www.nps.gov/cany](http://www.nps.gov/cany)  
 Hovenweep National Monument: [www.nps.gov/hove](http://www.nps.gov/hove)  
 Natural Bridges National Monument: [www.nps.gov/nabr](http://www.nps.gov/nabr)



NPS photo

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# Moab Events

## March 2026

**Mar 1 Live Music: Blu Pig-** Danny Rose

**Mar 1-14 Round Up at the Register for Community Rebuilds-** Moonflower Community Cooperative will be hosting a Round Up at the Register fundraiser for Community Rebuilds. When you shop at Moonflower, you will have the option of rounding up your purchase total to the nearest whole dollar amount. 100% of your change will go directly to this local nonprofit!, 8am-8pm at Moonflower Co-op

**Mar 2 10 Arguments for Deleting Your Social Media Accounts Right Now-** Kyle Van Arsdol delivers a talk based on Jaron Lanier's book about the dangers of social media. Part of the Monday Message Series. 7pm, Community Church of Moab, 544 Mi Vida Dr, Moab. Cookies and Water provided.

**Mar 2 Live Music: Blu Pig-** The Family Trade

**Mar 3 Live Music: Blu Pig-** Jared Nels

**Mar 4-9 Friends of the Library Giant Book Sale-** Bring your own bag, fill it for \$1! Sale starts at 1pm March 4, continues during regular library hours through March 9th. Books! Movies! Puzzles! Kid stuff! Sale restocked throughout each day. All proceeds benefit the library! Moab Library | 257 E Center St. For more info call 435-259-1111 or visit [www.moablibrary.org](http://www.moablibrary.org)

**Mar 4-10 Youth Garden Project Online Auction Fundraiser-** Bidders, are you ready?!? Bid on hundreds of amazing items and experiences, all while supporting garden-based education and community gardening in Moab. The auction can be found online at [www.biddingforgood.com/youthgardenproject](http://www.biddingforgood.com/youthgardenproject). See pg 11A

**Mar 4 Live Music: Blu Pig-** Community Music Night

**Mar 5 Supplement Thursday-** Co-op owners, stock up and save on supplements on the first Thursday of every month at Moonflower! All dietary supplements, vitamins, minerals, tinctures, 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 discount for owners. 8am-8pm at Moonflower Co-op

**Mar 5-8 Moab Run the Rocks-** A 3-day running event for participants. This event offers 2 different distances on each stage to give everyone a chance to come out and enjoy the beauty of the trails. We offer a start/finish area with a relaxing setup after they have finished their stage, to wind down before heading back to their accommodations. [www.moabruntherocks.com/](http://www.moabruntherocks.com/)

**Mar 5 Live Music: Blu Pig-** Lost Buffalo

**Mar 6 Moab Run the Rocks**

**Mar 6 Live Music: Blu Pig-** Adam Waugh

**Mar 7 Moab Stoopfest-** A free art festival presenting opera, dance, theater, puppetry, comedy, and other, difficult-to-categorize performances. The event visits a new venue every hour from 2-8pm and progresses over two miles,

seven stages, and more than a dozen performances. Drop in as you please or join the procession scene-to-scene. Sponsored in part by Moab City RAPTax. To see a detailed schedule and more information, visit [ephemeralcollective.com/stoopfest](http://ephemeralcollective.com/stoopfest) or @Moabstoopfest on Instagram. See pg 11A

**Mar 6-8 Celebrate Bears Ears-** Join us for a special weekend of educational discussions, celebration, and partnership to deepen our connection with the landscape we are all working to protect. Featuring keynote speaker Joy Harjo, first Native American U.S. Poet Laureate, and internationally renowned performer and writer of the Muscogee (Creek) Nation. Bluff, Utah. Information and registration is at [BearsEarsPartnership.org](http://BearsEarsPartnership.org)

**Mar 7 Live Music: Blu Pig-** Bob Greenspan & Mama T

**Mar 7-8 Quilting in the Red Rocks Quilt Show-** Come to the Grand Center to enjoy Delicate Stitchers Quilt Guild's FREE quilt show. Lots of beautiful quilts will be on display. Shop the Merchants Mall for fabric, patterns and sewing machines. Enjoy more quilts by visiting the trunk show, and buy tickets to win a beautiful Queen-sized quilt as well as a variety of gift baskets. Hours: Saturday 9-5, Sunday 10-4. More info at [www.moabquilts.blogspot.com](http://www.moabquilts.blogspot.com) See pg 14A

**Mar 7 & 21 Rest is Resistance Book Club-** A two-session book club invites participants to slow down and explore rest as a personal and collective practice. Guided by Sandra Billie, the group will read Rest Is Resistance by Tricia Hersey and reflect on how hustle culture shapes our bodies, relationships, and sense of worth. \$35 total, book included! 5:15pm at Wellness Collective 76 South 100 West-in the Back of Red Rock Bakery. Sign up at [wellnesscollectivemoab.com](http://wellnesscollectivemoab.com).

**Mar 8 Daylight Savings Time-** Spring forward

**Mar 8 Live Music: Blu Pig-** Danny Rose

**Mar 9 George Dyer Concert-** A performer from Branson, Missouri, Dyer has performed in operas in Atlanta, New York, Chicago, Hawaii, and many more locations. He has been supported by several incredible symphonies in concert, from Jerusalem to Estonia. He will be performing at Monticello High School at 7pm. Admission is \$15. Sponsored by Kigalia Fine Arts. See ad pg 12A

**Mar 9 Live Music: Blu Pig-** Dustin Burley

**Mar 10 5% Day for Epicenter-** Every second Tuesday of the Month, Moonflower Co-op donates 5% of the day's sales to a local organization that furthers our mission of providing socially responsible foods, goods, and education in promotion of a healthy, sustainable community. Support Epicenter by shopping at Moonflower on March 10th! Open 8am-8pm

**Mar 10 Felt Art Reception-** Moab Arts presents the work and skills of students from a felt making class. 4:30-7:30pm in the Moab Arts Center Foyer Gallery. Class was a Creative Aging program made possible by the Utah Division of Arts & Museums.

**Mar 10 Live Music: Blu Pig-** Eric Brors

**Mar 11 Live Music: Blu Pig-** Community Music Night

**Mar 11 & 12 The Moab Guide Summit-**

**Thursday, March 11:** Agencies will host company managers and owners for an evening dinner at Hyatt Place Moab. This will allow us to disseminate pertinent updates while allowing for a more active guide summit day.  
**Friday, March 12:** Will include talks on various subjects in the morning and afternoon field sessions with land managers and partners. Moab Guide Summit is hosted by Canyonlands Natural History Association (CNHA) and Steward Moab in partnership with National Park Service (NPS) and Bureau of Land Management (BLM). Registration at [www.stewardmoab.com/moabguidesummit](http://www.stewardmoab.com/moabguidesummit) See pg 3B

**Mar 12 Moab Information Center Lecture Series:**

**Uranium Mines to Red Rock Tourism-** Join Ranger Robert Anderson as he discusses how Moab's economic focus evolved from uranium mining to outdoor recreation and tourism. Hosted in collaboration with the Moab Museum, National Park Service and Canyonlands Natural History Association. 6pm at Moab Information Center, at the corner of Center and Main St.

**Mar 12 Live Music: Blu Pig-** Broken Arrow

**Mar 13 Chasing Ghosts on Two Wheels: A Ride with Butch Cassidy and His Wild Bunch-** Join historian Dr. Andrew Gulliford and adventurer Brett Davis on a 1,300-mile bicycle journey tracing the Wild Bunch's trail through the rugged American West. Exploring infamous hideouts like Robber's Roost, Browns Park, and Hole-in-the-Wall, their multimedia presentation uncovers the stories behind Butch Cassidy and his gang—and the enduring allure of the Old West. 7pm, Free! Presented by Grand County Public Library. For more info call 435-259-1111 or visit [www.moablibrary.org](http://www.moablibrary.org). Moab Library | 257 E Center St.

**Mar 13 Clothing Swap-** Free event, bring clothes to drop or come just to shop, in the Dance Room from 6-8pm at Moab Arts.

**Mar 13 Neko Case Concert-** Avalon Theater in Grand Junction. [www.avalontheatrej.com](http://www.avalontheatrej.com)

**Mar 13 Live Music: Blu Pig-** Bob Greenspan & Mama T

**Mar 14-17 Skinny Tire Spring Festival-** Festival has been held for 20+ years in Moab. The event is a 4-day road cycling event in and around Moab, highlighting Dead Horse Point State Park, cycling along the mighty Colorado River, and the popular Arches National Park. A 2-day option is also available. The daily routes begin and end at the host hotel, Aarchway Inn. The routes are well marked and a high level of rider support is offered with SAG vehicles, well stocked aid stations and friendly volunteers. During the weekend, live music and a BBQ is offered for participants post ride at the Aarchway Inn. Lunch is provided Monday in Arches National Park for participants. Cyclists from across the country attend the event with many being return participants. This well-organized event with Moab's spectacular scenery and the support from Moab locals make Skinny Tire Spring Festival one not to miss. For more information, [www.skinnytireevents.com](http://www.skinnytireevents.com)



**Mar 14 Mountainfilm on Tour-** Join us for an evening of inspiring and captivating films handpicked from the Mountainfilm festival in Telluride, Colorado. The annual festival is held every Memorial Day weekend in Telluride, CO. Mountainfilm is a dynamic nonprofit organization and festival that celebrates stories of indomitable spirit and aims to inspire audiences through film, art, and ideas. Mountainfilm on Tour in Moab will feature a collection of culturally rich, adventure-packed, and engaging documentary short films that align with Mountainfilm's mission to use the power of film, art, and ideas to inspire audiences to create a better world. Doors open at Star Hall at 6:15pm, and the show will kick off at 7pm. Tickets are \$20 in advance at [utahavalanchecenter.org/events](http://utahavalanchecenter.org/events) or \$25 at the door. All proceeds benefit the Utah Avalanche Center. See ad pg 16B

**Mar 14 David Starr Blues Revue-** Live at the KAFM Radio Room, full band show. 7pm, 1310 Ute Avenue, Grand Junction, Colorado. Info and tickets at [www.DavidStarrMusic.com](http://www.DavidStarrMusic.com)

**Mar 14 Magic Show with Rick Boretti-** The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh be mystified! 7pm Moab Backyard Theater...Outside Food and Drink welcome. 56 W. 100 South See pg 13A

**Mar 14 Live Music: Blu Pig-** Alan & Valerie Brown

**Mar 15 Pints for Parks-** This is a fun-filled afternoon in the heart of Moab. Indulge in some delicious brews and music while supporting our National Parks. This in-person event is a great opportunity to meet fellow National Park lovers. This laid-back fundraiser will showcase the work Friends of Arches and Canyonlands does to support our amazing backyard National Parks. Let's raise a glass and toast to our beautiful parks! P.S. we will have heaters and covered tents with plenty of space to sit, stand, mingle, and move! 3-7pm at Swanny City Park. Presented by Friends of Arches and Canyonlands Parks. Info and tickets at [www.foacp.org/pintsforparks](http://www.foacp.org/pintsforparks) See ad on pg 4A and article on pg 1B.

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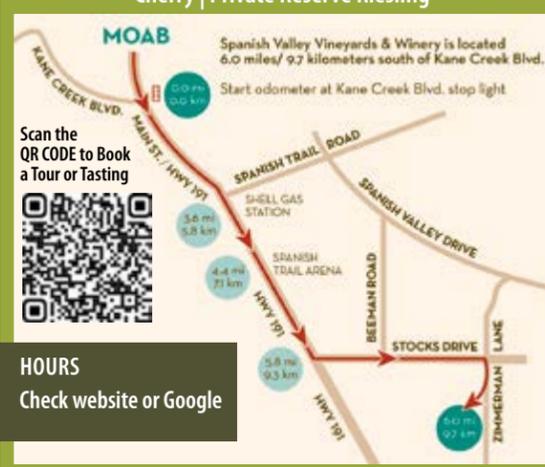



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# More Events

## DEAD HORSE POINT STATE PARK RANGER PROGRAMS

**Mar 3 Worm Moon Walk** • With winter drawing to a close, take a short, guided walk along a paved nature trail as the Full Moon begins to rise. Under the light of the Worm Moon, we'll explore the worms, bugs, and crawling critters of the desert, their life cycles, and how their adaptations shed light on local ecology. Along the way, we'll also take a closer look at lunar geology and how the Moon's surface tells its own stories. Dress for cool weather and bring a red light! Our Worm Moon Walk will be held at 6:30pm, meeting at the steps of the Visitor Center! We will be walking approximately 0.25 miles, over the course of half an hour.



**Mar 14 Basin Bound! Nature Journey** • Join a Park Ranger on a guided afternoon hike out to the Basin Overlook along the East Rim Trail of Dead Horse Point State Park, and experience unforgettable views of the Colorado River Basin! Along the way, we'll discuss the wildlife, ecology, and natural history of the Dead Horse Mesa, and explore the ways the Colorado River, 2000 feet beneath our feet, continues to shape the landscape! Bring hiking shoes, water, and warm, active clothing! Our Basin Bound! Nature Journey will be held from 4:30pm to 6:00pm, beginning at the steps of the Visitor Center. We will be hiking approximately 2 miles over the course of 1.5 hours.

**Mar 19 Bighorn History Hike** • How did Dead Horse Point get its name? Why do the roads deep down in the canyon seemingly lead to nowhere? What evidence does the park still hold of those who've come before us? Bring all these questions and more when you join a Park Ranger in a hike out to Bighorn Overlook and discuss the history of Dead Horse Point and the wild west! Please bring hiking shoes and plenty of water! Our Bighorn History Hike will be held from 5:30pm to 7:30pm, beginning at the steps of the Visitor Center. We will be hiking approximately 3 miles over the course of 2 hours.

**Mar 21 Astro Arts** • In this family fun program, learn about the stars, and take home your very own astronomy craft! We'll be building gemstone star charts, and discussing how the night sky can inspire wonder, creativity, and storytelling! This activity is open to all ages and abilities! Astro Arts will be held from 9:30am to 10:00am at the Dead Horse Point State Park Visitor Center! Then, after you explore the park, come show off your creations and explore the stars by night in our Constellation Quest that same evening!

**Mar 21 Constellation Quest! Orion the Hunter** • Come explore the night skies above an International Dark Sky Park! Learn how to identify major winter asterisms and discover the stories of their associated constellations with the aid of lasers, binoculars, and a telescope. In this month's Constellation Quest, we'll discuss Orion the Hunter, known for his prominent belt, joined by his companions Canis Major and Canis Minor on the hunt for their prey, Lepus. The exciting tale of the fate of Orion is written on the stars, and with the help of a Ranger, you can read it too! Our Constellation Quest will be held at the Mountain Bike Lot from 8:00pm to 10:00pm.

**Mar 27 Telescopic Geo-Tour** • Rock formations visible from Dead Horse Point State Park tell the story of millions of years of local geological history, revealing the past lives of our high desert landscape. Previous deep ocean floors, rolling desert ergs, and raptor-ravaged ravines now stand before us as thousands of feet of stone. With the aid of a telescope, we'll get up close with the mountains, canyons, laccoliths, fins, arches, buttes, and mesmerizing landscapes surrounding the park. Our Telescopic Geo-Tour will be held from 6:30pm to 7:30pm, meeting at the Dead Horse Point Overlook Shade Shelter.

**Mar 28 Scorpion Search** • Dead Horse Point State Park is home to several species of scorpion, from the fearsome Arizona Bark Scorpion down to the tiny Sawfinger Scorpion. One thing these critters have in common is that, under UV light, they glow a brilliant green! Following a brief Park Ranger presentation on these fascinating creatures, grab a UV flashlight and search the Intrepid Trail for scorpions! How many can you find? This Scorpion Search will begin at the Dead Horse Point State Park Visitor Center. Attendees will begin their search together, and may search an area of up to 2 miles wide. If you have your own UV light, you are welcome to bring it! Red lights and head lamps are also encouraged! Please dress for cool weather, and bring water! This event begins at 8:00pm, and will last about one hour!

**Park Hours:** 6am–10pm • **Visitor Center Hours:** 9am–5pm  
For more park information visit:  
<https://stateparks.utah.gov/parks/dead-horse/events>

## Moab Happenings

Events Calendar listings are **FREE!!**

**DEADLINE: March 20, 2026**  
for April Events Calendar  
Send event information to:  
[info@moabhappenings.com](mailto:info@moabhappenings.com)

Check out current classes!!  
[www.desertsunceramics.com](http://www.desertsunceramics.com)

**Mar 15 Palisade Lions Club 5<sup>th</sup> Annual Community Yard Sale**- Net proceeds will be used to support Palisade community projects. 9:00am–3:00 pm, Palisade Gym 711 West 7th Street. Club members will be at the Palisade Gym on Friday, March 13 from 1–5pm to accept donations of gently used items for sale on Saturday or call 260-7490 or email [aflocks@gmail.com](mailto:aflocks@gmail.com) to donate earlier. Contact: Rick Fox, 970-314-5340, or [aflocks@gmail.com](mailto:aflocks@gmail.com)

**Mar 15 Live Music: Blu Pig**- Hillfolk Noir

**Mar 16 Live Music: Blu Pig**- Matt McCloskey

**Mar 17 St. Patrick's Day**

Parade, potluck, party, prom at Swanny Park. 5–9pm

**Mar 17 Live Music: Blu Pig**- Michael Waters

**Mar 18 Rest, Dream, & Restore**- Join Moonflower Co-op and Crystal Blanks of Mindful Movement Moab for a deeply nourishing experience designed to calm the nervous system, invite vivid rest, and awaken intuitive dreaming. Crystal will guide participants through crafting their own dream oil using natural essential oils that support rest, lucid dreaming, and healthy nighttime habits. Participants will then be guided through gentle restorative yoga postures and immersed in a soothing, therapeutic sound bath to facilitate deep relaxation. All materials and yoga mats will be provided. Free and open to all. 5pm @ the Moab Arts and Recreation Center (MARC). RSVP at [bit.ly/restdreamrestore](http://bit.ly/restdreamrestore).

**Mar 18 Live Music: Blu Pig**- Community Music Night

**Mar 19 Live Music: Blu Pig**- Dave Mensch

**Mar 20 Live Music: Blu Pig**- Bex Marshall

**Mar 20-27: KZMU Spring Radiothon**- See article pg 13A

**Mar 20–21 The Bowline Film Festival**- A new cinematic celebration dedicated to the rivers, landscapes, and cultures of the Colorado Plateau! The festival will feature a curated selection of films across various categories, including feature and short documentaries, narratives, adventure films, natural history explorations, river-centric stories, and works by Indigenous filmmakers. Beyond screenings, the festival will offer filmmaker Q&As, educational workshops, and community events, all designed to engage audiences in dialogue and active stewardship. The festival will be held in Green River, Utah, in partnership with the esteemed John Wesley Powell River History Museum. Info: [johnwesleypowell.com/2026-bowline-film-festival/](http://johnwesleypowell.com/2026-bowline-film-festival/)

**Mar 21: Transom Traveling Workshop**- In partnership with KZMU and Community Rebuilds, the week-long Transom Traveling Workshop in audio storytelling is coming to Moab! Ten beginning and early-career students will get a week of intensive training. Our alumni have gone on to work at NPR, public radio members stations across the country, nearly every major podcast company, and as award-winning independent producers. The workshop will premier student produced segments at Star Hall.

**MARCH 15, 2026**  
**3 - 7PM**  
**SWANNY PARK**  
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435.259.6272

# More Moab Events

**Mar 21 Canyonlands Half Marathon-** Thousands of runners come together in March to enjoy the scenic red rock formations and winding Colorado River that Moab has come to be known for! Running parallel to Arches National Park and the mighty river, runners are in for a real treat. [www.madmooseevents.com/canyonlands-half-marathon](http://www.madmooseevents.com/canyonlands-half-marathon) See article pg 3B

**Mar 21 Magic Show with Rick Boretti-** The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh be mystified! 7pm Moab Backyard Theater...Outside Food and Drink welcome. 56 W. 100 South. See article pg 13A

**Mar 21 Live Music: Blu Pig-** Collin Conley

**Mar 22 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. 5:15pm at Wellness Collective, 76 South 100 West—in the Back of Red Rock Bakery. Donation-based and open to all—come as you are. Sign up at [wellnesscollectivemoab.com](http://wellnesscollectivemoab.com).

**Mar 22 Live Music: Blu Pig-** Jon O

**Mar 23 Live Music: Blu Pig-** Dustin Burley

**Mar 24 Live Music: Blu Pig-** Eric Brors

**Mar 25 The Storied Self: Moab's Story Slam-** Bring your friends and put your name in the hat for a chance to tell your true, 5-7-minute personal story on the theme "Beginnings". Origin stories, first-time experiences, launches, resets and reboots. No notes, no props, just you and a supportive audience. Presented in partnership with Grand County Public Library & Moab Arts. Gather for refreshments at 6:30, stories at 7pm at the MARC (Moab Arts - 111 E 100 N) For more info call 435-259-1111 or visit [www.moablibrary.org](http://www.moablibrary.org)

**Mar 25 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

**Mar 25 Live Music: Blu Pig-** Community Music Night

**Mar 26 Moab Museum 2026 Gala-** Info & tickets: [moabmuseum.org](http://moabmuseum.org). See pg 6B

**Mar 26 Moab Information Center Lecture Series: Deer Chronic Wasting Disease-** Presented by Chris Wood & Team, Utah Department of Natural Resources (DNR). Chronic Wasting Disease (CWD) is a degenerative and fatal neurological disease that affects deer, elk, and moose. CWD was first detected in Vernal, Utah, in 2002, and soon after, a second positive was discovered near Moab in early 2003. Since then, the La Sal Mountains now have one of the highest prevalence rates of CWD in Utah, with Moab being a persistent hotspot for the disease. CWD is 100% fatal, can take years to show visible symptoms, and can persist in the environment. These characteristics make it especially challenging to manage and raise important concerns for the long-term health of local big game populations, hunting opportunities, and wildlife management in southeastern Utah. In this presentation, the state wildlife veterinarian and district biologist will discuss what Chronic Wasting Disease is, how it's spread, disease prevalence in Moab and beyond, and ways to help mitigate the spread of CWD. Hosted by Canyonlands Natural History Association (CNHA). 6pm at the Moab Information Center.

**Mar 26 Live Music: Blu Pig-** Jamie & The Dreamers

**Mar 27 & 28 Live Music: Blu Pig-** Columbia Jones

**Mar 28 Service Saturday at Arches-** (9am–10:30am). 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. For more information or to sign up, please email [SEUG\\_Volunteers@nps.gov](mailto:SEUG_Volunteers@nps.gov) or call 435-719-2214.

**Mar 28 Behind the Rocks Ultra-** From smooth double track to sandy washes, technical doubletrack, and challenging singletrack, Behind the Rocks Ultra will test you mentally and physically. While the 10 Mile and 30K can give runners an introduction to Moab trail running, the 50 mile course is among our most challenging events. [madmooseevents.com](http://madmooseevents.com)

**Mar 28 Magic Show with Rick Boretti-** The Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh be mystified! 7pm Moab Backyard Theater...Outside Food and Drink welcome. 56 W. 100 South. See article pg 13A

**Mar 28–Apr 5 Easter Jeep Safari-** Trail rides, Vintage Iron Car show, prizes, vendors and more. Hosted by the Red Rock 4 Wheelers. [www.rr4w.com](http://www.rr4w.com). Pick up a copy of the Jeep Safari Magazine around town or see [www.jeepsafarimagazine.com](http://www.jeepsafarimagazine.com)



**Mar 29 Interfaith 5th Sunday Sing-** The whole community is invited. Grand County Faith Based Coalition (GCFBC). Easter music this time. Refreshments afterward. 6pm at Locust Lane Church, 701 Lucust Lane, Moab.

**Mar 29 Live Music: Blu Pig-** Chris Duarte

**Mar 30 Live Music: Blu Pig-** Bob Greenspan & Mama T

**Mar 31 Live Music: Blu Pig-** Dustin Burley

## April 2026

**Apr 2 Vintage Iron "Car" Show Fun Run-** New to Jeep Safari! Optional fun run for the classic vehicles at 8am on the north loop of Fins-N-Things. See ad pg 1B

**Apr 2 Vintage Iron "Car" Show-** Get ready to roll back in time. Check out classic rides, chat with fellow old iron lovers, and soak up those nostalgic vibes. The show will focus on the heritage of the off-road vehicles. 1–7pm at Old Spanish Trail Arena ball field.

**Apr 2–3 Easter Jeep Safari Expo- Free admission** to product displays and sales for 4 wheelers. Over 100 companies, indoor and outdoor exhibits, national manufacturers. Thursday 10am–7pm and Friday 9am–5pm. Old Spanish Trail Arena, South on Highway 191. Info at [rr4wvendorexpo.com](http://rr4wvendorexpo.com)

**Apr 3 Camp Moab at Easter Jeep Safari-** A youth-focused experience within Easter Jeep Safari 2026 that inspires the next generation of off-roaders, explorers, and land stewards. Through a series of hands-on skill and knowledge circuits, youth learn about outdoor ethics, safety, and responsible recreation. Open to ages 6-17. Our goal is simple: to pass on the knowledge, values, and passion that have defined Easter Jeep Safari for over 6 decades, ensuring these roads, trails, and traditions endure for generations to come. Presented by the Red Rock 4-Wheelers and Jeepers Jamboree at Old Spanish Trail Arena. [www.rr4w.com](http://www.rr4w.com) See pg 5B

**Apr 3 Moab Art Walk-** A free, all-ages downtown celebration of artistry and community, from 5-8 pm at Participating Businesses and the Moab Arts and Recreation Center. Locations exhibit new work every month, featuring local and regional artists exploring a variety of ideas and mediums. Expect to encounter raffles, food and drink, artist demonstrations, live music, and more as you stroll around town to each of the locations. Meet and mingle with artists and art enthusiasts, buy a piece of art, and leave feeling inspired to create! For more information, including a map of participating Art Walk locations, monthly show details, and information about accessibility accommodations, please visit [www.moabarts.org](http://www.moabarts.org). Hosted the First Friday, 5–8pm.

**Apr 4 Easter Egg Hunt\*-** Join Moab City Recreation for our annual Easter Egg Hunt, 10am at Swanny City Park! Followed by pictures with the Bunny! This event is FREE to the public. \*Children ages 1-8 are invited to hunt for eggs and will be split into areas of the park according to age group.

**Apr 4 Running Up for Air (RUFA)-** An endurance mountain challenge that was created to raise money in support of the fight for improved air quality. [upforairseries.org](http://upforairseries.org)

**Apr 10–12 Green River Rocks-** Join us for a weekend of free field trips with Utah's finest geologists, paleontologists, and rock art conservationists. Meet the organizations that preserve and protect our public lands while discovering a bounty of rocks and minerals from vendors at our pop-up market outside the John Wesley Powell River History Museum. [www.greenriverrocks.com/](http://www.greenriverrocks.com/)

**Apr 11 Amasa Trail Race-** Amasa Trail Race takes 25k, 15K, and 10K runners through one of Moab's most prized trail systems. [www.madmooseevents.com](http://www.madmooseevents.com)

**Apr 15–Sep 30 Youth Garden Project Weed N Feed-** Volunteer at the Youth Garden every other Wednesday, 6-8pm, from April–October. Apr 15, 29, May 13, 27, Jun 10, 24, Aug 5, 19, Sep 2, 16, 30. Help us with weeding in the garden for ~one hour, in exchange for a free, shared, garden-fresh meal. [www.youthgardenproject.org](http://www.youthgardenproject.org)

**Apr 15–19 Cruise Moab-** Annual, week-long off-road event for enthusiasts of Toyota 4x4 vehicles, organized by the Rising Sun 4WD Club and sanctioned by the Toyota Land Cruiser Association (TLCA). Features guided trail rides for all skill levels, vendor expos, and a strong sense of community among Land Cruiser owners. Participants explore iconic desert terrain, tackling challenging obstacles and enjoying camaraderie with other Toyota fans. [www.cruisemoab.com](http://www.cruisemoab.com)

**Apr 16 Moab Information Center Lecture Series: Navajo Stories About Ancient Astronauts and the Gila Monster-** Pete Sands brings Diné storytelling to life through warm, playful humor with his Uncle Al and his unforgettable cast of puppets on his hit TV show *Navajo Highways*. Drawing from traditional oral narratives, the series explores legendary figures such as the Hero Twins—monster slayers who restore balance to the world—Coyote, the clever and chaotic trickster whose missteps teach hard lessons, and White Shell Woman, a sacred maternal figure tied to creation and harmony. Through humor, song, and conversation, Sands guides viewers through Diné teachings

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**Moab's  
Backyard  
THEATER**

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

**SHOWTIMES 7PM!**

**WEDNESDAYS BLUEGRASS**

All Star bluegrass band!

**SATURDAY MAGIC**

the Mystifying Rick Boretti!

fun for  
all ages!

visit website for exact times and more info!

**MOABACKYARDTHEATER.COM**

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

# Even More Events

about how the cosmos came to be, the emergence of the people into this world, and the ongoing responsibility to live in balance with the universe. Rooted in tradition yet told with contemporary creativity, Navajo Highways keeps ancient stories moving forward, one road at a time. 6pm at the Moab Information Center. Hosted by Canyonlands Natural History Association (CNHA).

**Apr 18–19 Moab Hard Enduro Dirtbike Race-** This is round four of the AMA NATIONAL HARD ENDURO CHAMPIONSHIP. Bringing the best pro and amateur dirt bike racers from all over the country to compete on a challenging spectator friendly course at Area BFE just 20 minutes south of Moab. There will be two full days of action packed racing as well as concessions and vendor booths on site. Whether you ride dirt bikes or are just a motorsports enthusiast looking to spectate this is not an event to miss. And don't forget to bring the kids as there will be a Stacyc youth race on Saturday with demo bikes available. We'll see you there! More info on [www.moabhardenduro.com](http://www.moabhardenduro.com) or on IG @moabhardenduro

**Apr 22 Earth Day**

**Apr 23–25 Green River Dirt Bike Rally-** [greenriverdirtbikerally.com](http://greenriverdirtbikerally.com)

**Apr 23–25 Moab REDROK Rally-** An off-road guided tour event. The event will be held at the Old Spanish Trail Arena. The event will have vendor booths, guided tours, meals, raffles and SXS events such as a show and shine, flex content, etc. Participating drivers will meet their guides at designated trailheads. Guided trails offered will be north, northeast and northwest of Moab with the exceptions of Steel Bender, Behind the Rocks, Hells Revenge and Fins N Things. No night rides will be held. Camping and lodging will be provided by properties within Moab.

**Apr 24–26 Canyon Rims Endurance Ride-** For more information they can go to my website <https://mickeysmt.wixsite.com/moabenduranceride>, or contact Mickey Smith / Blaze Adventure LLC at 435-260-8521

**Apr 25 Service Saturday at Arches-** (9am–10:30am). 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

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## Recurring Events:

**FREE Financial Empowerment Workshop + \$100 e-gift card\***: Learn the basics of budgeting, borrowing, credit, and debt management. Join us in person (RSVP required) at bit.ly/3WfvUet or take the self-paced online workshop by picking up a workbook at a partner location bit.ly/4hqfxWo. \*\$50 for workshop completion and \$50 for a 3-month follow-up survey. Contact [ariel@seekhaven.org](mailto:ariel@seekhaven.org) with questions.

**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. Call (435) 259-6623 to make a reservation. There is limited seating.

**Moab Valley Multicultural Center Food Pantry**  
Clients may access the Food Pantry once every two weeks. Schedule: Mon, Wed, Thu, Fri: 9am-12pm, 1-5pm  
Tue: 9am-12pm, 2:30-5pm

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

### Mondays

**In Stitches: Fiber Arts Club-** Free! (Mondays 3:30–4:30pm)  
All skill levels and ages ! 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 literary news and a discussion on what local bookworms are reading. First Monday of every month at 5pm. On the dial at 90.1, 106.7, 90.7 and kzmu.org.

**The History Hour on KZMU** Local guide Blaine Reniger tells stories about local people and events from history and gives context for how these incidents have shaped Moab and the surrounding area. Last Monday of every month at 4:00 p.m. on KZMU. On the dial at 90.1, 106.7, 90.7 and kzmu.org.

**This Week in Moab on KZMU** Our hosts interview people in the community about the upcoming goings-on around town and the region. (Almost) every Monday at 5:00 p.m. on KZMU. On the dial at 90.1, 106.7, 90.7 and kzmu.org.

**Codd's World on KZMU** Host Richard Codd shares quirky stories about the people and events that make Moab special. How does the grocery store keep shelves stocked during the tourist season? Why do people love off-roading? How are bagpipes made, and what does that have to do with a longstanding Moab tradition? First Monday of every month at 4pm on KZMU. On the dial at 90.1, 106.7, 90.7 and kzmu.org.

**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

**The Juniper Hour on KZMU** Host Ricky Begaye covers a wide range of topics pertaining to local indigenous groups including arts, language, culture, history, tradition, representation, current events, and more. Third Monday of every month on KZMU. On the dial at 90.1, 106.7, 90.7 and kzmu.org.

### Tuesdays

**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

special thank-you item for volunteering time to care for the national park. For more information or to sign up, please email [SEUG\\_Volunteers@nps.gov](mailto:SEUG_Volunteers@nps.gov) or call 435-719-2214.

**Apr 25 Thelma & Louise Marathon & Half-** 15k, Half-Marathon, Marathon, and 50k. [madmooserevents.com](http://madmooserevents.com). See article pg 3B

**Apr 25 Youth Garden Project Spring Plant Sale Fundraiser-** Sale includes thousands of plant starts to choose from with a large variety of locally-grown vegetable starts and herbs. Breakfast treats, coffee, and YGP merch will be available for purchase. 9am–1pm at 530 South 400 East St. Online sales open after the event closes. [www.youthgardenproject.org](http://www.youthgardenproject.org). All proceeds support YGP's youth and community programming.

**Apr 25 Rim to Rim Restoration's Annual Mayberry Earth Day Celebration-** Join Rim to Rim Restoration for our

off their latest projects. For more information, call Mary Wakeley, Guild president, at 815-712-6169.

### Wednesdays

**Apr 15–Sep 30 Youth Garden Project Weed N Feed-** Volunteer at the Youth Garden every other Wednesday, 6-8pm, from April–October. Apr 15, 29, May 13, 27, Jun 10, 24, Aug 5, 19, Sep 2, 16, 30. Help us with weeding in the garden for ~one hour, in exchange for a free, shared, garden-fresh meal. [www.youthgardenproject.org](http://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](http://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

### Thursdays

**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.

**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.

**Figure Model Session** (1st and 3rd Thursday of the month 6:00-9:00 pm) in the Stage Room at the Moab Arts Center: with live model, all skill levels and mediums welcome (must provide own materials), \$10 suggested donation at the door, contact facilitator Greg MacDonald at [greg@studiowhat.net](mailto:greg@studiowhat.net) for more information or if you are interested in modeling.

### Fridays

**Free Community Food Pantry** Fridays from 4-5:30pm 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.

**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](http://www.grandcountyutah.net/638/Book-Clubs).

**Moab Arts Center Classes** 111 E 100 N Moab  
Visit our website at [www.MoabArts.org](http://www.MoabArts.org) for more info.

**Paper Flowers: Chiyogami Cherry Blossoms** with Margot Zen, Thursday, March 5

**Watercolor Mxed Media** with Gretchen Goldsmith, Mondays, March 9&16

**Mosaic Flagstones** with Miriam Graham, Monday & Tuesday, April 6&7

**Figure Model Sessions.** See Thursdays above.

annual open house and Earth Day celebration. The event will feature snacks, kite-flying, a property tour, a volunteer project, and more! Come for a peaceful afternoon at this beautiful River Road property, learning about native plants, getting your hands in the dirt, and discovering what Rim to Rim is all about. From 11am–5pm at the Mayberry Native Plant Propagation Center, Mile Marker 15.25 on Highway 128 (River Road). See article pg 4B

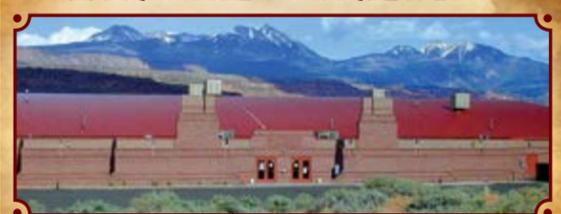
**Apr 25 Moab Rotary Car Show-** Free to attend, with food vendors and musical entertainment. Swanny Park, 400 N 100 W. Hosted by Moab Rotary. [www.moabrotary.com](http://www.moabrotary.com).

**Apr 25 Desert Gravel-** Part of the TransRockies Race Series! [www.desertgravel.com/](http://www.desertgravel.com/)

**Apr 30–May 3 Moab Grenadier Gathering-** Bringing the INEOS Grenadier vehicles into Moab for a weekend of off-road driving, training and education. Following "Leave no Trace" and "Tread Lightly" principles. We will gather at the Old Spanish Trail Arena for four days.

**Apr 30 May 5 Building Man-** Utah's Festival for Art, Music, and Sustainable Living. [buildingmanfestival.com](http://buildingmanfestival.com)

## OLD SPANISH TRAIL ARENA



**Have your event at the Arena!**  
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# Moab Happenings Restaurant Guide



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It's Good Medicine



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331 N. Main Street • Moab

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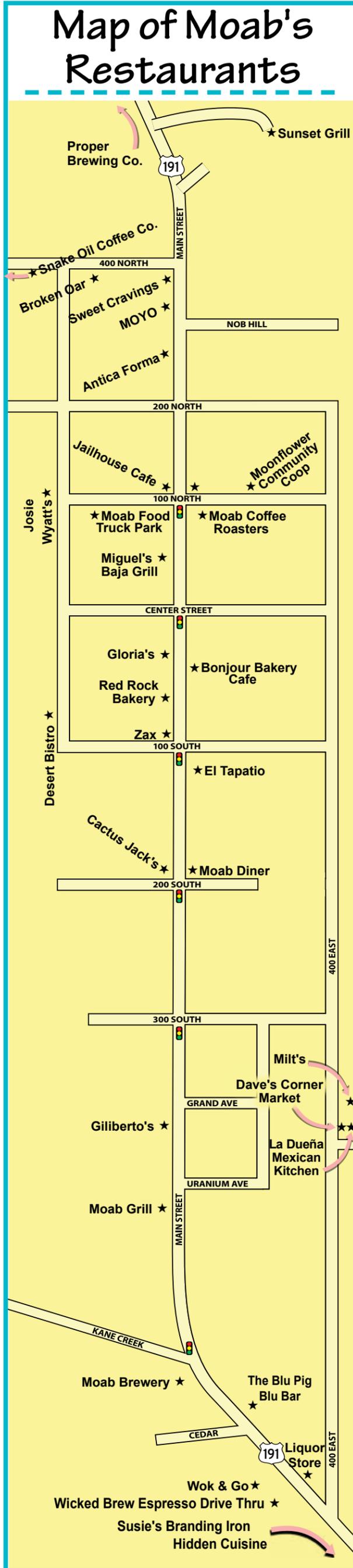
MOYO is a self-serve frozen yogurt shop that offers 14 delicious flavors of yogurt, including low fat and no-sugar added. We also have custard and Italian ice. Our topping bar offers over 30 choices, from healthy to decadent, to enhance your froyo experience. All of our yogurts and sorbets are real dairy,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

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ESPRESSO DRIVE-THRU  
CAFFEINATING DAILY  
NOW SERVING BREAKFAST BURRITOS & SANDWICHES

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1146 South Highway 191  
**Open Mon - Fri 6am-12pm**  
Wicked Brew is committed to providing you unbeatably fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab. Now serving breakfast burritos and sandwiches.



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ICE CREAM • GELATO

90 N. Main St. • Moab, UT

**Moab Coffee Roasters**  
90 N. Main St. 435-259-2725  
**Open Daily 7am-7pm**  
On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared coffee beverages, teas, smoothies, and Italian sodas. Taste the fresh roasted difference! Featuring quality chocolates from Rocky Mountain Chocolate Factory. We have breakfast burritos, courtesy of fresh2go.

**DAVE'S CORNER MARKET**  
4th East & Millcreek Drive  
259-6999

**local FIRST UTAH**

Largest selection of gourmet coffee in Southeastern Utah.  
Open 7 a.m. - 7 p.m.

**Dave's Corner Market**  
4th East & Millcreek Drive  
Coffee • Groceries **Open Daily 7am-7pm**  
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!



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# Restaurant Guide



**ANTICA FORMA**  
WOOD FIRED NEAPOLITAN PIZZA & PASTA

**Dine-In & To-Go Orders**  
Open Every Day

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

**Antica Forma**  
267 North Main Street 435-355-0167  
Lunch • Dinner  
**Open Daily 11-9pm Sun 11-10pm Fri-Sat 11-10:30pm**

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.

When the Food Matters,  
**LET 'EM EAT BBQ!**



811 S. Main St.  
**435-259-FEED (3333)**  
www.BLUPIGBBQ.com

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

**Blu Pig & Blu Bar**  
811 S. Main 435-259-3333  
Lunch • Dinner • Take-Out  
**Open Daily 11:30am - Close**

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

European Style Pastries



Made Fresh Daily Baked Goods

**BONJOUR**  
BAKERY CAFE

Breakfast - Lunch - Espresso Bar - Ice Cream - Smoothies



~ Gluten Free, Vegan options available ~

DELIVERY OPTIONS 

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**Bonjour Bakery Cafe**  
59 South Main Street Ste.2 435-355-0809  
Breakfast • Lunch and Late Night Desserts & Coffee  
**Open Daily - Check Google for hours**

Locally owned and operated european style pastry. Large baked goods selection made fresh daily. Made to order wide selection breakfast and lunch menu -Gluten free and vegan option. Open for late night espresso, dessert, ice cream, smoothies and more.

THE BEST DINING IN MOAB.

**BROKEN OAR**  
RESTAURANT



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**Broken Oar**  
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Dinner • Take-Out **Open Nightly - Closed Sundays**  
**Hours & Days subject to change. Check 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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196 South Main 435-355-0119  
**Open for breakfast and lunch**  
**7am-2pm every day**

The perfect place for your favorite breakfast staples, brunch essentials, lunch, and full bar. A cozy kitchen + bar downtown with room to entertain groups of all sizes. Locals favorite for Brunch and Mimosas! Locals get FREE Coffee and 10% OFF.

**Desert Bistro**  
Casual Fine Dining  
Contemporary Southwestern Cuisine



Located in the heart of downtown  
**36 South 100 West**

Reservations Highly Recommended  
www.desertbistro.com  
435-259-0756 FULL LIQUOR LICENSEE

**Desert Bistro**  
36 South 100 West 435-259-0756  
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

**OPEN 10am Every Day**

Weekly Lunch Specials!  
\$11.99



**El Tapatio**  
125 S. Main Street 435-355-0411  
**Open Sun-Thur 10am-9pm**  
**Fri-Sat 10am-10pm**

Come enjoy the best Mexican food in town. Checkout our Mexican Breakfast. Lunch Specials 11am-2:30pm. And don't forget to ask about our Magaritas & full service bar.

**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)

**Breakfast All Day** Menudo Sundays \$16.50

Mexican Juices  
Horchata - Jamaica - Tamarindo - Piña Colada

396 South Main Street 435-259-1678

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

Newest location of family owned chain of restaurants. Enjoy the same authentic Mexican cooking as our other restaurants in Arizona, Colorado and Utah. Traditional Mexican recipes including Lengua and Menudo. Mexican bottled Coca Cola, Horchata, Jamaica. Order online www.gilibertos3.com

**Glorias**



ORDER ONLINE

**Gloria's**  
Outdoor Seating  
Pet Friendly

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

**Gloria's**  
20 South Main Street 435-259-0101  
Breakfast • Lunch • Dinner  
**Open 7am-9pm 7 days/week**

Fuel your Moab adventure at Gloria's! Power your morning with espresso, smoothie, pressed juice, and fresh breakfasts. Also serving bold flavor and healthy options for lunch and dinner. Savory salads, burgers, sandwiches, tacos, pasta, steak, seafood and more! Relax and Refuel, dine in or order online.

# 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  
**Open Daily 4pm-Close**

The newest sports pub & grill inside Gravel Pit Lanes. Come enjoy the game on our 80" Ultra HD TV and our other 14 screens. Serving delicious pub grub along with beer. 40 beers to choose from, 20 on tap. Under 21 welcome.

32<sup>nd</sup> year  
**JAILHOUSE CAFE**

Famous Breakfast  
Cocktail Brunch  
Bistro Dinner

**Now Serving Dinner**

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

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

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

**LA DUEÑA MEXICAN KITCHEN**

Soup Specials on Friday NOW Delivery by

Tacos Sopas Nachos  
Huaraches Quesa Birria

Enjoy Lunch or Dinner

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

**La Dueña Mexican Kitchen**  
389 Millcreek Dr.  
**Open Wed-Sat 11am-7pm Closed Sunday-Tuesday**

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.

**MIGUEL'S BAJA GRILL**

**Miguel's Baja Grill**  
51 North Main 435-259-6546

Genuine Mexican Cuisine, traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on fresh food and prepare it as you order it. Great Margaritas and seafood dinners are our specialty. Vegetarian, Vegan & Gluten Free items available. Proud to cook with zero trans fat.

Established 1954  
**Milt's Stop & Eat**

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

FEATURING  
HAND-CRAFTED BURGERS & HAND SPUN MILKSHAKES

INDOOR COUNTER OPEN  
TAKE OUT & OUTSIDE DINING

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

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

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

DINE-IN & CARRY OUT

**MOAB Diner**

Breakfast • Lunch • Dinner

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  
Breakfast • Lunch • Dinner  
**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.

**MOAB GRILL**

www.moabgrillrestaurant.com  
540 S. Main • Moab, UT 435-259-4848  
Next to Big Horn Lodge

Open for Breakfast Lunch & Dinner  
7am-9pm Daily

Traditional American Breakfast • Handmade Specialty Burgers  
Sandwiches & Salads • Steaks, Pastas & Pizzas • Vegetarian Entrees

Weekend Specials

Come on down to the best grill in town!

**MOONFLOWER'S DATURA DELI**  
Freshly cooked hot breakfast and lunch served daily

**Moonflower** natural foods store

Grab n' go meals, soups, salads, & sandwiches  
Freshly baked goods  
Hot locally roasted coffee  
Local kombucha on tap

Sign up to receive hot bar menu text message updates!

39 E 100 N, Moab • 435-259-5712 • moonflower.coop

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

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

Open Daily 6:30 AM

**RED ROCK BAKERY and CAFE**  
100% ROOF-TOP SOLAR POWERED

Dine-In Take-Out

- Locally Roasted Fresh Moab Coffee & Espresso
- Locally Owned & Operated Since 1997

74 South Main Moab, UT  
**435-259-5941**

**Red Rock Bakery & Net Cafe**  
74 S. Main Street 435-259-5941  
Breakfast • Lunch  
**Open Daily 6:30am - Close**

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

# Restaurant Guide



**SUNSET GRILL**  
Steakhouse • Prime Rib • Seafood

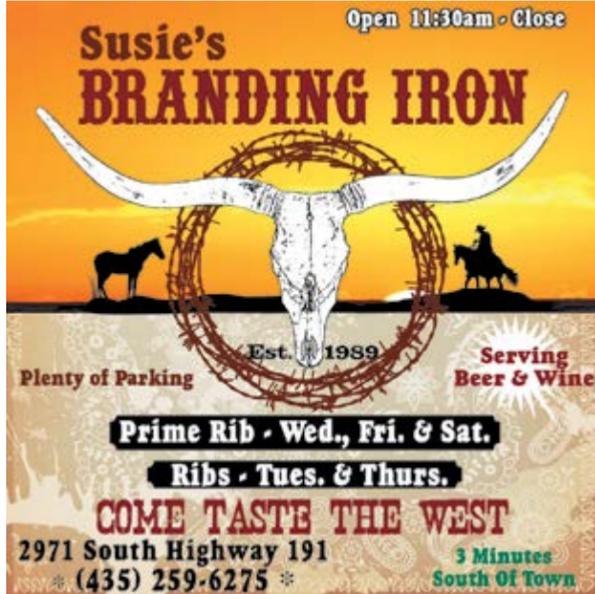
*"Dining with a Million Dollar View"*  
Former Home of "Uranium King"  
Charles A. Steen

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

900 North Hwy 191 • 435-259-7146

**Sunset Grill**  
900 North Highway 191 435-259-7146  
Dinner  
Open Daily 5pm seating until 9pm | Closed Sundays

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



Open 11:30am • Close

**Susie's BRANDING IRON**

Plenty of Parking Est. 1989 Serving Beer & Wine

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

COME TASTE THE WEST

2971 South Highway 191 3 Minutes South Of Town  
(435) 259-6275

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

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

## Sweet Cravings Bakery + Bistro



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

Grab+Go Breakfast & Lunches  
Breakfast Burritos  
Sandwiches+Wraps  
Scratch Made Desserts  
Boxed Lunch Catering

Open Daily 8a-3p

View Menu & Order Online  
[www.moabsweets.com](http://www.moabsweets.com)

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

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



**Wok & Go Fast Food Chinese Cuisine**  
812 South Main (next to Indo Grill) 435-355-0701  
Lunch • Dinner  
moabwokandgo.com/  
Open Daily 11:30am-9pm

Quick pickup, online ordering, fresh ingredients. Call for take out. Order with Uber Eats or Door Dash. Entrées include: Beef and Broccoli • Kung Pao Beef • Mongolian Beef • Hunan Beef • Firestorm Chicken • Kung pao Chicken • Orange Peel Chicken • Sweet and Sour Chicken • Firestorm Shrimp • Vegetable Lo Mein.



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

Largest selection of local Utah microbrews on tap!

PIZZA•BURGERS•PASTA•STEAKS

WELCOME JEEPERS, BIKERS & RUNNERS

COME GRAB A BITE TO EAT  
AFTER A LONG DAY ON THE TRAILS  
ZAX HAS SOMETHING FOR EVERYONE!

ALSO CHECK OUT OUR ROOF TOP DECK • BEST VIEW IN TOWN

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

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

Our extensive menu includes the best burgers in Moab, sandwiches, pastas, salads, seafood & our famous pizza. Dine inside or out on our all-weather covered patio. Watch favorite sporting events on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Full liquor license. Locally owned and operated.



## TOP 5 Reasons for Eating Locally

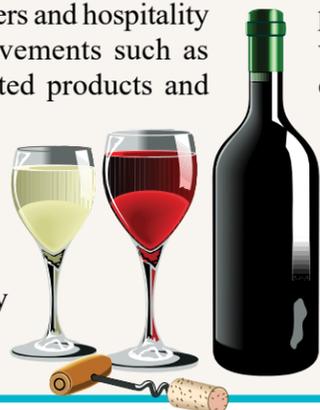
1. You keep your money in Moab's economy.
2. You benefit from Moab passion and expertise.
3. You keep Moab tax dollars here.
4. You keep the American Dream alive.
5. It's a 50+ mile drive to eat anywhere else.

## New Location and Hours for the Utah State Liquor Store

Although Utah sometimes has a reputation as a state where it is difficult to purchase or consume alcoholic beverages, Moab has both a microbrewery and a local winery and many restaurants that serve beer, wine and cocktails.

The **Utah State Liquor Store** is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 5%. The Moab store **New Location at 963 South Main Street and is open Monday through Saturday (11am-10pm)**. It is closed on Sundays and holidays. The new store will better serve customers and hospitality businesses with improvements such as longer hours, refrigerated products and a designated will-call and loading dock for restaurant and bar operators.

With 12,360 square feet, the new store nearly triples the size of the current location. The



added space creates room for a broader selection, 36 doors of refrigerated products, dedicated areas for local businesses to pick up orders, and Proudly Utah sections featuring items from Utah distillers, brewers, and wine and cider makers.

The Moab Brewery Package Agency sells their full-strength beers (in 16oz cans and 22oz bottles) and unique spirits "to go" every day including Sundays, opening at 11:30am.

Beer (5% alcohol content) for take-out can be purchased at grocery food stores and convenience stores for off-premise consumption only. On-premise beer (you can drink it here) is available at various licensed locations, including taverns, golf courses, bowling alleys and restaurants.

State law places some restrictions on where you can sit in an establishment when consuming alcohol and whether or not you need to consume food with your drink. For example, Zax, a locally-owned full-service restaurant, has an adult atmosphere in the Watering Hole, where you can order a cocktail and watch your favorite sporting event on their 22 TVs, with

or without ordering food from their full menu. However, if you sit in the family dining restaurant, you need to order food to consume an alcoholic beverage. Other restaurants that serve drinks with meals include Antica Forma, Gloria's Café, Desert Bistro, The Spoke and Susie's Branding Iron.

The Moab Brewery is Moab's only on-site microbrewery and offers a variety of locally-brewed beers in their restaurant. Their award-winning beer is also available at other restaurants in Moab and at retail stores in town and in Salt Lake City.

Spanish Valley Vineyards is located about 6 miles south of Moab on Zimmerman Lane, where on-site tasting and bottles of wine are available for sale.

Utah law forbids open containers in or about any motor vehicle. A blood alcohol level of 0.05% is the maximum allowable under Utah Code to be declared "driving under the influence."



# Even More Moab Events

## Ephemeral Collective presents Stoopfest

Ephemeral Collective is excited to announce Stoopfest, a free two-day festival intended to activate everyday spaces (porches, stoops, trailer beds, front steps, and side yards across Moab) as stages for performance art and neighborhood connection. The festival will be held Friday, March 6th and Saturday, March 7th, and will culminate with a Saturday afternoon performance crawl from 2pm-9pm.

### Workshops and Performances

Spots for both workshops and the “Sugar Mud” performance are limited and must be reserved in advance on Ephemeral’s website: [www.ephemeralcollective.com/stoopfest](http://www.ephemeralcollective.com/stoopfest). \$10-\$20 donations are suggested.

Stoopfest will kick off Friday night with a “Devising Movement for Storytelling” workshop led by Malcolm Campbell-Taylor from 5-7pm at the Helipad. For dancers and nondancers alike, Malcolm will guide attendees in storytelling through choreography and physicality, using techniques from Frantic Assembly.

Friday night will also feature a solo clown show, “Sugar Mud,” by Meat Bar at 7pm.

Saturday morning’s workshop will be “Players Gotta Play! How Clowning and Play Offer Opportunities for Connection”, led by Madazon Can-Can from 9am-12pm at the MARC. In this workshop, Madazon Can-Can, a Salt Lake City clown and professional provocateur, will guide participants into finding their inner clown and fostering a spirit of play with themselves and one another.

### The Stoopfest Stoop Crawl

On Saturday afternoon, join us for the main event: the Stoop Crawl! From 2pm-8pm, there will be a new performance at a new location every hour on the hour. Performances will include a multi-verse opera, short plays, dance, comedy, clowning, and more, led by local and regional artists and hosted by neighbors and community

partners. Travel from location to location with the stoop procession (the full loop is about 2 miles), or attend the performances you please. For an up-to-date list of locations and performances, visit [www.ephemeralcollective.com/stoopfest](http://www.ephemeralcollective.com/stoopfest).

The Stoop Crawl is free and open to the public; no RSVP required. Food will be available for purchase from Showstoppers Pizza and El Local food trucks at the 6pm location. Parking is limited – attendees are encouraged to walk, bike, take the MAT, or carpool. Limited seating will also be available; please bring your own camp chair or cushion for comfortable seating at each location.

All ages are welcome, though some performances may contain mature themes. This is an alcohol-free festival. No markets, no booths, no tickets, no roof! Just weird and wonderful ideas, devised and performed on our stoops.

Sponsored in part by Moab City RAPTax, Stoopfest is free to attend, with tips and donations encouraged. Thank you to the City, Back of Beyond Books, The Synergy Company, and Project Rainbow Utah for supporting this community festival. To learn more, volunteer, or find other ways to get involved, please visit [www.ephemeralcollective.com/stoopfest](http://www.ephemeralcollective.com/stoopfest) or follow along on instagram: @moabstoopest.

### About Ephemeral Collective:

Ephemeral is an arts collective and resource hub dedicated to building resilient, place-based creative communities across the Colorado Plateau. We value imaginative, bottom-up storytelling and a media landscape that is honest, playful, locally-driven, and primarily offline.



We strive to uplift artists across all levels of experience, promote equitable access to creative resources and opportunity, connect community members to each other.

## Youth Garden Project Announces

### 16<sup>th</sup> Annual Auction Fundraiser and Kickoff Party

The Youth Garden Project (YGP), a garden-based education nonprofit in Moab, is announcing the opening of its 16th Annual Online Auction Fundraiser with the goal of raising \$26,000. The Online Auction is one of YGP’s largest fundraisers of the year, and all proceeds support the garden’s youth and community programming.

The Online Auction will run from March 4th, 9:00am – March 10th, 9:00pm, and will feature hundreds of items (400+!) donated by generous businesses and individuals from Moab and the greater region. Bidding on all items starts at or around 50% of the original value. The auction will take place on the platform Bidding for Good, which can be accessed at the link [www.biddingforgood.com/youthgardenproject](http://www.biddingforgood.com/youthgardenproject). Online registration is free.

From dining gift cards to hotel stays to jewelry and fine art, the auction is not only a tangible way to save on items

and services you may already spend money on, but also a chance to treat yourself to unique experiences or one-time events!

This year, YGP will also be hosting an Auction Kickoff Party at Rooted Vine. The party will take place March 4th from 6-9pm at Rooted Vine Wine Bar (137 N Main Street). The event is open to the public (21+) and 10% of food and drink purchases will be donated to YGP thanks to Rooted Vine’s generosity. Attendees will be able to browse some auction items in-person, register for bidding, and connect with the wider community. All bidding will continue to take place online - attendees should bring a smartphone or other device that can connect to the internet if they’d like to bid.

The Youth Garden Project is incredibly grateful for the support of the business community and the many individuals that make the auction possible. Starting March

4th, join friends, family, neighbors, and folks across the country in bidding for the cause of growing healthy food, kids and community!

### About the Youth Garden Project:

YGP is a 1.5 acre garden and outdoor learning space in the heart of Moab, Utah. Our mission is to cultivate healthy children, families, and community through educational programs and connecting people with food from seed to table. To learn more, visit [www.youthgardenproject.org](http://www.youthgardenproject.org), give us a call at 435.259.2326, or swing by the garden – we are always open to the public at 530 S 400 E in Moab, UT!

### Other Upcoming Events:

- March 30th- April 3rd - Spring Break Camp
- April 15th - Weed N Feed, 6pm - 8pm (will continue every other Wednesday)
- April 25th - Spring Plant Sale, 9am - 1pm

## 2026 Moab Events

March 6-8...Moab Run the Rocks	April 25...Rim to Rim Restoration Day	June 15-24...Dynatrac Mobility Conference	October 9-14...Moab 240 Endurance Run
March 14-17...Skinny Tire Spring Festival	April 25...Thelma & Louise Marathon & Half	June 20...Bears Ears Ultra (Monticello)	Oct 16-18...Moab Celtic Festival (Scots on the Rocks)
March 15... Pints for Parks	Apr 24-26 Canyon Rims Endurance Ride	July 1-4...Grand County Fair-250 yr celebration	Oct 23-24...Field of Screams Softball Tournament
March 20-27...KZMU Spring Radiothon	Apr 25... Rim to Rim Restoration’s Annual Mayberry Earth Day Celebration	July 4...Independence Day Celebration	Oct 24...Canyonlands Ultra (long dist running)
March 21...Canyonlands Half Marathon and 5 Mile Run	Apr 30-May 5...Building Man	July 10...Arts & Ag Market	October 25/26...Barrels 4 Bucks
March 21...Transom Traveling Workshop Presentations	Apr 30-May 3...Moab Grenadier Gathering	July 24...Pioneer Day Utah State Holiday	Oct 29- Nov 1... Moab Ho Down
Mar 27-Apr 11...Destination Drive In	May 2... Thrive Moab: Mental Health & Wellness Fair	August 7...Moab Art Walk	October 29-31...Jeep Jamboree
March 28...Behind the Rocks Ultra	May 2-4...Moab Rocks (Mtn Bike Race)	August 8-9... Ute 100 & 50 Mile	October 31...Trunk or Treat
March 28-April 5...Easter Jeep Safari	May 2...Gran Fondo Moab	August 19...Arts & Ag Market	November 1...Day of the Dead
April 2-3...Jeep Safari Expo	May 3...Gravel Fondo Moab	September 2-18...Moab Music Festival	November 6...Moab Art Walk
April 3...Moab Art Walk	May 7-10...Raptors on the Rocks (4x4 offroad)	September 5-7...RR4W Labor Day Campout	November 6-8...Moab Folk Festival
April 4... Easter Egg Hunt	May 8...Arts & Ag Market	September 9-13...Blazer Bash	November 7... Soup Bowl Fund Raiser
April 4...Running Up For Air (RUFA)	May 9...Spring Mother’s Day Craft Fair	September 11 ...Arts & Ag Market	November 7-8...Moab Trail Marathon, Half Marathon, 5K & Kids K
April 10-12...Green River Rocks	May 13-16...Red Rock Ram Rally	September 16-20...Grand Circle Trail Fest	Nov 13...Dead Horse Ultra (long dist running)
April 11...Amasa Trail Race (dist running)	May 14-17...C10 Red Rock Retreat (GM trucks)	September 18-19...Green River Melon Days	November 14... Frisbee Tournament
April 11...Grand County Trail Mix Spring Spruce Up	May 16-17...Barrels 4 Bucks	September 19-21... Skinny Tire Fall Festival	November 21...Turkey Trot
April 15-19...Cruise Moab (Toyota 4x4 event)	May 23-24...Moab Arts Festival	September 25-27...Red Rock Arts Festival	Nov 26...WabiSabi Community Thanksgiving
April 22...Earth Day	May 29-31...Canyonlands PRCA Rodeo	September 26-27...Barrels 4 Bucks	December 4...Holiday Tree Lighting
April 23-25...RedRok Rally (UTV event)	May/June/Jul...Movies at Swanny Park	October 2-4...Outerbike (Mountain Bike Expo)	December 4-5...Holiday Craft Fairs
April 23-25...Green River Dirt Bike Rally	Jun/Jul/Aug...Moab Free Concert Series	Oct 1-4...Moab Grenadier Gathering	December 5...Electric Light Parade
April 25...Desert Gravel	June 6-7...Crystal Festival	Oct 3... The Rachel Moody Team’s Annual Block Party	December 5...Moab Locals 10K
April 25...Moab Rotary Car Show	June 12...Arts & Ag Market	Oct 3...Arches Marathon & Half, 15k & 50k	December 21...Winter Solstice Event
		October 9...Arts & Ag Market	
		October 9-11...Moab Canyons Endurance Ride	

This calendar is brought to you by Moab Happenings. Dates are subject to change.

Moab Happenings updates the online calendar as we receive new information. Scan the QR code to see the current online event calendar.



[www.moabhappenings.com](http://www.moabhappenings.com)

Moab Happenings

435-259-8431

Email event dates to:

[info@moabhappenings.com](mailto:info@moabhappenings.com)

# Around Moab

## The Branford Marsalis Quartet Will Perform Jazz Concert in Grand Junction

By Sharon Sullivan

As a teenager growing up in New Orleans, Branford Marsalis played alto, tenor and soprano saxophones in local bands. He went on to become a three-time Grammy Award-winning jazz musician, performing first with the legendary Jazz Messengers, then with the Wynton Marsalis Quintet, before forming his own band, the Branford Marsalis Quartet in 1986.

The Branford Marsalis Quartet will perform in Grand Junction, at Colorado Mesa University's Astoria Theatre, Friday, April 10 at 7:30 p.m.

Marsalis is a band leader, featured classical soloist, and a film and Broadway composer. The National Endowment of the Arts has called Marsalis a "jazz master" and "an avatar of contemporary artistic excellence." He was nominated for an Emmy award in 2021, for the score he composed for the *Tulsa Burning* documentary.

Though known primarily for his jazz music, Marsalis also performs classical songs, and is a sought-after classical soloist with orchestras worldwide. He's even delved into the pop genre, with guest performances with the Grateful Dead, and collaborations with Sting.



Marsalis additionally served a stint as Musical Director of *The Tonight Show* with Jay Leno, and has hosted National Public Radio's syndicated Jazz Set program.

The Branford Marsalis Quartet has received two Grammy nominations – for *Upward Spiral*, and *The Secret Between the Shadow and the Soul*. The group's latest release, *Belonging*, on the band's new Blue Notes Records label, is an interpretation of American pianist Keith Jarrett's 1974 album, also titled *Belonging*.

The quartet additionally includes drummer Justin Faulkner, the band's newest member who joined in 2009 at age 18; pianist Joey Calderazzo; and Grammy Award-winning bassist and composer Eric Revis.

Marsalis also uses music to help people in need. After the destruction of Hurricane Katrina in his native New Orleans, Marsalis joined Harry Connick, Jr. and New



Orleans Habitat for Humanity to provide a community of homes for people who became displaced after the hurricane. The "Musicians Village" in the Upper Ninth Ward includes the Ellis Marsalis Center for Music, which uses music as part of a strategy to provide a range of services to underserved children, youth and musicians from impoverished neighborhoods.

"This is a rare appearance by a world class jazz ensemble at the Astoria Theatre, Colorado Mesa University's new performing arts center," said Sandstone Entertainment concert promoter Ron Wilson.

Purchase tickets here: <https://tickets.coloradomesa.edu/event/branford-marsalis-cz1ry4>

DIRECT FROM BRANSON, MISSOURI

# GEORGE Dyer

BROADWAY - BIG BAND - BUBLÉ - OPERA - CONTEMPORARY

MONDAY, MARCH 9 @ 7 PM  
MONTICELLO HIGH SCHOOL  
\$15 PER PERSON OR SEASON TICKETS

EDGE OF THE CEDARS STATE PARK MUSEUM & KIGALIA FINE ARTS COUNCIL

## ARTS MARKET

# VENDORS WANTED

SATURDAY MAY 2ND 2026 | BLANDING UTAH | SCAN FOR INFO

### Around Moab Events

**Mar 20–22 2026 Bowline Film Festival**- Held in Green River, Utah in partnership with the John Wesley Powell River History Museum, curates films that explore rivers, landscapes, conservation, adventure, and Indigenous and local cultures of the Colorado Plateau. We welcome documentaries, narratives, shorts, and experimental work that deepen public understanding, inspire stewardship of waterways and wild places, and elevate authentic voices from the region. Programming includes screenings, filmmaker Q&As, museum collaborations, educational workshops, and river-based events. [johnwesleypowell.com/bowline-film-festival/](http://johnwesleypowell.com/bowline-film-festival/)

## You can pick up Moab Happenings in Grand Junction!

Fairground Liquors	Walgreens
Trek Bicycles	Homestyle Bakery
In the Middle Liquors	Conoco Stop & Save
Fisher Liquor Barn	Walmart - Delta
Family Dollar	Starvin Arvin's - Delta
Andy's Liquor	Don's Market - Paonia
Bookcliff Liquors	Stop & Save - Paonia & Montrose
Clifton Liquors	GoFer Store - Cedaredge
Pufferbelly's Restaurant	Foodtown - Cedaredge
Orchard Mesa Market	Crossroads Fitness
True Value Hardware	Post Offices in ...
Western Colorado Center for the Arts	Grand Junction, Palisade, Clifton, Fruita, Delta, Montrose
Habitat for Humanity Restore	
Kokopelli Liquors	

and many other locations

FRI, SAT, SUN  
APR 17, 18, 19  
2026

# CORTEZ OUTDOOR EXPO

Fri, Apr 17 4pm–8pm | Sat, Apr 18 9am–5pm | Sun, Apr 19 10am–2pm

ADMISSION \$5 per day  
Children under 12 free when accompanied by an adult

FOR MORE INFORMATION or vendor applications, contact Expo Manager: **Gayel Alexander**  
970.529.3747 • 970.882.2150  
[lkgalexander2012@gmail.com](mailto:lkgalexander2012@gmail.com)

Cortez Outdoor Expo  
P.O. Box 279  
Cortez, CO 81321

MONTEZUMA COUNTY FAIRGROUNDS • 30100 HIGHWAY 160. CORTEZ, CO 81321

# Music Happenings

## Moab Backyard Theater Returns for Its 2026 Season, celebrating 13 Years!

The Moab Backyard Theater returns for its thirteenth season of bringing open air live music and magic to locals and visitors alike. The Theater, located at 56 W 100 South, just behind Zax, opens for business this year on Saturday March 14th.



Magician Rick Boretti will be bringing his internationally acclaimed magic show back to the Theater Stage every Saturday starting on March 14. Rick's hilarious and mystifying show is one of the "don't miss" selections on Trip Advisor and Yelp. A member of the International Brotherhood of Magicians, Rick blends lots of humor with great illusions in a one of a kind family-friendly show.

The Backyard Theater Free Bluegrass Wednesdays starts again March 18th, bringing their tradition of



live bluegrass music for the 13th straight year with local "legends", Quicksand Soup, a five piece high energy band with lots of traditional and contemporary influences and tons of original songs and favorites. The band consists of David Steward on lead guitar, Eric Jones on mandolin, Sunnie Holland Sheff on bass, Tamara Freida on fiddle and songwriter Sand Sheff. All five band members sing. They play old time style in front of a single old time microphone. The shows start at 7pm sharp, and seating for the popular show is first-come, first serve. The show is free.

Also onsite this year is the beloved local family food truck, El Local, with southwestern and Mexican taste sensation specialties all made fresh to order.

So if you want a trip to yesteryear, when live entertainment outdoors was



part of the American experience, come on down and join the one-of-a-kind Moab Backyard Theater. See you There! Located at 56 west 100 South, behind Zax.

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

## KZMU Community Radio Offers Wide Range of Music, News Programming

By Sharon Sullivan

Tune into the nonprofit KZMU Community Radio (90.1FM, 106.7FM, or 90.7FM) to hear a wide variety of musical genres played throughout the week – all without the commercial jingles of commercial radio. Depending on the DJ and time of day, you'll find Americana, bluegrass, reggae, indie, hip-hop, and pop – different shows programmed by more than 70 volunteer DJs.



The station also features various local and national news programs, as well as a rich slate of public affairs programming. KZMU is broadcast in Grand, Emery and San Juan counties – and is available worldwide via the web.

"We have listeners all over America and across the world," said KZMU Station Manager Jenna Whetzel. "People visiting Moab listen to KZMU while they are here, and love our eclectic music, vibrant public affairs programs, and our funky, home-grown DJ personalities so much, that they stream us online when they get home."



The station's KZMU News program covers city and local government, and local culture, the environment, business, nonprofits and community happenings, every Thursday at noon and 6 p.m. Topics include regional interest news such as public land management, public health and indigenous rights. KZMU News also airs on 20 different partner radio stations throughout the Rocky Mountain West, including in Jackson Hole, Wyoming and Denver, Colorado.

On Mondays at noon and 6 p.m. you can listen to The Regional Roundup, featuring the week's best stories from the Rocky Mountain Community Radio Coalition, of which KZMU is a member. The Weekly Newsreel on Fridays at noon and 6 p.m., is a collaborative project between the radio station and local news outlets such as the *Times-Independent*, *Moab Sun News*, and *The Green River Observer* that takes a deeper dive into print stories concerning the region.

National Native News airs stories about Native American communities across the nation, Monday through Friday at 7 p.m. Another show, "Democracy Now," is a

national independent, non-profit news program hosted by Amy Goodman and Juan Gonzalez that airs Monday through Friday, 8-9 a.m.

Check the web site: [www.kzmu.org](http://www.kzmu.org) to see a schedule of musical genres,

as well as public affairs programming such as the Radio Book Club, where staff members from Grand County Public Library and Back of Beyond

Books discuss books they're reading, interview authors, and note new books coming out. Another show, The Juniper Hour features host Ricky Begay, of the Native American Club,



covering indigenous culture, language, history, traditions, art and other issues.

KZMU additionally hosts "Tiny Station Concerts" where artists are invited to perform live at the station, over the airwaves, and in front of anyone who wants to come to the station.

KZMU is supported via donations and business underwriting. Be sure and tune in March 20-27, during its on-air spring fund drive – which also happens in the fall – for some high-energy, special

programming that week. It's also a good time to stop by the station, at 1734 Rocky Road, to say "hi" and drop off your donation, said Whetzel.



# KZMU SPRING RADIOTHON

**MAR**  
**20-27**

**KZMU SPRING RADIOTHON 2026**  
MEMBERSHIP PROGRAM LAUNCH  
KRAY-ZEE-M-U ENERGY!  
FIRE DJ SETS, RAD NEW MERCH, SPECIAL PROGRAMMING!

**MAR**  
**21**

**TRANSOM WORKSHOP LISTENING EVENT**  
7 PM | HELIPAD  
WORLD PREMIERE OF MOAB-BASED AUDIO PRODUCTIONS!

A Showcase and Workshop for New Public Radio

**MAR**  
**27**

**TINY STATION CONCERT: JOSIE LONER**  
6 PM | KZMU  
LOCAL SINGER/SONGWRITER EXTRAORDINAIRE!  
FREE

# Quilt Happenings

Spring is almost here, and it's time for the popular Delicate Stitchers' Quilting in the Red Rocks Quilt Show! The location is the Grand Center, 182 N. 500 West, and the show will be held the weekend of March 7th & 8th. The hours are Saturday, March 7, 9 a.m. to 5 p.m., and Sunday, March 8, 10 a.m. to 4 p.m. Admission, as always, is FREE!



A rainbow of colorful quilts will greet visitors when entering the main hall of the Grand Center. Antique, traditional and art quilts, previous challenge quilts, quilted home décor and wearable art will be on display. Also on display will be a beautiful queen-sized scrappy Opportunity



Quilt made by Guild members and expertly quilted by the Never Enough Stitches Quilt Shop. Tickets for the quilt will be on sale at the show. Tickets for a variety of gift baskets, prepared by Guild members, will also be offered.

Vendors from Utah, Colorado and New Mexico will offer fabrics, patterns, threads, books, notions and sewing machines of all sizes, so stop by their booths to see what they have to offer.

We're celebrating our 13th Quilt Show and beginning our 28th year! The Delicate Stitchers Quilt Guild was founded in 1998 by a number of women who recognized the need for an organized group that would foster the fiber art form of quilting. Monthly meetings are held the second Tuesday of each month at 6:30 p.m. at the Grand Center, 182 N 500 West, in Moab. A social "half hour" is held, starting at 6:00 p.m. This gives members a chance to catch up with each other and also provides an opportunity for members to peruse the Guild's extensive library of quilting books. There is a lesson given at each meeting and this year's theme is 'Tools and Tips'. Members bring their projects, completed or in progress, for "Show and Tell". A popular UFO (unfinished objects) challenge takes place each year. This provides a nudge for members to finish projects that have been set aside for one



reason or another. Monthly "Saturday sew days" are scheduled so members can work on their own projects or participate in a scheduled class. An annual themed quilt challenge will be held during the months of October through December at the Moab Museum. This year's Museum's theme, to celebrate America's 250th anniversary, is "How Did We Get Here? Stories of Migration and Home." The Guild has adopted that theme for this year's challenge. The Guild participates in many charitable projects, and this year we are making kitchen aprons for the Grand Center. The aprons will be used to give away during the Center's many activities. Last year's project was to make dining aprons for the Canyonlands Care Center. Membership dues are \$15 per year. All quilters, and those interested in quilting, are welcome! For more information about the show, contact Show Chairman Mary Wakeley at 815-712-6169. To see what Delicate Stitchers have been up to, visit our blog: [www.moabquilts.blogspot.com](http://www.moabquilts.blogspot.com).



Be sure to mention that you read about the quilt show in *Moab Happenings*!

## Canyonland Quilts Celebrates Nearly 8 Years of Creativity, Community, and Compassion in Moab

For nearly eight years, Canyonland Quilts has been more than a quilt shop in Moab—it has been a gathering place for creativity, connection, and service. Since opening its doors, this locally owned business has become a trusted part of the community, inspiring makers of all skill levels while also stepping up in times of need.

During the challenges of 2020, Canyonland Quilts played a meaningful role in supporting the community by helping produce masks and assisting with hospital gown creation when shortages were at their peak. These efforts reflected a long-standing mission: helping people create, give, and live their best lives through the art of sewing and quilting.

That spirit of service continues today. Canyonland Quilts is proud to announce that it is now an official drop-off location for **JustServe.org**, supporting humanitarian projects through **Lifting Hands International**. This nonprofit organization ships large containers of humanitarian aid each month to people affected by war, violence, natural disasters, and religious persecution. Their outreach has reached communities in Southern California, Ukraine, Bangladesh, Uganda, North Carolina, Florida, Jordan, and many other areas around the world.

One of the most requested donations is blankets, which provide warmth and comfort to individuals and families facing harsh conditions with little to no shelter. Canyonland Quilts is accepting **new or handmade blankets only**, including fleece blankets, quilts, receiving blankets, and throw blankets. While blankets of any size are welcome, fleece blankets made with **1.5 yards of fabric or twin-size quilts and larger** are preferred.

**Blanket donations may be dropped off at:**

Canyonland Quilts – Attn: Chyrrel  
11850 S Highway 191, B7  
Moab, UT 84532  
(435) 668-7454

Drop-off hours: Monday–Saturday, 10:00 a.m. to 6:00 p.m.

In addition to community outreach, Canyonland Quilts is thrilled to share another exciting milestone—we are now an **authorized Brother Sewing Machine Dealer**. This new partnership allows the shop to offer a large selection of Brother machines, including embroidery/sewing machine combinations, quilting machines, traditional sewing machines, sergers, and **ScanNCut** machines. Customers can also explore an excellent variety of **Handi Quilter longarm machines** and **Stitch sewing machines**, making Canyonland Quilts a one-stop destination for sewing and quilting needs in the Moab area.

Canyonland Quilts is also excited to announce a **Patriotic Quilt Show** in honor of **Memorial Day Weekend**. Community members are invited to participate by dropping off their patriotic quilts at the shop **by May 21, 2026**. Those who prefer not to drop off a quilt may instead submit a photo, which will be featured on the Canyonland Quilts website. Photos can be emailed to [quiltshop@canyonlandquilts.com](mailto:quiltshop@canyonlandquilts.com).

The Patriotic Quilt Show will be on display throughout Memorial Day weekend and will feature a festive celebration complete with treats, crafts, and plenty of red, white, and blue inspiration. Everyone is welcome to come see the quilts, celebrate creativity, and honor the spirit of the holiday.

Community members are invited to stop in, explore the new machine lineup, enjoy the quilt show, and see firsthand how Canyonland Quilts continues to grow while staying rooted in service, creativity, and community.

**Come see us at:**

Canyonland Quilts  
11850 S Highway 191, B7  
Moab, UT 84532

**CANYONLAND  
QUILTS**  
[canyonlandquilts.com](http://canyonlandquilts.com)



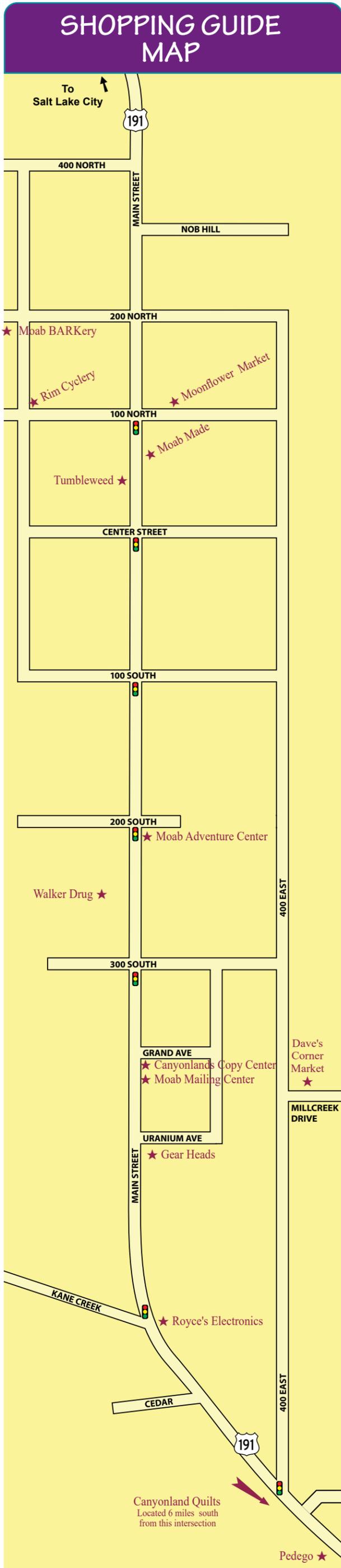
**Free Training, Setup, & Delivery  
Layaway Available**  
**11850 US-191 #B7**  
**canyonlandquilts.com**  
**435-355-0358**  
**Open Mon-Sat 10am-6pm**  
f @emeyerquilt  
[quiltshop@canyonlandquilts.com](mailto:quiltshop@canyonlandquilts.com)

**CANYONLAND  
QUILTS**  
[canyonlandquilts.com](http://canyonlandquilts.com)

**11850 S. Hwy 191**  
**Moab Business Park #B-7**  
Only 3 miles South of Downtown

**435-355-0358 • 435-668-7454**  
**Open Monday - Saturday 10am - 6pm**  
**Authorized & Trained Handi Quilter Retailer**  
This is your shop to rent or purchase Handi Quilter longarm quilting and sewing machines. Visit our 2000 square foot warehouse full of fabric, sewing machines and notions. We have all the supplies and tools needed to create your quilt from start to finish. Doesn't matter if you are a beginner or experienced. Come see us today! See our website [www.canyonlandquilts.com](http://www.canyonlandquilts.com) for events, classes and workshops.

# Shopping Guide



closed for remodel  
view artwork at  
[www.gallerymoab.com](http://www.gallerymoab.com)  
call 435-220-0891  
to purchase item.

Gallery Moab features Fine Art and gifts made by talented local artists and craftsmen including paintings, sculpture, photography, ceramics, jewelry, textiles, fused glass, cards, prints, and much more. We are certain you'll see something to inspire you in every price range. View artwork on our website at [www.gallerymoab.com](http://www.gallerymoab.com), write to [gallerymoab@gmail.com](mailto:gallerymoab@gmail.com), or check us out on Facebook and Instagram! To purchase an item, contact the individual artist or call 435-220-0891



375 So. Main Street in front of City Market.  
435-259-8432 • Fax 435-259-2418  
Open Monday-Friday 8am-5pm  
Saturday 9am-1pm

Color copies, high volume copying, large selection of paper and card stock available. e-mail, fax, large format printing. No job too big nor too small. Great selection of greeting cards by local photographers & artists, along with a "Made in Moab" gift section.



259-6999  
Open Daily  
7 a.m. - 7 p.m.

400 East & Millcreek Dr.

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



471 South Main  
435-259-4327  
Open Daily 8am

Huge Selection | Unique hard to find items  
Everything you need for your  
next outdoor adventure!

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



Local Art &  
Handmade Gifts



31 North Main | Moab, Utah | 435-259-0099



82 N Main  
435.210.0650  
Open Daily  
[moabmade.com](http://moabmade.com)

Moab Made is honored to spotlight 150+ of your favorite local artisans. Offering an incredible curated selection of handcrafted and locally designed goods. Ceramics, jewelry, prints, original art, cards, woodworks, apothecary goods, and so much more!



375 S. Main (in front of City Market)  
435-259-8431

Open Mon-Fri 8am to 5pm, Sat 9am to 1pm

Moab Mailing Center is an authorized shipping outlet for UPS and FedEx. **Next day service to anywhere in the US from Moab (UPS and FedEx).** Mailbox rentals - private & secure with mail forwarding service available. 24 HOUR DROP BOX FOR FEDEX AND UPS ENVELOPES.



1076 S. Main • 435-523-3500  
10am-4pm

Pedego Moab is a locally-owned store where you'll be treated like family. As the region's foremost electric bike experts, we put our hearts into helping you find the perfect electric bike and get the most out of it for many years to come. Always available for appointments outside of regular business hours.



Batteries, hard drives, routers, cable, memory, speakers, stereos, adapters, cable, headphones, satellite radio, town's best selection of watch batteries. Surge protectors, accessories for cell phones and CB's, DVD players, microphones and much more. Home of River Canyon Wireless, Broadband Internet in Moab, Castle Valley, La Sal & Monticello. Monday - Friday 9AM - 6PM. Saturday 9AM-5PM. Closed Sunday.



31 North Main  
435-259-0099  
[www.tumbleweedmoab.com](http://www.tumbleweedmoab.com)  
Open Daily 10am - 6pm

Located in a beautiful historic building, tumbleweed features the work of many local & regional artists. In our bright and colorful shop you will find hand crafted gifts and works of art including pottery, jewelry, recycled & repurposed art, original paintings, home & garden décor, photographs and so much more.



290 South Main • 435-259-5959  
Mon-Sat open at 7:30am Sunday open at 8:00am

Walker Drug is not an ordinary pharmacy. With 23,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeepers, campers, river rafters, photographers, young & old alike, will find an endless variety of merchandise. From bathing suits, hats, fishing tackle, knives, toys, housewares, shoes, spaghetti sauce to socks & underwear, Walker Drug has something for everyone.

# MOAB UTAH Easter Jeep Safari 2026 MAGAZINE

[www.jeepsafarimagazine.com](http://www.jeepsafarimagazine.com)

## MARCH 28 - APRIL 5

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at many locations around Moab!

**MOAB UTAH Easter Jeep Safari 2026**

**44 TRAILS  
9 DAYS**

**INDOOR/OUTDOOR EXPO**  
100+ Exhibitors  
Old Spanish Trail Arena  
April 2-3

**1967-2026  
60<sup>th</sup>  
ANNUAL**

*First Moab's Jeep Safari 1967*

Four-wheel drive vehicles line up on Moab's Main Street before embarking on the first Moab Chamber of Commerce Jeep Safari. Over 150 vehicles, and an estimated 600 visitors enjoyed the sight-seeing tour of the spectacular Behind the Rocks area.

**MARCH 28-APRIL 5, 2026**  
[www.jeepsafarimagazine.com](http://www.jeepsafarimagazine.com)

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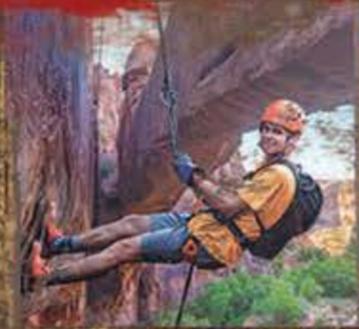
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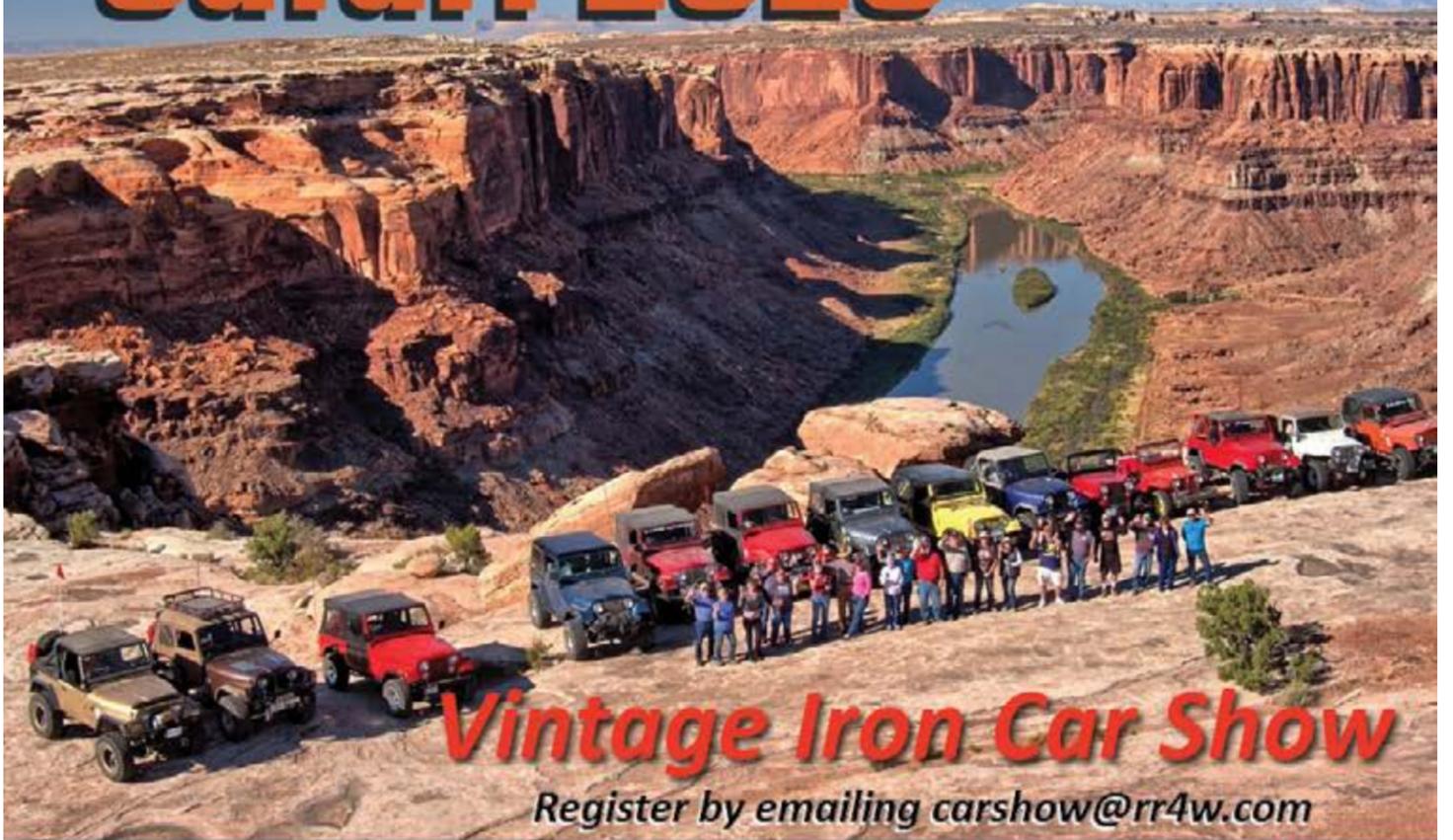
VISIT: 225 S. MAIN STREET  
 MOABADVENTURECENTER.COM

Thursday, April 2

# New Event at Easter Jeep Safari

**Vintage  
Iron Car  
Show  
Classic  
Off-Road  
Vehicles**

## 60th Easter Jeep Safari 2026



Remember when a Jeep was a Willys? When they all came with stick and no one ever heard of an automatic? Air conditioning meant laying down the windshield? Well the Red Rock 4-Wheelers will have a chance for you to take in all that nostalgia and more at the Vintage Iron Car Show being held as part of the 60th Easter Jeep Safari 2026!

Come check out classic off-road vehicles at the Vintage Iron Car Show located at the ball field at the Old Spanish Trail Arena. The free show will run from 1:00 to 7:00 on Thursday April 2nd. The show will honor the heritage of the off-road world. Vehicles will include classic Jeeps (MJs, CJs, etc.), Broncos, International Scouts, Toyota FJ along with other classic off-road vehicles. The show will be a great chance to reminisce about the classics that ignited our off-road curiosity and will be a great opportunity to introduce the newer off-road participants to the vehicles that blazed the trails we now enjoy. There will be live music during the show.

Prior to the show there is an optional fun run for the classic vehicles. The run will be on the northern section of the Fins-N-Things trail starting by the radio tower. The fun run will be from 8:00 to noon. The public is welcome to watch. Show set up is 12:00 to 1:00pm. Then the show will run from 1:00pm to 7:00pm.

Want to display your off-road vehicle? We prefer having vehicles that are 30 years or older. There is no fee for anyone. To register send an email to:

[carshow@rr4w.com](mailto:carshow@rr4w.com)



SHOPPING  
DINING

# Moab Happenings

LODGING  
EVENTS

Volume 37 Number 12

Section B

March 2026

## Friends of Arches & Canyonlands Parks Invites Community to “Pints for Parks” Fundraiser Sunday, March 15

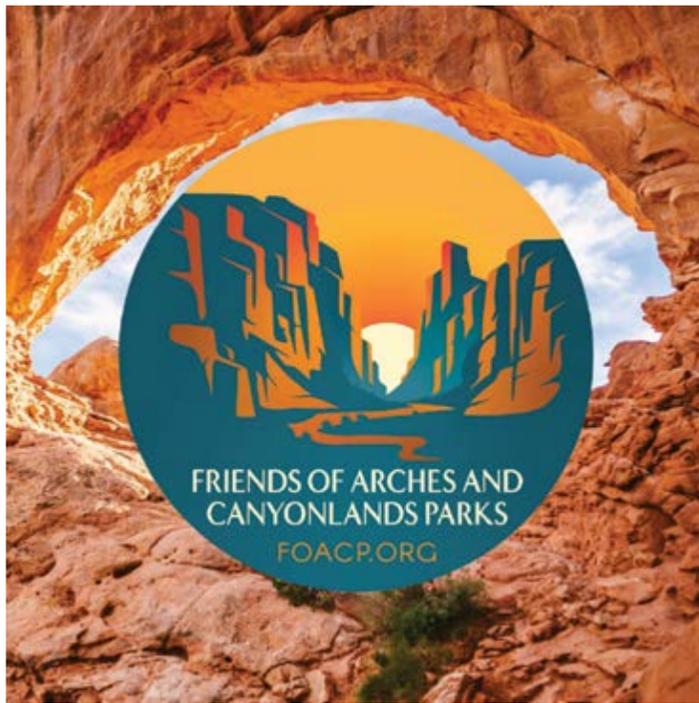
Friends of Arches and Canyonlands Parks (FOACP), the official philanthropic partner of Arches and Canyonlands National Parks, invites the community to raise a glass for a good cause at its annual Pints for Parks fundraiser on Sunday, March 15, from 3–7pm at Swanny City Park in Moab.

Pints for Parks is a laid-back, community-focused event that brings together locals, visitors, and park lovers to support the long-term care and protection of the region’s beloved national parks. The event features local beer, live music, and a welcoming outdoor atmosphere, with all proceeds supporting FOACP’s work in Arches, Canyonlands, Hovenweep, and Natural Bridges National Monuments.

“This is a community event,” said Steve Evers, Executive Director of Friends of Arches & Canyonlands Parks. “Pints for Parks gives people a fun, accessible way to directly support projects that help rangers do their jobs, protect park resources, and ensure these places remain inspiring and safe for generations to come.”

Funds raised through Pints for Parks support high-impact projects identified in partnership with the National Park Service, including ranger housing, search and rescue infrastructure, youth education programs, and efforts to protect fragile ecosystems and irreplaceable cultural and human history. As impacts to Southeast Utah’s parks continues to increase, philanthropic support plays a critical role in filling funding gaps and responding to emerging needs.

The 2026 event marks an evolution for Pints for Parks, with expanded programming, a new venue, and increased community involvement. Attendees can enjoy live music from Spoonful Duo feat. David Lawrence & Kevin Johnson, connect with fellow park supporters, and learn more about how FOACP works behind the scenes to support park operations and visitor experiences.



“We want this event to feel welcoming — whether you’re a longtime supporter, a first-time attendee, or someone who just loves being outside in Moab,” Evers added. “You just have to care about our parks and having a good time!”

In addition to general admission tickets, FOACP is offering table sponsorships and business sponsorship opportunities, allowing local businesses and community leaders to visibly demonstrate their support for the parks while helping underwrite event costs. Local businesses, Proper Brewing and 98 Center, will provide also provide non-alcoholic beverages. Everyone over 21 years old will receive a can of a specialty beer brewed just for this event!

Pints for Parks takes place rain or shine, with covered tents and heaters available to ensure a comfortable experience for all attendees. Food and non-alcoholic beverage options will also be available.

Tickets, sponsorship information, and event details can be found at [www.foacp.org/pintsforparks](http://www.foacp.org/pintsforparks). Community members are encouraged to purchase tickets in advance, as attendance is limited.

### About Friends of Arches & Canyonlands Parks

Friends of Arches and Canyonlands Parks is a nonprofit organization dedicated to supporting Arches and Canyonlands National Parks and Southeast Utah’s national monuments through philanthropy, advocacy, and community engagement. As the official philanthropic partner of the National Park Service in the region, FOACP works to fund projects that enhance visitor experiences, protect natural and cultural resources, and support the dedicated park staff who care for these extraordinary places.



# Hiking Happenings

## Viewing Monitor and Merrimac Buttes on the Anniversary of the Battle of Hampton Roads

by Kathy Grossman

The battle was fought under clear skies after overnight thunderstorms over March 8 and 9, 1862, part of the Confederates' effort to break the Union blockade that had cut off Norfolk and Richmond from international shipping. Many years later, someone noticed that a couple of isolated flat-topped sandstone rock formations in Grand County,



Utah, had a striking resemblance to the ironclad battleships Monitor and Merrimac involved in that battle. On a recent cool, gusty afternoon with blue skies streaked with

flimsy shawls of cirrus clouds, I ventured north to take a look at those Estrada sandstone counterparts: the larger Merrimac Butte covers 2,000 to 6,000 feet in width and is 1,600 feet long, while the smaller Monitor Butte is shaped much like the rotating turret (or "Yankee cheese box") of Merrimac's Union attacker.



To get to this trailhead, I drove north out of Moab up US 191 for about 11 miles, then turned left/west onto State Route 313. After crossing the railroad tracks,

I gawked at astounding hoodoos, balanced rocks, and swollen pillows of slickrock as I climbed up through the geologic layer cake of Sevenmile Canyon. After about four miles, I saw a View Area sign, then the Monitor and Merrimac Butte Viewpoint turnoff on the right/north side. The parking area has a toilet and an information kiosk accessed by a paved walkway. A more primitive "strolling trail" loop then begins along a path defined by logs in the sandy areas and dashes of olive-green paint in the slickrock sections. I walked to the north end of the lollipop that skirts the edge of a desert mesa and looked down into a rubbly wash and across to the stately buttes. This trail has little shade and no water except for what you bring yourself. It is also rattlesnake territory, so be on the lookout. Juniper and pinyon trees offer framing for photographs of the buttes, bathed in especially dramatic golds, salmons, and corals in the late afternoon. Other vegetation along this overlook

includes singleleaf ash (*Fraxinus anomala*), Mormon tea (*Ephedra viridis*), and thorny blackbrush scrub (*Cologne ramosissima*), plus various grasses. A snack stop of limeade, crackers, and guacamole (avocados are in season) settled my soul as I sat in welcome solitude amid the desert quiet, contemplating explosive conflicts of long ago.



The Monitor

The Battle of Hampton Roads took place early in America's Civil War (1861–1865). But, you might ask, how were roads involved in a naval battle? Turns out that sailors refer to "roads" or a "roadstead" as a sheltered body of water where ships can safely drop anchor and are protected from currents, tides, and swells. Hampton Roads is a saltwater estuary where Virginia's Elizabeth and Nanosecond Rivers meet the James River. The North's ironclad USS Monitor (from the Latin for "one who



The Merrimac/Virginia

warns") faced off against the South's CSS Virginia, rebuilt and fortified from the scuttled remains of the north's steam frigate Merrimac (after New England's Merrimack River). The battle resulted in the deaths of 261 Union sailors and seven Confederate sailors, mostly from attacks on wooden-hulled ships.

Kathy Grossman is an L.A. girl, artist, nature journalist, writer, and a fan of the inclusive kindness of Valentine's Day. Her father worked in Hollywood and was friends with Daws Butler and Mel Blanc, Barney Rubble's voice actors.



The two ironclads featured bolts, nuts, rivets, and iron plates, so cannonballs bounced off the battleships' stout armor. The engagement eventually ended in a stalemate, though both sides claimed victory. However, a new age of revolutionary naval technology had arrived. Less than a year afterward, both wrecked ships lay at the bottom of the Atlantic Ocean: the Virginia/Merrimac off Norfolk, Virginia; the Monitor off Cape Hatteras, North Carolina. Their sandstone counterparts however—no rivets, no cannons, no flames and smoke—remain high, dry, and silent, locked forever in a doomed windswept standoff.

## Road and Mountain Biking Events 2026

• **SKINNY TIRE FESTIVAL: March 14–17, 2026.** 4-day & 2-day options available with multiple SAG vehicles, aid stations, food and live music. Moab contains some of the best road cycling in the world with not to miss scenery. The Skinny Tire Festival isn't just about riding bikes, it's about supporting local cancer patients. This is why we donate \$15 for every paid registration to the Moab Healthcare Foundation. More info at [www.skinnytireevents.com](http://www.skinnytireevents.com)

• **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/](http://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, May 2, and a 60 mile Gravel Fondo on Sunday, May 3. 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](http://www.transrockies.com/gran-fondo-moab-2)

• **SKINNY TIRE FALL FESTIVAL: September 19–21, 2026.** Road Cycling Tour, 2026. This 3-day festival includes routes through these scenic areas: Dead Horse Point State Park, Along the mighty Colorado River, Up the Big Nasty and down Castle Valley, Potash Road along the river and pass the famous "Wallstreet". This event is also a fundraiser for cancer survivorship and research programs. Info at [www.skinnytireevents.com](http://www.skinnytireevents.com)

• **OUTERBIKE: October 2–4, 2026,** 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. [outerbike.com](http://outerbike.com)

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL Oct 29–Nov 1, 2026.** 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 community's 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, is the host of the event. Visit [www.moabhodown.com](http://www.moabhodown.com) or email [info@moabhodown.com](mailto:info@moabhodown.com) with questions or to help sponsor.

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# Trail Happenings

## Steward Moab

### What is Steward Moab?

Steward Moab is a newly established nonprofit organization created to continue and expand the **Moab Trail Ambassador Program**. Its leadership team is the same group that built the Moab Trail Ambassador Program into an award-winning, nationally and globally recognized model for visitor engagement, stewardship, and community collaboration. As a result, the program's long-standing partnerships, trusted relationships, and collaborative leadership approach remain firmly in place as Steward Moab moves forward.

Steward Moab leadership has helped launch a variety of projects that support Moab's recreation community and improve the dissemination of important visitor information. These efforts include the Back From Beyond Podcast, a visitor planning video tool, the Moab Guide Summit, and a regional human waste education initiative - each designed to assist the community in enhancing visitor experiences and protect the landscape that makes the Moab area unique.

In addition to continuing cornerstone programming, Steward Moab leadership is actively developing long-term sustainability strategies to support and expand its work. Volunteer opportunities are on the horizon, and the organization looks forward to deepening community engagement through meaningful partnerships and hands-on involvement.

### Moab Human Waste Initiative

The Moab Human Waste Initiative was developed in response to growing concerns about solid waste in Grand County. Steward Moab takes a multi-pronged approach: educating visitors on trails, providing resources to local businesses, and developing the "Wag Bag" disposal system. The initiative also engages the public with fun, memorable social media posts that spread awareness about keeping Moab's trails human waste free.

This work was carried out in collaboration with many partners and reflects the community's commitment to maintaining safe, clean, and accessible trails for both visitors and local residents.



Signup for updates via the Steward Moab Newsletter

### Back from Beyond Podcast

*Back From Beyond* is a compelling local podcast that shares the real-life rescue stories of Grand County Search and Rescue in Moab's rugged backcountry. Produced by Steward Moab in partnership with GCSAR and KZMU Moab Community Radio, the series goes beyond the headlines, featuring in-depth conversations with rescuers and the adventurers they assist. Hosted by Molly Marcello, the podcast highlights courage, teamwork, and the importance of safety and stewardship on public lands. Season One was recognized by Spotify as a 2025 Marathon Show, Instant Hit, and Most Shared Show. Season Two is currently in development. Learn more and listen at [stewardmoab.com](http://stewardmoab.com)



### Plan a Trip to Moab - Visitor Video Series

Steward Moab also houses the visitor planning tool - *The Desert Is Different, Plan a Trip to Moab*. This is a video series designed to help visitors plan for their Moab adventure. The series provides practical guidance on critical trip planning topics such as recreation specific tips, heat safety, hydration, trail preparedness, weather awareness, and respecting fragile desert landscapes. By delivering clear and engaging content, *The Desert Is Different* supports a visitor's experience while encouraging a deep connection to Moab's landscape. Find the free video series on Steward Moab's website: [stewardmoab.com](http://stewardmoab.com)



### Moab Guide Summit

Steward Moab is hosting the 2026 Moab Guide Summit, sponsored by the Canyonlands Natural History Association, bringing together more than 20 agencies, nonprofits, and local stakeholders for a two-day educational event designed for guides, outfitters, and commercial permittees who operate on public lands around Moab. The summit aims to provide timely updates, hands-on learning opportunities, and meaningful connections for those who help visitors experience Moab's natural and cultural resources. More information and registration details are available on the Steward Moab website. Find more information on Steward Moab's website [stewardmoab.com](http://stewardmoab.com)



#### • Pre-event, Day 1 - \$20, limited capacity

The event will begin Wednesday, March 11, with an evening dinner for business owners, managers, and leadership, featuring agency updates and a keynote presentation by LJ Wilde of Huckleberry Hiking (\$20, limited tickets).

#### • Main Event, Day 2 - Free, expanded capacity

The main Guide Day will take place Thursday, March 12, offering free registration for guides and industry professionals, with morning educational presentations, agency tabling, and afternoon field sessions led by land managers and partner organizations.



## From Moab. For Moab: Mad Moose Events

### We Chose This Place

My sister Kylah, my parents, and I built this company together. Four partners. Each of us owns twenty five percent. No outside investors. No board. No silent money behind the curtain. At some point this stopped being a race calendar and became our life. We moved here. We put down roots. We built something as a family and tied it to this town. That decision changes everything. When an event happens here, it is not a line item. It is in our backyard. If something goes sideways, we do not get on a plane and head home. We are already home.

### Family Owned Means Something

When people say family owned, it can feel like a buzzword. For us it is literal. Race day mornings are our family in the dark setting up tents. It is group texts about permits. It is dinner conversations about trail impact and volunteer turnout. It is four equal partners having to agree because all of us are accountable. There is no outside money pushing for more volume. No investor asking why we did not add another thousand runners. Every decision lands on our own household. If the town is frustrated, we hear about it. If the town is proud, we feel that too. We are not a massive operation. When you email, you are talking to one of us. When you check in, you are likely shaking hands with an owner. When you see social posts, they are not scheduled by an agency in another time zone. That proximity matters. It forces you to care more. It forces you to listen. It forces you to think long term instead of just this quarter.

### Why Ownership Matters

There are other companies producing events here. Some are backed by private equity. Some are owned outside the United States. Their responsibility is to investors. Ours is to this place. We believe in supporting American local businesses. We believe family ownership still matters. We believe that if you are going to build something in a town, you should live there, hire there, and reinvest there. This is not about competition. It is about alignment. We are aligned



with Moab because our life is here. When you sign up for one of our races, you are not just registering for an event. You are supporting a small American family owned company that chose Moab and tied its future to this town.

You are supporting shoulder season business. You are supporting trail stewardship. You are supporting local organizations. You are supporting people you will probably see at the grocery store.

That connection matters to us. We hope it matters to you too.

### We Do Not Just Use This Place

The trails are not a backdrop for bib numbers. We do trail work. We coordinate with land managers. We think about erosion, congestion, and long term impact. If we burn out a route for short term growth, we are hurting our own backyard.



That perspective changes how you design a course. It changes how many runners you allow. It changes how you talk about the land. And it extends beyond the trails.



We donate to organizations in town because they are our neighbors. The schools. The nonprofits. The people who make this place run. It is not a campaign. It is part of being here. You cannot separate your business from your community when you actually live in it.

### Tied to This Town

At the end of the day, this is simple for us. We live here. We work here. We are living our lives here. Every decision we make touches the same trails we run on, the same businesses we dine in, the same neighbors we see every week. This is not a portfolio play. It is not a growth strategy built for investors. It is a family owned company rooted in one town. When you register for one of our races, you are supporting a small American business that chose Moab and committed to it. You are supporting trail stewardship. You are supporting shoulder season business. You are supporting a team that has to stand behind its work in real life. That means something to us. If you want to see the people behind it all, we put together a short family video that tells the story of Mad Moose better than words ever could.



Take a few minutes and watch it at [www.madmooseevents.com/](http://www.madmooseevents.com/)

### Supporting Our Local Hotel Partners

Our hotel partners are part of this community too. They hire locally, support local events, and open their doors to runners year after year. If you are coming in for a race, consider staying with one of the properties that reinvests in Moab.

# Non-Profit Happenings

## What is Mayberry?

by Rim to Rim Restoration staff

If you've rafted the Moab Daily below Rocky Rapid or driven the River Road any time in the last decade or so, you've come within spitting distance of a native plant propagation center focused solely on the Colorado Plateau.

Called the Mayberry Native Plant Propagation Center, the 30-acre property lies tucked between the Colorado River and the River Road just downstream of the Castle Valley turnoff. It is owned and operated by Rim to Rim Restoration, which will welcome the community to the property for its annual open house on Saturday, April 25.

Many Moab residents may know Rim to Rim Restoration for the nonprofit's work in the Moab Valley's creek corridors reducing fire fuels and improving the creeks' ability to handle flood flows. In addition to this more visible work, however, Rim to Rim also focuses on plant propagation, including growing native plants for revegetation projects across the region.

What is plant propagation? Most people think of propagation as creating plants from seed or cuttings. Plant propagation also includes increasing the seed stock of a certain kind of plant. One way this can be accomplished is by cultivating many individual plants and repeatedly harvesting their seeds, which is a process called seed increase.

Successful propagation requires expertise in how target plants establish themselves, reproduce, and thrive. Rim to Rim focuses on propagating plants native to southeastern Utah for use in revegetation projects on public and private land.

Revegetation projects do best with plants that originate in the area, and the Mayberry Propagation Center provides a needed location to grow plants collected from the Colorado Plateau. Most plant propagation centers are run by the Natural Resource Conservation Service (NRCS) and the closest ones lie in New Mexico, eastern Colorado, and Idaho, meaning Mayberry fills a needed gap by focusing solely and centrally on the Colorado Plateau.

This 30-acre parcel was originally part of 209 acres of land acquired in the 1960s by Moab's Dr. Paul Mayberry and is the only portion of the total acreage that was farmed. In 1994 The Nature Conservancy (TNC) purchased the entire 209 acres and placed it in a conservation easement.



Mayberry orchard in 2010 when nearly all of the peach trees had died

Later, the land around what is now Mayberry was granted to the Bureau of Land Management (BLM), meaning the 30 acres with Colorado River water rights is surrounded by public land. TNC still holds a conservation easement on Mayberry which limits activity to agricultural uses only.

When Rim to Rim acquired the property in 2009, all but eight of the 800 peach trees were dead, and the orchard abutted 14 acres of invasive Russian knapweed. Before work could begin to grow native plants, the trees had to be cleared and the knapweed killed. For several years Rim to Rim watered the knapweed to keep it healthy so that the plants would be able to absorb herbicide to kill them. Now there remains just a little knapweed outside the areas where high water events bring the seeds in from the river.

Constant vigilance by Rim to Rim staff now keeps knapweed and other weeds under control. Water for drip irrigation is provided by shallow wells that use the river bank as a cleaning filter. The property also features windbreaks, which double as seed "orchards" of regionally-sourced trees and shrubs and separate the property into one-acre fields. In these fields, Rim to Rim sows small quantities of locally-collected seed and grows out the plants to increase the seed available.

In addition to seed increase plots, Mayberry also hosts research plots supporting scientific studies. At the moment the property hosts a small "common garden" to investigate the viability of various native grass varieties popular in restoration projects. Common gardens are locations where plants from different populations are grown together to determine if differences between these plants are genetic or due to environmental influence. Other research at the property has included growing biocrusts for restoration purposes.

In the near future, Rim to Rim is interested in trialing methods for baling native grass "hay" for erosion control products that could be used during construction projects to hinder erosion while also introducing seed from hard-to-sow species like purple three awn, a bunchgrass.



Aerial photo of the Mayberry property in fall 2023

You can learn about these projects and more at Rim to Rim's annual Mayberry open house. This year, the open house will occur on Saturday, April 25 from 11 a.m. to 5 p.m. at the River Road mile marker 15.25.

The event will include self-guided and guided tours as well as kite-flying, socializing, a history talk, and more!

For more information check out the Rim to Rim Restoration website, [www revegetation.org](http://www revegetation.org), send a message to [info@revegetation.org](mailto:info@revegetation.org), or call 435-259-6670.

And be sure to mention you read about Rim to Rim in *Moab happenings*.

# Moab Clubs & Organizations

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

Adult Children of Alcoholics (ACA) Triangle House 84 W. 100 S. .... call or text (435) 220-0646	Moab City Animal Control ..... (435) 259-8938
Alcoholics Anonymous ..... (435)-625-1342	Moab City Recreation (Patrick Trim) ..... (435) 259-2255
For Emergencies (24/7) ..... 888-333-9649	Moab Community Dance Band (Miriam Graham) ..... (516) 376-8003
Alpha Rho Sorority ..... (435) 259-6758	Moab Community Theater (Kaki Hunter) ..... (435) 259-8378
American Legion Post (Ronald Irvin) ..... (435) 719-4095	Moab Disk Golf Club ..... (435) 259-2255
Arches Education Center (Trish Hedin) ..... (435) 260-8764	Moab Family History Center ..... (435) 259-5563
Arches New Hope Pregnancy Center ..... (435) 259-LIFE (5433)	Moab Folk Festival & Free Concert Series (Cassie Paup) ..... (435) 260-1756
BEACON (Xandra Odland) ..... (435) 719-4801	Moab Free Health Clinic (Kate Jagla) ..... (435) 259-1113
Boy Scouts of America (Mingo Gritts) ..... (435) 260-0871	Moab Friends For Wheelin' Jeep Club (Melissa Fischer) ..... (435) 260-7208
Canyonlands Arts Council ..... (435) 259-2742	Moab Garden Club (Tricia Scott) ..... (303) 880-9158
Canyonlands Back Country Horsemen (Steve Schultz) ..... (435) 220-0860	Moab Golf Club (Rob Jones) ..... (435) 259-6488
Canyonlands Field Institute (Michele Johnson) ..... (435) 259-7750	Moab Healthcare Foundation (Kari McKay) ..... (435) 210-0087
Canyonlands Natural History Association (Sam Wainer) ..... 435-260-6003	Moab Masonic Lodge #30 (Gregory Klepzig) ..... (435) 260-1823
Canyonlands Rodeo Club (Kirk Pearson + Krista Wilson) ..... (435) 260-2222 + (435) 260-7942	Moab Museum ..... <a href="http://www.moabmuseum.org">www.moabmuseum.org</a> • (435) 259-7985
Colorado Outward Bound School – Moab Basecamp (Lance Plank) ..... (719) 293-5371	Moab Music Festival ..... (435) 259-7003
Community Rebuilds (Rikki Epperson) ..... (435) 260-0501	Moab Rotary Car Show (Dave Bierschied) ..... (435) 260-1968
Daughters of Utah Pioneers (Katheryn Jackson) ..... (435) 259-5229	Moab Solutions (Sara Melnicoff) ..... <a href="http://www.moab-solutions.org">www.moab-solutions.org</a> ... (435) 401-4685
Delicate Stitchers Quilt Guild (Vonda Louthan) ..... (435) 260-0960	Moab Sportsmen's Club (Frank Darcey) ..... (435) 259-2222
Friends of Arches and Canyonlands Parks (Steve Evers) ..... (435) 259-0108	Moab Taiko (Michele Blackburn) ..... (435) 259-0816
Friends of Indian Creek ..... <a href="mailto:info@friendsofindiancreek.org">info@friendsofindiancreek.org</a>	Moab To Monument Valley Film Commission (Bega Metzner) ..... (435) 259-4341
Friends of the Grand County Library (Jessie Magleby) ..... (435) 259-1111	Moab Trails Alliance (Kirstin Peterson) ..... (435) 259-5223
Girl Scouts of The U.S.A. (Melodie McCandless) ..... (435) 259-9797	Moab Valley Multicultural Center (Rhiana Medina) ..... (435) 259-5444
Grand Area Mentoring (Dan McNeil) ..... (435) 260-9646	Order of the Eastern Star (Fran Townsend) ..... (435) 259-6469
Grand Center (Senior Center) ..... (435) 259-6623	Plateau Restoration/Conservation Adventures (Tamsin McCormick) ..... (435) 259-7733
Grand County Democratic Party (Bob Greenberg) ..... (435) 260-9665	Red Rock Arts Festival (Moab Arts) ..... (435) 259-6272
Grand County Extension & 4-H ..... (435) 259-7558	Red Rock 4-Wheelers (Ron Brewer) ..... (435) 259-7625
Grand County Education Foundation (Melodie McCandless) ..... (435) 259-9797	Rotary Club (Dave Bierschied) ..... (435) 260-1968
Grand County Food Bank ..... (435) 259-6456	Seekhaven Crisis Center (Abigail Taylor) ..... (435) 259-2229
Grand County Hospice (Lisa Monson-Potter, MSN Ed, RN) ..... (435) 719-3772	Southern Utah Wilderness Alliance (Neal Clark) ..... (435) 259-7090
Grand County Library (Jessie Magleby) ..... (435) 259-1111	Trail Mix Committee (Colin Topper) ..... <a href="mailto:MoabTrailMix@gmail.com">MoabTrailMix@gmail.com</a>
Grand County Republican Party ..... <a href="mailto:grandcogop@gmail.com">grandcogop@gmail.com</a>	Underdog Animal Rescue & Rehab (Jackie) ..... (435) 260-8033
Humane Society of Moab Valley ..... (435) 259-4862	Uranium Watch (Sarah Fields) ..... (435) 260-8384
KZMU Community Radio (Jenna Whetzel) ..... (435) 259-8824	Utah Avalanche Center ..... (888) 999-4019 or (435) 259-SNOW
Ladies Golf Club (Chris Woodard) ..... (435) 259-6488	Utah Conservation Corps (Sean Damitz) ..... (435) 797-0964 ext 8
League of Women Voters (Carey Dabney) ..... (801) 938-4038	Utah Friends of Paleontology – Gastonia Chapter (Lee Shenton) ..... (435) 259-2179
Moab Arts Festival ..... (435) 259-2742	Valley Voices (Marian Eason) ..... (435) 259-6447
Moab Arts Center (Kelley McInerney) ..... (435) 259-6272	Veterans of Foreign Wars (Fred Every) ..... (435) 260-1277
Moab Bird Club (Nick Eason) ..... (435) 259-6447	WabiSabi (Leah Bear) ..... (435) 259-3313
Moab Chamber of Commerce ..... (435) 259-7814	Wellness Collective (Breann Davis) ..... <a href="mailto:info@wellnesscollectivemoab.com">info@wellnesscollectivemoab.com</a> (435) 255-1438
Moab Chess Society (Addison Goff) ..... <a href="https://facebook.com/groups/1988817141950614/">https://facebook.com/groups/1988817141950614/</a>	Youth Garden Project (Emily Roberson) ..... 259-BEAN (2326)
	Utah State University Moab ..... (435) 259-7432

# Youth Happenings

## Moab Museum Expands Access Free Admission for All Grand County Students

by Moab Museum Staff

The Moab Museum is proud to announce a new initiative offering free admission to all students enrolled in the Grand County School District, ensuring that every local student has year-round access to the region's history, stories, and cultural heritage. We ask that you bring your student ID for free admission to the Museum.



This new admission policy builds on the Museum's ongoing commitment to



educational engagement and community accessibility. Last year, the Museum welcomed 530 students through paid admission;

through school programs, field trips, and STEMonstrations, Museum staff interacted with 455 students in 2025. The new policy aims to remove barriers and strengthens the Museum's role as a learning resource for every student in Grand County.

Providing free access to local students reflects our belief that the Museum is a place for curiosity and connection. Our exhibitions and programs help young people understand the past while inspiring them to shape the future of our community. We are thrilled to make the Museum even more accessible to the next generation.



This initiative complements the Museum's existing accessibility programs, including:

- Museums for All, which provides free admission to visitors who present a SNAP EBT or WIC card.
- Blue Star Museums, offering free admission to active-duty service members and their families between Armed Forces Day and Labor Day. Additionally, we offer reduced admission for veterans year-round.

The Museum invites families, educators, and students to explore upcoming exhibitions, hands-on learning opportunities, and special events throughout the year. Learn more about programs, exhibitions, and events at



## Camp Moab at Easter Jeep Safari Apr 3 from 9am-6pm

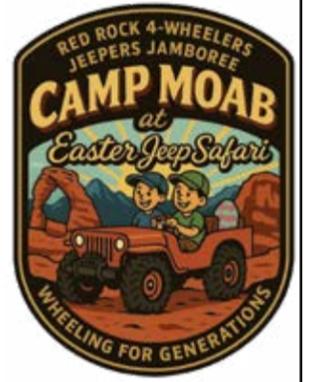
The Red Rock 4-Wheelers and Jeepers Jamboree are excited to announce "Camp Moab", a youth-focused experience within Easter Jeep Safari 2026 that inspires the next generation of off-roaders, explorers, and land stewards. Camp Moab is about connection, confidence, and heritage.

Through a series of hands-on skill and knowledge circuits, youth learn from industry partners, local experts, and organizations like Tread Lightly! about outdoor ethics, safety, and responsible recreation. Heritage talks share the history behind Moab's trails, mining routes, and the people who built them, linking past and future through education and stewardship.

Open to ages 6-17, Camp Moab provides a guided, engaging environment where young participants can discover how teamwork, respect, and responsibility keep our public lands open and thriving.

Our goal is simple: to pass on the knowledge, values, and passion that have defined Easter Jeep Safari for over 6 decades, ensuring these roads, trails, and traditions endure for generations to come.

- **9:00AM CAMP OPENING AND "DRIVERS MEETING"**  
At Camp Moab HQ. Trail leaders, youth driver pairings, welcome messages. Continental-style breakfast provided by WARN.
- **10:30AM - 1:30PM CAMP MOAB SKILLS CIRCUIT**
- **1:30PM HERITAGE LUNCH & TALK**  
At the pavilion. Lunch provided by Jeep. Story circle with Blue Ribbon Coalition: How mining roads and ranching routes became trails
- **2:30PM EASTER EGG SCAVENGER HUNT**  
Kids & families search for hidden eggs and Jeep heritage markers within the vendor show booths and area. Turn in at Camp Moab HQ by 4pm.
- **3:30PM VENDOR ROW VISIT**  
Safari Vendor Show at Spanish Trail Arena or free time at Camp.
- **4PM SCAVENGER HUNT TURN IN AT CAMP MOAB HD**
- **5:30pm-6pm Giveaway evening program at EJS with RR4W**  
Welcome from RR4W, Jeepers Jamboree, and Jeep Youth awards & raffle at the start of EJS giveaway



For information on registration, vendor/supporter opportunities, email: [president@rr4w.com](mailto:president@rr4w.com)





## FREE SUMMER CAMPS

Outdoor summer camps, free for Grand and San Juan County families



### Adventure Day Camp

Day camps where kids explore around Moab making friends and playing games

- **EcoSporers**
  - June 29 - July 3
  - Ages 7 - 9 or rising grades 1 - 3
- **Desert Dwellers**
  - July 6 - July 10
  - Ages 10 - 13 or rising grades 4 - 6

### Youth River Skills

An overnight Colorado River trip for middle schoolers to learn new skills and develop community

- July 21 - 23
- Ages 12 - 15 or rising grades 7 - 9

### Explorer Base Camp

An overnight camp in the La Sals with fishing, hiking, and exploring

- Session 1: July 27 - 31
- Session 2: August 3 - 7
- Ages 12 - 15 or rising grades 7 - 9



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# Museum Happenings

## Traditional Flutes in Ute Culture with Aldean Ketchum

by Moab Museum Staff

Aldean Ketchum, a featured artist in the Breaking 100 Years he has carried on for over forty years. Join the Moab Museum in healing and Ute tradition, demonstrates his process of flute

About the artist: Aldean “Lightning Hawk” Ketchum is over 30 years and a traditional Ute flute maker and player. He representing the Ute tribe. He has participated in Utah Fine Arts representing the Ute tribe as a flute player and storyteller. He has his flutes’ healing power with anyone in need. It gives peace,

Aldean enjoys carving his flutes, drawing, painting, This program is free with admission or membership to the Heron School, Grand County School District, and the Moab Charter School, as well as SNAP EBT and WIC card holders. You can find a free admission pass at the Grand County Public Library, valid for programs and admission alike.



Photo courtesy of Aldean Ketchum

of Silence exhibition, learned to make and play traditional flutes from his grandfather, a tradition in an evening with Aldean on March 6th at 6 pm, as he discusses the importance of the flute making, and shares songs.

a Ute from White Mesa, Utah. Aldean had been a Ute Bear Dance Chief in White Mesa for has worked with the Utah Opera Company, and was a part of the 2002 Winter Olympics Artist in Residence program for the State of Utah. Aldean traveled to Germany and Austria shared his flute music for over 40 years; through workshops, concerts, and classes. He shares healing, clarity, and calmness.

singing, playing his flutes, and spoiling his grandchildren. Museum. We currently offer free admission for all students in Grand County, including the

## From Uranium Mines to Red Rock Tourism

Ranger Anderson of the National Park Service down here in Southeast Utah will be discussing how Moab’s economic focus evolved from uranium mining to outdoor recreation and tourism in a program at the Moab Information Center titled “From Uranium Mines to Red Rock Tourism.” Hosted in collaboration with the Moab Museum, National Park Service, and Canyonlands Natural History Association, this free program will take place on Thursday March 12 at 6 PM.

Ranger Anderson has delivered talks at the Museum in previous years as part of the “Rangers at the Museum” summer series, previously focusing on the political establishment of Canyonlands National Park.

“So much of what Moab’s economy is today was made possible by the uranium booms and busts,” says Programs Director, Megan Vickery. “Mining roads carved out during the boom became some of our most popular recreation trails, prospectors looking for riches became tour guides and outfitters, and when the population quadrupled, organizers established long-lasting community centers and infrastructure, from sidewalks to the library (to the Moab Museum!). We’re excited to partner with NPS and the MIC to share this essential element of Moab’s history.”

With the current exhibition “U92: Moab’s Uranium Legacy” wrapping up in April 2026, the Museum team is excited to continue the conversation about the impact of the industry on the mainstay of Moab’s present economy: tourism, and specifically, enjoyment of public lands.



Image courtesy of the Moab Museum from a Rangers at the Museum talk led by Ranger Anderson in 2023.

## Punxsutawney Phil Was Correct! Winter is Still Here!

From hands-on cultural programming and behind-the-scenes tours to our most anticipated annual fundraiser, March offers meaningful ways to connect with Moab’s layered history.

On March 10, the Native Students Club will host a cradleboard workshop at the Museum, creating space for intergenerational learning and cultural continuity. Programs like this reflect the Museum’s ongoing commitment to centering Indigenous voices and supporting opportunities for community-led education.



The Museum’s Annual Gala features incredible pieces of art and experiences from all around the Four Corners region! Don’t miss out – Grab your tickets for the event on March 26th!

evening inspired by high-style saloon glamour: sneaky, sparkling, and just a little gritty.

The Gala will feature a lively cocktail hour, immersive historical touches, and an exciting live auction showcasing one-of-a-kind experiences and regional partnerships. From curated travel packages to behind-the-scenes adventures, auction proceeds directly support the Museum’s exhibitions, collections care, and educational programming during this semiquincentennial year. Costumes and creative dress are encouraged; think velvet, vests, feathers, fringe, or your most dashing frontier formalwear.

More than a party, the Gala is the Museum’s single most important fundraising event of the year. It is an opportunity for the community to invest in the preservation and interpretation of our shared history while enjoying an unforgettable evening together. Tickets are available at moabmuseum.org, and early reservations are encouraged!

Whether you’re attending a workshop, touring the collections, marking a new interpretive milestone, or donning your finest frontier flair, March offers many ways to engage with the Moab Museum and the stories that continue to shape this remarkable place.



### 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.

Behind the scenes, an exciting upgrade has just been completed at the Museum’s Collections Storage Facility: the installation of new compact shelving. This major investment significantly improves how we preserve and care for thousands of objects, photographs, and archival materials entrusted to the Museum. By increasing storage capacity and strengthening long-term preservation conditions, compact shelving ensures that Moab’s stories remain accessible for generations to come. Curious to see it in action? Sign up for the next Collections Storage Facility Tour on March 11 at 10:30 am to get a firsthand look at the improvements and learn more about collections stewardship.

On March 12, history will take center stage in two ways. The installation of a new Buffalo Soldiers Heritage Trail sign will further illuminate the stories of the Black soldiers who served in the region, expanding public understanding of their role in shaping the landscapes and infrastructure of the American West. That same day, National Park Service Ranger Anderson will present at the Moab Information Center (MIC), offering additional insight into regional history and interpretation. Ranger Anderson’s talk “From Uranium Roads to Recreation Economy” is FREE and kicks off at 6 pm.

The highlight of the month arrives on Thursday, March 26, with the Moab Museum’s 2026 Annual Gala at The Hoodoo Moab. This year’s celebration leans fully into the spirit of Moab’s early days—when fortunes were made, legends grew taller by the telling, and the line between outlaw and entrepreneur was often blurred. Guests will step into an

Charlie Steen's

# MI VIDA

by Maxine Newell

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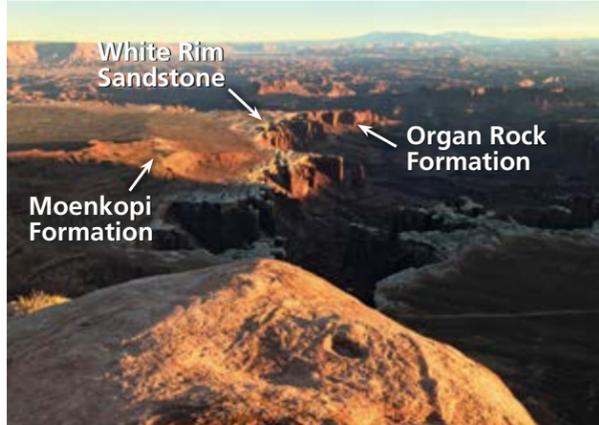
By Maxine Newell

# Geology Happenings

## Know Your Layers – Canyonlands Edition

by Allyson Mathis

Although Canyonlands and Arches National Parks are red-rock desert wonderlands only about a 30-mile drive from one another, the two parks are geologically distinct. Much of Canyonlands is, as its name describes, a landscape consisting of branching canyons stemming from the two major rivers (the Green and the Colorado) that join in the deep canyon in the center of the park. This landscape of rock is also populated with a multitude of towers and spires, buttes and mesas, and needles and standing rocks.



The hard White Rim Sandstone forms a broad bench (e.g., the “white rim”) below the Island in the Sky. The Organ Rock Formation is exposed in Monument Basin where a side drainage of the Colorado River carved an amphitheater-like area.

One of the most significant differences between the two parks is that they feature different rock layers (*formations to geologists*). Each rock layer has its own set of unique characteristics—color, rock type(s), thickness, type of internal layering, and fossils. Many of these characteristics have profound influences on landscapes carved through the processes of erosion that shaped the parks. In short, different rocks mean different scenery when other geologic factors are much the same, as is the case in Arches and Canyonlands.



The Cedar Mesa Sandstone in the Needles District. The red-and-white-striped Cedar Mesa Sandstone was mostly deposited in sand dunes, with the color variation resulting from more iron oxides in red bands. The Cedar Mesa contains some thin beds of fluvial (river) sediment as the Needles area was near the dunefield margin.

Most of the rock layers exposed in southern Utah are actually found in both parks, but the main scenic areas of Arches are in rock layers that are not in Canyonlands. These younger rock layers (the Dewey Bridge Member and the Entrada Formation) have been removed by erosion in Canyonlands.

Canyonlands National Park is immense at more than 337,000 acres. The rivers divide the parks into distinct districts: the Island in the Sky, the Needles, and the Maze.

Period	Formation	Location	
Jurassic	Navajo Sandstone	Mesa Arch	
	Kayenta Formation	Island in the Sky cliffs	
	Wingate Sandstone		
Triassic	Chinle Formation	Slopes below Island in the Sky cliffs	
	Moenkopi Formation		
Permian	Cutler Group	White Rim Sandstone	Monument Basin (below the Island in the Sky)
		Organ Rock Formation	
		Cedar Mesa Sandstone	Needles District
		Lower Cutler Beds	
Pennsylvanian	Honaker Trail Formation	Cataract Canyon	

Canyonlands’ older rock layers are present in all three districts, but the Island in the Sky contains several layers that have been completely eroded from the Needles and Maze. The name Island in the Sky is derived from the district’s tall mesa that is seemingly surrounded by sky when viewed from other parts of the park.

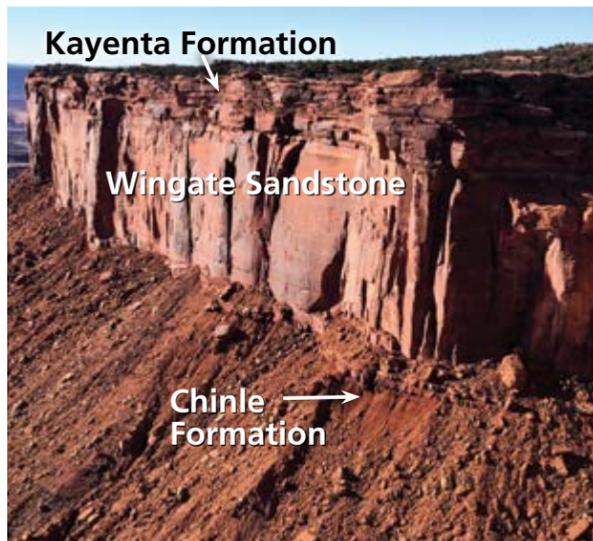
### White Rim Sandstone and Cedar Mesa Sandstone

The White Rim and Cedar Mesa Sandstones were both formed prior to the age of the dinosaurs in sand dunes systems that were close in geographic location. But the Cedar Mesa is slightly older and was deposited southeast of where the White Rim was.

The Needles region was near the northern edge of Cedar Mesa dunefield and the White Rim dunefield did not extend east of where the Colorado River is now. Hence, the White Rim Sandstone is not found in the Needles District, and the Cedar Mesa isn’t at the Island in the Sky. (Both layers are in the rugged backcountry of the Maze). They are part of a larger package of rocks known as the Cutler Group.

### Moenkopi Formation and Chinle Formation

These layers are found underneath the Island in the Sky cliffs where they are largely obscured by boulders and rocky debris that have fallen from the cliffs above them. The Moenkopi and Chinle contain many mudstone and siltstone beds that are softer than the sandstones and below and above them. Hence, they readily are eroded in areas



The cliffs of the Island in the Sky.

where they are not protected by caps of harder rocks.

### Wingate Sandstone & Kayenta Formation

The Wingate Sandstone and the overlying Kayenta Formation are cliff-makers. Together, they make up the Island in the Sky cliffs, as well as the Orange Cliffs west of the Maze and those of the Canyon Rims Recreation Area east of Canyonlands.

These layers were deposited during the Jurassic (when dinosaurs lived), but in different environments. The Wingate was deposited in yet another sand dune system, and the Kayenta by sandy rivers during a wetter period. It is hard to tell the two layers apart, but the Kayenta has thin ledgey beds that make up the upper part of the cliffs.

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](http://www.moabhappenings.com/Geology.htm).



### Article Archive

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Mesa Arch in the Navajo Sandstone.

### Navajo Sandstone

The Navajo Sandstone is the youngest rock layer exposed in Canyonlands and it makes one of the park’s best known scenic spots: Mesa Arch, perched on the very rim of the Island in the Sky. Also found in Arches, Capitol Reef, and Zion, and in Glen Canyon National Recreation Area, the sheer sandstone cliffs and knobs of the Navajo make the prettiest scenery in all of canyon country.

The Navajo is another *eolian* sandstone (e.g., deposited in ancient sand dunes). The Navajo dunefield was the largest in North America’s geologic history, covering most of Utah and parts of adjacent states about 185 million years ago.

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# Healthy Happenings



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## The Longevity Organ You're Ignoring

By Ray Andrew, MD

If I could give most adults one piece of advice to help them live longer, think more clearly, and stay independent as they age, it would not be about cholesterol...or blood sugar...or blood pressure.

It would be about muscle.

We tend to think of muscle as cosmetic — something for athletes or the young. In reality, muscle may be one of the strongest predictors of how long — and how well — we live.



Recent NIH research shows that people with lower blood levels of the amino acids valine, leucine, and isoleucine — key building blocks of muscle — die sooner. This aligns with decades of evidence showing that greater muscle mass is associated with longer life and lower rates of dementia.

Muscle is not about appearance. It is about resilience. It regulates blood sugar, supports brain function, protects bone, and helps you recover from illness and injury. It is metabolic, neurologic, hormonal — and essential for healthy aging.

**The strength you build today determines the independence you keep tomorrow.**

**How Much Protein Do You Need?**

Most adults need **at least 100 grams of protein per day**, with around 30 grams at each meal. That level helps preserve muscle, increase calorie burning, improve fullness, sharpen mental clarity, stabilize blood sugar, and lower blood pressure.

If you are over 50 or physically active, you likely need more.

Research suggests muscle growth is best stimulated when you eat at least 35 grams of protein in your first meal of the day. Breakfast may be your best opportunity to flip the muscle-building switch.

**Protein Quality Matters**

Animal proteins — meat, eggs, dairy, and whey — provide complete amino acids in forms your body can readily use. Eggs are especially rich in phosphatidylcholine, a critical component of every cell membrane, including those in the brain.

Plant sources such as soy, lentils, chickpeas, quinoa, seeds, and pea protein can meet protein needs, though they often require higher total calorie intake to reach comparable amino acid density.

For example, gram for gram, whey stimulates significantly more muscle growth than soy. Many soy products in the U.S. are genetically modified, and unfermented soy contains plant compounds with estrogen-like effects. In a world already filled with hormone-disrupting chemicals, that is worth thoughtful consideration.

**The Problem with Most Protein Drinks**

Reaching 100+ grams of protein daily from whole food alone can be challenging. Protein powders and bars are convenient — but labels matter.

Many contain artificial sweeteners, refined oils, processed sugars, gums, emulsifiers, and flavoring agents that can quietly undermine metabolic health.



**Bioavailability matters as well.**

Your body can use approximately:

- **10–18% of the protein in whey, pea, soy, and collagen drinks** to build new muscle
- **32% of the protein in meat**
- **48% of the protein in eggs**

The rest is converted to glucose or fat and produces nitrogen waste the liver must process.

Another option is essential amino acid formulas designed for near 100% bioavailability. Because of this efficiency, 10 grams may stimulate muscle building similarly to 30 grams of whey or plant protein powder, 15 grams of meat, or two whole eggs — without extra calories or nitrogen burden.

**Muscle Needs a Signal to Grow**

Muscle requires both building material and stimulus.

Resistance training — lifting weights or using your own body weight — provides that signal. Walking, cycling, and swimming are excellent for heart health, but they do not create enough mechanical load to preserve longevity muscle.

Hormones matter too.

Testosterone plays a central role in muscle health for both men and women. Over the past 50 years, average testosterone levels have declined significantly. As population levels have fallen, laboratory “normal” ranges shifted downward. As a result, many individuals with dangerously low levels are told they are normal.

Low testosterone is linked to fatigue, depression, irritability, muscle loss, reduced stress tolerance, sexual dysfunction, bone loss, diabetes, obesity, heart disease, stroke, and dementia. When symptoms are present, they deserve thoughtful evaluation, not dismissal.



Without adequate testosterone, resistance training produces little change. Without resistance training, testosterone alone does not preserve muscle.

**Muscle Becomes More Important with Age**

Muscle loss accelerates with age. It is closely tied to frailty, falls, insulin resistance, memory decline, and loss of independence.

The good news is that it's never too late to start building muscle.

At 40, 60, even 80, the body can respond when given the right inputs.

If you want to live longer — and stay strong enough to enjoy those years — focus on three things:

1. Enough high-quality protein
2. Optimized hormone health
3. Consistent resistance training

**Your future independence is not determined by your birth date. It depends on the muscle mass you build today.**

Strong muscles don't just help you live longer — they help you keep living on your terms.

If you would like help evaluating your protein intake, hormone levels, or muscle-building strategy, our team at Prestige Wellness Institute would be glad to guide you. You can reach us at (435) 259-4466 in Moab or (435) 210-0184 in Utah County.



# Healthy Happenings

## Colon Cancer: What You Need to Know

Colon cancer is one of the most preventable cancers. While it is often associated with older age, it is increasingly being diagnosed in adults under 50. Early detection and healthy habits are the best ways to protect yourself.

### Why Rates are Rising in Younger Adults

Experts are seeing a rise in colon cancer among younger people due to several factors:

- **Lifestyle:** Diets high in processed meats and sugary drinks, combined with low physical activity.
- **Delayed Screening:** Younger adults may overlook early symptoms like abdominal pain or changes in bowel habits because they are below the traditional screening age.
- **Environment:** Changes in gut bacteria and early-life exposures may also play a role.

### Expert Insight

Dr. Flanagan, a surgeon at Moab Regional Hospital, emphasizes the importance of staying proactive:

"Since the mid 1990s, there has been a steady rise in colon cancer rates in people under 50. In the past 25 years, the incidence in younger people has doubled from 1 in 10 to 1 in 5. The good news is that you can help reduce your risk: follow a high-fiber diet low in red/processed meat, stay active and at a healthy weight, avoid smoking, and minimize alcohol intake. Start regular colon cancer

screening at age 45—or sooner if you notice persistent changes in your digestion."

### Screening Recommendations

Most adults should begin screening at age 45. If you have a family history of colon cancer or inflammatory bowel disease, you may need to start sooner.

Moab Regional Hospital offers two main types of screening:

- **Colonoscopy:** A thorough exam that allows

doctors to find and remove precancerous growths (polyps) during the procedure.

- **Stool-based tests:** Convenient at-home tests that look for signs of cancer in a sample.

### Simple Steps to Lower Your Risk

- **Eat well:** Choose whole grains, fruits, and vegetables.
- **Move more:** Aim for regular physical activity.
- **Limit risks:** Reduce red meat, avoid tobacco, and limit alcohol.
- **Listen to your body:** Don't ignore persistent digestive changes.

### Take Action Today

Early detection saves lives. To discuss your risk or schedule a screening, call Moab Regional Hospital at 435-719-5500. Care is available right here in our community.



## Recurring Healthy Events

**Tai Chi with Drew** (Alternate Mondays, Mar 2 & 16 & 30, 5:15 pm at 76 South 100 West—In the Back of Red Rock Bakery) Class taught by Drew Roots who has been consistently practicing Tai-chi for 27 years now. Sign up online at [www.wellnesscollectivemoab.com](http://www.wellnesscollectivemoab.com) to save your spot.

**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](http://www.wellnesscollectivemoab.com) to save your spot.

**Community Acupuncture** (Tuesdays, March 3 & 17, 6:30pm at 76 South 100 West—In the Back of Red Rock Bakery). Join us for Community Acupuncture with Naturopathic Physician and Acupuncturist Rob Neilson at the Wellness Collective. Take an hour to rest, reset, and nurture yourself this fall season. Whether you're seeking stress relief, deeper rest, or simply a little self-care, this is a beautiful way to support your whole being. By Donation. Please sign up online at [www.wellnesscollectivemoab.com](http://www.wellnesscollectivemoab.com)

**Chair Yoga** (Tuesdays at 2:30pm, Grand Center, 182 North 500 West) Join us for Chair Yoga, a class designed to support and nurture everyone, regardless of ability. Donations accepted. Sign up online at [www.wellnesscollectivemoab.com](http://www.wellnesscollectivemoab.com) to save your spot or just show up.

**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](http://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](http://www.wellnesscollectivemoab.com)

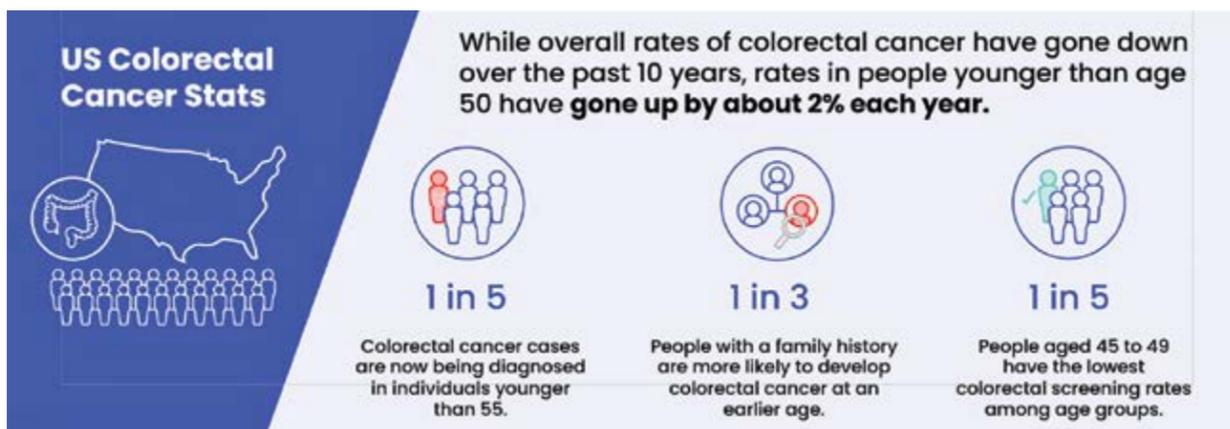
**Dharma Recovery** (Alternate Thursdays, March 12 & 26 at 6:30pm at 76 South 100 West—In the Back of Red Rock Bakery). A peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that the traditional Buddhist teachings, often referred to as the Dharma, offer a powerful approach to healing from addiction and living a life of true freedom. Please sign up online at [www.wellnesscollectivemoab.com](http://www.wellnesscollectivemoab.com)

**Fun Friday — Flow into Yoga** (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. **Includes a Free 12oz coffee from the Red Rock Bakery!** Please sign up in advance online at [www.wellnesscollectivemoab.com](http://www.wellnesscollectivemoab.com)

**Yoga for Recovery for Everyone** (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](http://www.wellnesscollectivemoab.com)

**Qi-Gong** (Saturdays, March 14 & 28, 8:00am at 76 South 100 West—In the Back of Red Rock Bakery) 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! Sign up at [www.wellnesscollectivemoab.com](http://www.wellnesscollectivemoab.com) for more info.

## COLORECTAL CANCER: Catch it early and reduce your risk.



# SCREENINGS FOR COLON CANCER SAVES LIVES!

“ Colon cancer rates in younger adults have doubled since the mid-90s. Protect yourself: Choose a high-fiber diet, stay active, and limit red meat and alcohol. Start screenings at age 45, or sooner if you notice digestive changes. ”

Dr. Flanagan



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# Dark Sky Happenings

## Watch the Lion: Celestial Wonders in Leo

Adapted from an article by David Prosper



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](http://nightsky.jpl.nasa.gov) to find local clubs, events, and more!

Leo is a prominent sight for stargazers, marking the beginning of spring, in March. Its famous sickle, punctuated by the bright star Regulus, draws many a beginning stargazer's eyes, inviting deeper looks into some of Leo's celestial delights, including a great double star and a famous galactic trio.

Leo's distinctive forward sickle, or "reverse question mark," is easy to spot as it climbs the skies in the southeast after sunset. If you are having a difficult time, find the Big Dipper, and imagine someone poked a hole in the bottom. The water would fall on Regulus, which is the bright "period" in the reverse question mark. Trailing them is a trio of stars forming an isosceles triangle. Connecting these two patterns together forms the constellation of Leo the Lion, with the forward-facing sickle being the lion's head and mane, and the rear triangle its hindquarters. Can you see this mighty feline? It might help to imagine Leo proudly sitting up and staring straight ahead, like a celestial Sphinx.

Leo can even help you know how dark your sky is! Regulus is the brightest star in the constellation. If you peer deeper into Leo with a small telescope or binoculars, you'll find a notable double star! Look in the sickle of Leo the slightly dimmer Algieba - also called Gamma Leonis. This star splits into two bright yellow stars with even a small magnification - you can make this "split" with binoculars, but it's more apparent with a telescope. Compare the color and intensity of these two stars - do you notice any differences? There are other multiple star systems in Leo. What do you see?

One of the most famous sights in Leo is the "Leo Triplet." These three galaxies are gravitationally bound to one another, around 30 million light years away! They are much dimmer. Two of the three can be seen on a dark night in Moab with a telescope. To see the third, you may want to view from outside the city to avoid lights. Use an eyepiece with a wide field of view to see all three galaxies at once! Look below the star Chertan to find these galaxies. Compare the appearance of each galaxy. While they are all spiral galaxies, do they all look like spiral galaxies to you? Each one is tilted at different angles to our point of view! Happy observing!



The stars of Leo: note that you may see more or less stars, depending on your sky quality. The brightness of the Leo Triplet has been exaggerated for the purposes of the illustration - you can't see them with your unaided eye.



Your view of the three galaxies in the Leo Triplet won't look as amazing as this image taken by the VLT Survey Telescope, unless you have a telescope with a mirror 8 feet or more in diameter! Still, even a small telescope will help your eyes pick up these three galaxies as "faint fuzzies": objects that seem blurry against a background of pinpoint stars. Let your eyes relax and experiment with observing these galaxies by looking slightly away from them, instead of looking directly at them; this is called averted vision, a handy technique that can help you see details in fainter, more nebulous objects. Image Credit: ESO, INAF-VST, OmegaCAM; Acknowledgement: OmegaCen, Astro-WISE, Kapteyn I.

### MOON HAPPENINGS

- March 3 — Full Moon at 4:37 am
- March 11 — Third Quarter at 3:38 am
- March 18 — New Moon at 7:23 pm
- March 25 — First Quarter at 1:17 pm



North



### SUNRISE & SUNSET TIMES

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

DATE	SUNRISE	SUNSET
Sun, Mar 1	6:48:22 AM	06:12:31 PM
Mon, Mar 2	6:46:56 AM	06:13:33 PM
Tue, Mar 3	6:45:29 AM	06:14:34 PM
Wed, Mar 4	6:44:01 AM	06:15:36 PM
Thu, Mar 5	6:42:33 AM	06:16:37 PM
Fri, Mar 6	6:41:04 AM	06:17:38 PM
Sat, Mar 7	6:39:35 AM	06:18:39 PM
Sun, Mar 8 +1hr	7:38:05 AM	07:19:39 PM
Mon, Mar 9	7:36:35 AM	07:20:39 PM
Tue, Mar 10	7:35:04 AM	07:21:39 PM
Wed, Mar 11	7:33:33 AM	07:22:39 PM
Thu, Mar 12	7:32:02 AM	07:23:38 PM
Fri, Mar 13	7:30:30 AM	07:24:37 PM
Sat, Mar 14	7:28:58 AM	07:25:36 PM
Sun, Mar 15	7:27:26 AM	07:26:35 PM
Mon, Mar 16	7:25:53 AM	07:27:34 PM
Tue, Mar 17	7:24:20 AM	07:28:32 PM
Wed, Mar 18	7:22:47 AM	07:29:30 PM
Thu, Mar 19	7:21:14 AM	07:30:28 PM
Fri, Mar 20	7:19:40 AM	07:31:26 PM
Sat, Mar 21	7:18:07 AM	07:32:24 PM
Sun, Mar 22	7:16:33 AM	07:33:22 PM
Mon, Mar 23	7:15:00 AM	07:34:19 PM
Tue, Mar 24	7:13:26 AM	07:35:17 PM
Wed, Mar 25	7:11:53 AM	07:36:14 PM
Thu, Mar 26	7:10:19 AM	07:37:12 PM
Fri, Mar 27	7:08:46 AM	07:38:09 PM
Sat, Mar 28	7:07:12 AM	07:39:06 PM
Sun, Mar 29	7:05:39 AM	07:40:03 PM
Mon, Mar 30	7:04:06 AM	07:41:00 PM
Tue, Mar 31	7:02:34 AM	07:41:57 PM



# Nature Happenings

## Birds in the Canyonlands Region

by Damian Fagan

One might be surprised at the diversity and numbers of birds that migrate through or nest in the Canyonlands Region. Over 300 species have been observed, ranging from waterfowl to raptors to migratory songbirds. Diverse habitats across a steep elevational grade provide niches that different species occupy.



Though there are year-round residents such as the pinyon jay, red-tailed hawk, great horned owl, and common raven, the area boasts numerous migratory birds that pass through the region on their northward sojourns in the spring. These birds rest and fuel up on insects, seeds, vegetation, aquatic invertebrates – whatever is in their diet – before continuing onward to their nesting locations.

Utah sits within the Pacific Flyway, a north-south migratory route that extends from the wilds of Patagonia to the Arctic tundra. One of four designated flyway routes that connects the Americas to the Arctic, the Pacific Flyway sits west of the Continental Divide and acts like a funnel guiding millions of birds northward.

Some visitors are surprised at the number of waterfowl that move along the riverways and utilize other water sources scattered across the desert such as lakes, wetlands, and even stock ponds. In Moab, the Scott and Norma Matheson Wetlands Preserve, named in honor of Governor and First Lady Matheson and locally known as “The Sloughs”, has large expanses of open water in certain years where waterfowl rest up and feed on aquatic invertebrates and vegetation before pushing on to their breeding grounds. Ring-necked ducks, redheads, green-winged teal, and others are often found here during migration. Canada



Ruby Crowned Kinglet

Lazuli Bunting

geese, which reside in the area and have migratory populations, may nest in the preserve or on islands in the Colorado and San Juan rivers. In southwestern Utah, snow geese take center stage during the annual Snow Goose Festival in Delta.

Often following on the heels of the migratory waterfowl are the shorebirds such as ibis, sandpipers, plovers, stilts, avocets, and yellowlegs, that also use these wetlands and shorelines on their Intermountain West movement.

Birds of prey, such as hawks and owls, may be residents or short-distance migrants but others spend their winters in Mexico or as far south as Argentina. Sharp-shinned and Cooper’s hawks are two species that may be long-distance travelers. Swainson’s hawks, some of which nest in the Cisco Desert north of Moab, fly from the pampas of Argentina where they winter, to here and beyond. These birds switch their diet in winter from small rodents and birds to grasshoppers and other large insects.

Even some of our smaller owls such as the flammulated, burrowing, and northern saw-whet migrate. The “flammies” are a species associated with ponderosa or aspen forests and their diet features a lot of moths and other flying insects. Burrowing owls, like their name suggests, utilize abandoned prairie dog or badger burrows for their nest sites and they like open terrain with low vegetation for better viewing of prey and predators. Though rarely seen, the saw-whet owl is unmistakable thanks to its rapid and continuous hooting call.

Even some of our smaller owls such as the flammulated, burrowing, and northern saw-whet migrate. The “flammies” are a species associated with ponderosa or aspen forests and their diet features a lot of moths and other flying insects. Burrowing owls, like their name suggests, utilize abandoned prairie dog or badger burrows for their nest sites and they like open terrain with low vegetation for better viewing of prey and predators. Though rarely seen, the saw-whet owl is unmistakable thanks to its rapid and continuous hooting call.



Blackheaded Grosbeak



### 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.



During migration, which can occur from February through June, it’s the colorful songbirds, also known as neotropical migratory birds, that are a highlight for birders.

This group includes warblers, grosbeaks, flycatchers, orioles, tanagers, hummingbirds, and buntings. These birds have dazzling colors and sweet songs that they sing to attract mates even

while migrating. These birds nest along riparian corridors in cottonwoods and willows that line the riverways and wetlands. They race through their breeding cycle, raising one or multiple broods of young, before departing back to the tropics for a longer period of time. It’s amazing to think that one of these birds, weighing just a few ounces, traveled several thousand miles in order to nest and raise their young in El Norte.

Aerial specialists such as violet-green swallows, cliff swallows, and white-throated swifts, are also highly migratory appearing in southern Utah about the time that flying insects are starting to hatch. These birds consume insects on the wing, snagging mosquitos and other insects in flight.

Playing host to these migratory birds, and even the local residents, requires protection and conservation of large swaths of land and a diversity of habitats. Fortunately, in southern Utah, there are national and state parks, national and state forests, and other public and private lands that provide the necessary nesting, feeding, or resting areas that these birds require to survive and thrive in the Canyonlands Region and beyond!

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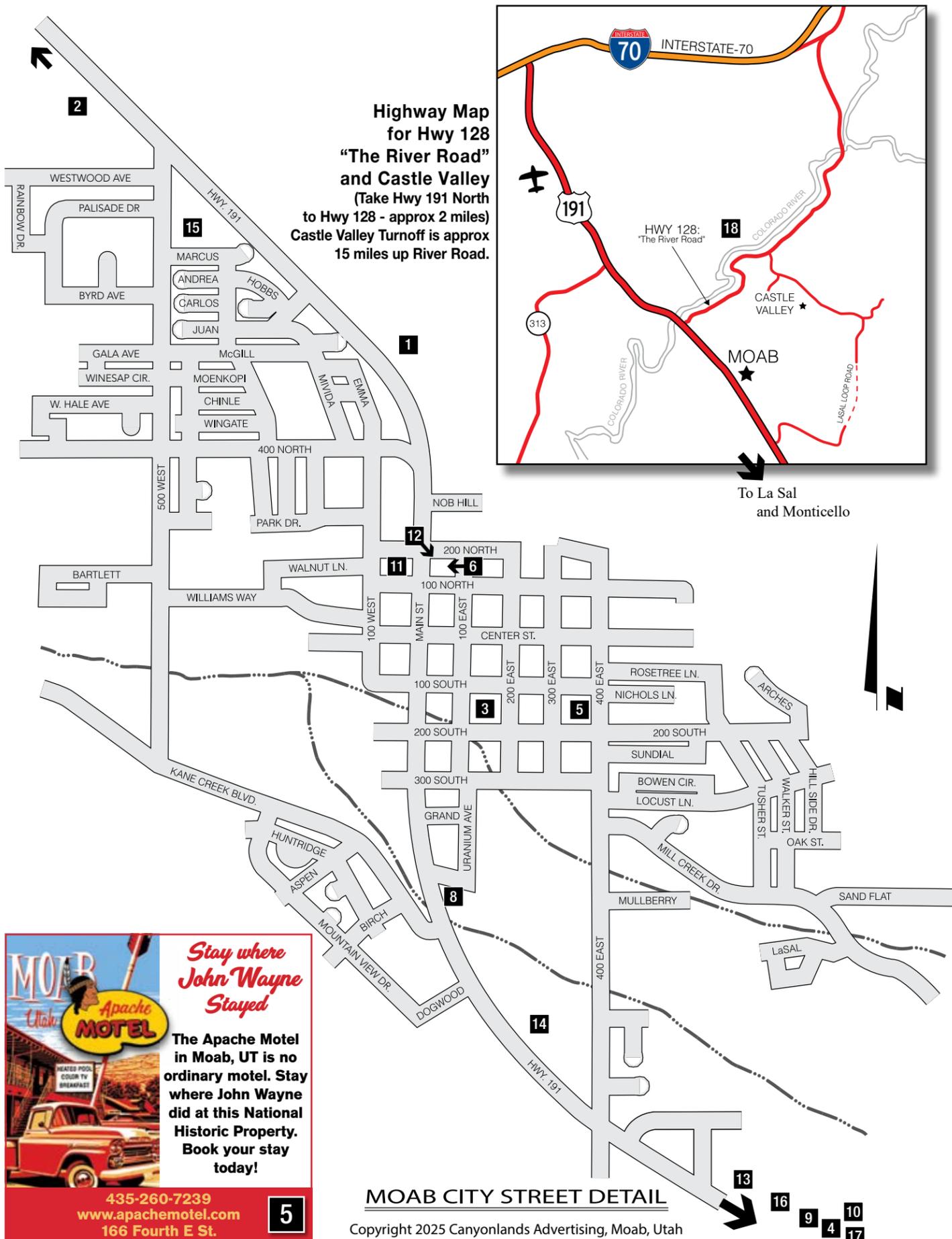
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**Highway Map for Hwy 128 "The River Road" and Castle Valley**  
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**MOAB CITY STREET DETAIL**  
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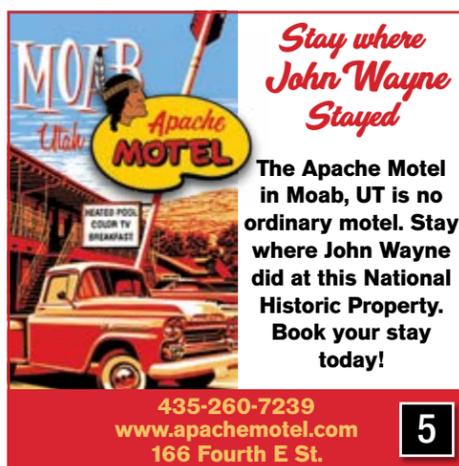
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# Astrology Happenings

## Overall Energy for March - Happy Birthday Pisces and Aries!

by Deanna King

If February was the ignition, March is the **refinement**. As we move deeper into this Numerology “1” year of new beginnings, the universe begins to sift through the bold moves we’ve made to see what is built to last.

The month opens with a profound “double-down” on destiny. **March 3** brings a **Full Moon Total Lunar Eclipse in Virgo**, coinciding with a **3/3 Numerology Portal**. In numerology, “3” represents the triad of mind, body, and spirit—the power of creation and self-expression. Falling in the grounded, meticulous sign of Virgo, this eclipse is a cosmic “clean-up crew.” It demands that we look at the fine print of our lives. Where is there clutter? Where is there inefficiency? This eclipse isn’t about small tweaks; it’s about a total systemic reset of our health, our habits, and our daily service.

Mid-month, the heavy “retrograde fog” begins to lift, signaling a massive green light for progress. On **March 10**, **Jupiter turns direct in Cancer**, expanding our emotional security and home lives. On that same day, Jupiter forms a **harmonious connection with Mercury**, which is preparing to station direct in Pisces on **March 20**. (P.S. after the 20th you will experience more ease with filing taxes as there will be more positive energy assistance)

When the planet of expansion (Jupiter) shakes hands with the planet of communication (Mercury), a bridge is built between our intuition and our logic. By the time the Sun enters Aries on the **Spring Equinox (March 20)** and Mercury moves forward, the “inner contemplative time” of February ends. We transition from dreaming into doing, backed by a clarity we haven’t felt since the year began.

### Key Energetic Highlights

**March 3 — Full Moon Lunar Eclipse in Virgo (3/3 Portal)** A day of high-frequency alignment. The eclipse forces a release of perfectionism and anxiety, while the 3/3 portal opens a gateway for manifestation through clear communication. It is time to harvest the results of the work you started six months ago.

**March 10 — Jupiter Direct in Cancer** Expect a surge of growth regarding family, real estate, and emotional foundations. This shift brings a sense of “coming home” to yourself. A harmonious trine to Mercury today makes this one of the best days of the year for big-picture conversations and heartfelt agreements.

**March 18 — New Moon in Pisces** A gentle, mystical lunation that invites us to plant seeds of spiritual growth. This is the moment to set intentions around art, healing, your life’s dream and unconditional love before the fire of Aries season takes over.

**March 20 — Mercury Direct in Pisces & Spring Equinox** The fog clears. As Mercury ends its retrograde journey, the Equinox marks the Astrological New Year. Momentum shifts from the internal to the external. The wait is over.

### What to Expect for Each Sign

#### Aries (Fire) Sun/Rising – March 21–April 19

The Virgo Eclipse on 3/3 targets your identity and health or work routines. It’s time to purge habits that drain your energy. As the Sun enters your sign on the 20th, you’ll feel a massive surge of vitality. All eyes will be on you, soak in the attention! Be the leader you are meant to be. *Support yourself:* Organize your workspace; a clear desk leads to a clear mind for your birthday season.



#### Taurus (Earth) Sun/Rising — April 20–May 20

Both lunations support you this month. The eclipse lights up themes of creativity and romance. A project or a “fling” may reach a turning point. Jupiter going direct on the 10th brings expansion to your local community, siblings and females. *Support yourself:* Pay attention to your dreams/ rest is key. Express yourself through a tangible hobby; your hands-on nature is your greatest asset now.



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

Home and family dynamics reach a climax during the 3/3 Eclipse. You may find yourself finally settling a domestic matter. When Mercury (your ruler) goes direct on the 20th, your career direction becomes crystal clear. *Support yourself:* Prioritize rest; your nervous system needs a “system restore” mid-month.



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

This is your month to shine! Jupiter turns direct in your sign on the 10th, bringing luck and personal growth. The 3/3 Eclipse may bring a sudden, important message or a shift in how you see your “neighborhood”. *Support yourself:* Say “yes” to new opportunities; the wind is finally at your back.



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

Finances and Intimacy are the focus of the 3/3 Eclipse. It’s time to get your books or relationships in order and release “scarcity” thinking. Mid-month, your intuition becomes a powerhouse as Jupiter direct boosts your subconscious insights. *Support yourself:* Review your budget, or ways you give to others: financial and emotional freedom or security creates the stage for your next big act.



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

The Lunar Eclipse on 3/3 is in your sign. This is a personal “re-branding.” You are shedding an old version of yourself that was too concerned with others’ expectations, or the service you felt you needed to provide. *Support yourself:* Drink plenty of water and allow yourself to grieve the “old you” to make room for the new. Ceremony is Key to letting go.



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

The eclipse activates your house of solitude and healing. Secrets may come to light, or a long-standing spiritual block may dissolve. Jupiter direct on the 10th expands your social circles and long-term goals. *Support yourself:* Meditation and dream journaling will provide the answers you’ve been seeking.



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

Your social life and community are transformed by the 3/3 Eclipse. Some friendships may exit while more aligned “tribe” members enter. Career growth accelerates after the 10th. *Support yourself:* Trust your gut regarding people; your “vibe-check” is highly accurate this month.



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

The Virgo Eclipse brings a peak in your career or public standing. You are being seen! Jupiter (your ruler) going direct on the 10th favors travel, publishing, and higher learning. *Support yourself:* Aim high, but keep your feet on the ground; the grounded details matter as much as the vision.



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/>

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

A shift in perspective is coming. The 3/3 Eclipse challenges your belief systems and may invite a “big leap” in your broad world-view. Relationships will become more connected this month. Financial collaborations improve after the 20th.

*Support yourself:* Learn or practice something that challenges your status quo; expansion is your theme.



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

Deep emotional bonds and shared resources are highlighted by the eclipse. It’s time to settle debts—both financial and energetic. Jupiter direct on the 10th brings harmony to your closest one-on-one relationships. *Support yourself:* Practice radical honesty in your partnerships; vulnerability is your new strength.



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

The 3/3 Eclipse brings a climax to a major partnership. Mercury going direct in your sign on the 20th ends a period of confusion. Don’t let go of the dream! With Jupiter (your traditional ruler) direct, your health and daily joy are expanding. *Support yourself:* Use the 3/3 portal to speak your truth aloud; the universe is listening to you specifically this month.





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122 West 400 North

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456 Emma Boulevard

# Pet Happenings

## Why Do Cats and Dogs Get Dry Skin?

Dry skin can be rough for you and your pets this time of year. Dry, itchy skin can be a mere issue of environment, lack of nutritional supplements or underlying health concerns. In both dogs and cats, healthy skin should be soft, supple, and free of excessive dandruff or irritation. When dryness develops, it can lead to itching, shedding, dull coats, and even secondary infections if left unaddressed.

Understanding why dry skin happens and how to support skin health both internally and externally can help pet owners restore comfort and shine to their companions.



Photo credit: Getty Images/Stockphoto

### Why Do Cats and Dogs Get Dry Skin?

**Environmental factors.** Cold winter air, indoor heating, and low humidity can strip moisture from the skin. Overbathing, especially with harsh shampoos, can also disrupt the natural oil barrier.

**Dietary deficiencies.** Skin is a metabolically active organ that depends on proper nutrition. Inadequate levels of essential fatty acids, zinc, or certain vitamins can lead to dryness and flaking.

**Allergies.** Environmental allergens such as pollen, dust mites, or mold can cause inflammation that disrupts the skin barrier.

**Parasites.** Fleas, mites, and lice may trigger itching and scaling.

**Underlying medical conditions.** Hormonal disorders such as hypothyroidism (more common in dogs) or metabolic disease can alter skin quality. Cats with systemic illness may also show coat changes.

Before starting any treatment plan, it's important to rule out parasites and infections with a veterinarian. Once serious causes are excluded, targeted nutritional support and topical care can make a significant difference.

### Supporting Skin from the Inside: Supplements That Help

Healthy skin begins internally. The outermost layer of skin relies on fatty acids and micronutrients to maintain its protective barrier. When this barrier is compromised, water escapes and irritants enter leading to dryness and itchiness.

#### Omega-3 and Omega-6 Fatty Acids

One of the most effective ways to improve dry skin is supplementation with essential fatty acids.

Omega-3 fatty acids, particularly EPA and DHA (commonly sourced from fish oil), help reduce inflammation and support the integrity of the skin barrier. Omega-6 fatty acids, such as linoleic acid, are critical for maintaining moisture and coat quality.

Fish oil supplements formulated specifically for pets can significantly reduce scaling and improve coat sheen over several weeks.

Photo credit: Getty Images

Benefits are typically seen after four to eight weeks of consistent use. Dosage should always follow veterinary guidance to avoid excess calories or digestive upset. Remember fish oil is pure fat, so more is not always best.



For dogs, high-quality fish oil capsules or liquid pumps can be mixed into food. Cats often prefer smaller capsules or flavored liquids designed for feline palates.

#### Vitamin E

Vitamin E is a fat-soluble antioxidant that works synergistically with omega-3 fatty acids. It helps protect skin cells from oxidative damage and supports immune function. Many fatty acid supplements already contain vitamin E to prevent oxidation and enhance effectiveness.

#### Zinc

Zinc plays a crucial role in skin cell turnover and repair. Certain breeds of dogs, such as northern breeds, can be prone to zinc-responsive dermatosis. While true zinc deficiency is uncommon with complete commercial diets, supplementation may be recommended in specific cases under veterinary supervision.

#### Probiotics

Emerging research suggests a link between gut health and skin health the so-called "gut-skin axis." Probiotics may help regulate immune responses and reduce inflammation associated with allergies, which can contribute to dry, irritated skin.

### Topical Solutions: Restoring Moisture and Protecting the Barrier

While internal supplementation addresses root causes, topical therapies provide direct relief and hydration.

#### Gentle, Moisturizing Shampoos

Bathing too frequently and/or with harsh detergents can worsen dryness. Instead, use a veterinary-formulated moisturizing shampoo containing ingredients such as oatmeal, ceramides, aloe vera, or glycerin.

Colloidal oatmeal is particularly helpful for soothing itchy, inflamed skin. It forms a protective barrier that reduces moisture loss and calms irritation.

Bath frequency varies, but most pets with dry skin benefit from bathing every three to four weeks unless otherwise directed by a veterinarian.

#### Topical Oils

Light applications of coconut oil or veterinary-approved topical oils may help soften dry patches. However, they should be used sparingly, as excessive oil can trap debris or cause gastrointestinal upset if licked in large amounts.



Photo credit: Getty Images

**Always avoid essential oils** unless specifically prescribed by a veterinarian, as many are toxic to cats.

#### Humidity Control

Sometimes, the simplest topical solution is environmental adjustment. Using a humidifier in dry winter months can significantly reduce skin dryness for both humans and pets. This solution is great for the whole family, just make sure to clean your tanks and machines regularly.

#### Special Considerations for Cats

Cats groom extensively, so any topical product must be safe if ingested in small amounts. Additionally, many cats do not tolerate frequent bathing. For them, nutritional supplementation and environmental control may be the most practical strategies.

Because cats can be sensitive to dietary changes, introduce supplements gradually and monitor for vomiting or diarrhea.

#### When Veterinary Care is most important!

Dry skin accompanied by intense itching, hair loss, redness, scabs, or a foul odor may signal infection or parasites rather than simple dryness. In these cases, veterinary diagnosis is essential. Persistent flaking that

Provided by Jessica Turquette, owner of Moab BARKery

does not improve with supplementation and topical care should also be evaluated for hormonal or systemic causes.

#### Building a Comprehensive Skin Care Plan

Managing dry skin in pets often requires a combination approach:

1. Rule out parasites and infection.
2. Improve diet quality if needed.
3. Add omega-3 fatty acids and supportive nutrients.
4. Use gentle, moisturizing topical products.
5. Adjust environmental humidity.
6. Monitor for improvement over 4–8 weeks.

Consistency is key. Skin cells take time to regenerate, and visible improvement may not be immediate.

With proper care, most cases of mild dry skin can be significantly improved or even resolved through thoughtful nutritional support and targeted topical therapy. The result is more than just a shinier coat; it's a more comfortable, healthier pet.

A well-hydrated skin barrier protects against allergens, pathogens, and environmental stressors. By addressing dryness from both the inside and the outside, pet owners can help ensure their cats and dogs feel as good as they look.



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**FOR AN ANIMAL EMERGENCY CALL**  
Grand County Dispatch 435-259-8115  
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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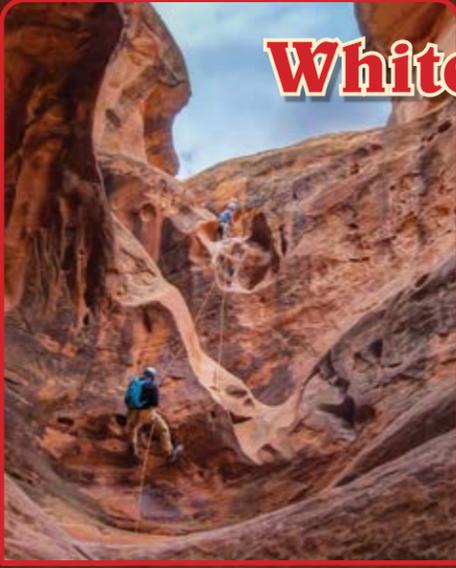
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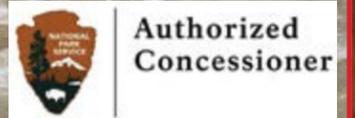
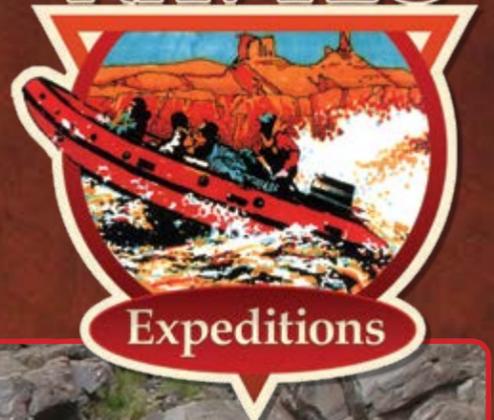
## Whitewater Rafting Colorado River

### Moab Canyoneering

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