



MOAB ADVENTURE CENTER

ONE STOP FOR ADVENTURE

Come visit us at 225 S. Main Street

RIVER ADVENTURES

- | | ADULTS | YOUTH (under 16) |
|--|--------|------------------|
| FULL-DAY RIVER ADVENTURE
World-famous scenery and a barbecue lunch rafting the Colorado River. 8:00am - 4:00pm (min age: 5) | \$94 | \$73 |
| COLORADO RIVER A.M. HALF-DAY
Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5) | \$62 | \$50 |
| COLORADO RIVER P.M. HALF-DAY
Raft from Rocky Rapid to Takeout. Includes BBO lunch along the river. 10:45am - 4:00pm (min age: 5) | \$73 | \$63 |
| WESTWATER CANYON FULL-DAY
Enjoy exciting whitewater rapids & lunch in this unique Canyon. 7:30am - 6:00pm (min age: 10) | \$185 | \$185 |
| STAND UP PADDLEBOARDING
Transportation, board rental, instruction, guide, snacks and water are included. (min age: 10) | \$81 | \$61 |

HUMMER SAFARIS

- | | ADULTS | YOUTH (under 16) |
|--|--------|------------------|
| SLICKROCK SAFARI
Incredible 4x4 experience over a landscape of petrified sand dunes. Departs 7:30am, 10am, 1pm (2 hrs) | \$83 | \$51 |
| GRAND SAFARI
Further explore the backcountry in the world's most serious 4x4. Departure times vary by season. (4 hrs) | \$173 | \$125 |
| SUNSET SAFARI
The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs) | \$96 | \$73 |

MOUNTAIN BIKING

- | | ADULTS | YOUTH (under 16) |
|---|--------|------------------|
| HALF-DAY MOUNTAIN BIKING
Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs) | \$95 | \$95 |
| CANYONLANDS SUNRISE DOWNHILL
Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary. (5 hrs) | \$110 | \$95 |

ARCHES N.P. TOURS

- | | ADULTS | YOUTH (under 16) |
|---|--------|------------------|
| ARCHES N.P. ADVENTURE TOUR
Explore fins, arches & chasms with easy guided hikes in the morning hours. (4 hrs) | \$79 | \$55 |
| ARCHES N.P. SUNSET DISCOVERY
Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs) | \$79 | \$55 |

ZIPLINE & ROPES

- | | ADULTS | YOUTH (under 16) |
|--|--------|------------------|
| ZIPLINE TOURS
Glide over the sandstone fins and gaps with a series of zip line cables and bridges. (min. age 9) | \$129 | \$99 |
| EPHEDRAS GROTTO CANYONEERING
Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 4 hrs (min age: 10) | \$104 | \$99 |
| DESERT ROCK CLIMBING
Climbing, instruction, and fun on rope and rock! All equipment provided. 5 hrs (min age: 5) | \$104 | \$99 |

FLIGHTS & HORSEBACK

- | | ADULTS | YOUTH |
|--|--------|-------|
| HOT AIR BALLOON RIDES
Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours) | \$295 | \$295 |
| ARCHES & FISHER TOWERS FLIGHT
See all highlights of Arches & Castle Valley in just over an hour with a bird's eye view! (30 min) | \$99 | \$99 |
| CASTLE VALLEY HORSEBACK RIDE
2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am (min age: 8) | \$110 | \$110 |

JETBOAT TOURS & MORE

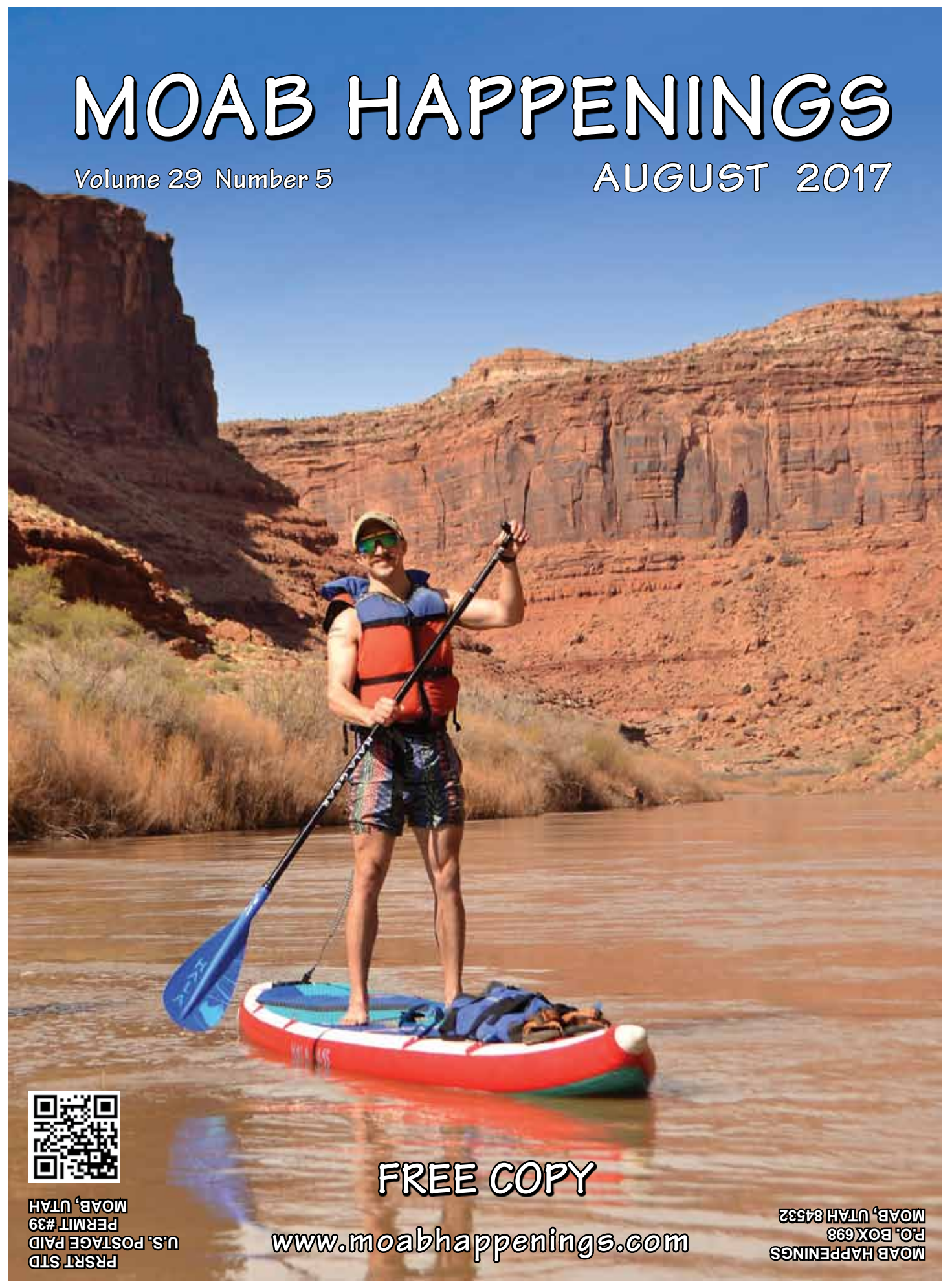
- | | ADULTS | YOUTH (ages 4-15) |
|---|--------|-------------------|
| JETBOAT 3 HOUR FUN RUN TOUR
Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (3 hrs) | \$99 | \$89 |
| SUNSET DINNER & JETBOAT
1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP. | \$89 | \$79 |
| SPLASH & SPIN JETBOAT NEW!
Thrill your way up and down the Colorado River in a specialized high speed jetboat. | \$69 | \$59 |

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MOAB HAPPENINGS

Volume 29 Number 5

AUGUST 2017



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MOAB, UTAH 84532

MOAB HAPPENINGS

MOAB HAPPENINGS®

Moab Happenings is published by Canyonlands Advertising Inc. of Moab, Utah and is provided free throughout the Moab area as a visitor information guide.

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PublisherTheresa King EditorSteve Budelier
 Production, Graphic Design Steve Budelier, Patrick Paul René,
 Allyson Mathis, Susan Baffico,
 Weston Bartosh & Theresa King
 Circulation..... Cathy Churampi, Susan Baffico, Richard Salvitti
 Sales Aaron Davies, Theresa King, Susan Baffico
 Accounting Heather Dalton, Kari Huts
 Contributing WritersDamian Fagan, Victoria Fugit,
 Marcy Hafner, John Hagner, Faylene Roth,
 David L. Brown, Laurie Schmidt
 PhotographyPatrick Paul René, Steve Budelier
 WebmasterSteve Budelier, Patrick Paul René
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Canyonlands Advertising
 P.O. Box 698 • Moab, Utah 84532
 (435) 259 - 8431 • FAX (435) 259-2418
 e-mail: info@moabhappenings.com
 www.moabhappenings.com

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“Come Play in Our Backyard!”

Over the past 46 years, World Wide River Expeditions has had the pleasure of treating thousands of guests from all over the world to some of the best whitewater rafting vacations the West has to offer.

Steve and Nicki Hazlett own and operate the company. They began working as guides at World Wide during their college years, met on a training trip in Cataract Canyon, and the rest is history. They moved up to management and soon afterward purchased the company in 2000. With over 30 years' experience at World Wide, seven growing kids of their own, and now two grandkids, Steve and Nicki know firsthand the challenges families face when planning and embarking on a rafting vacation.

When you float the river with World Wide River Expeditions you truly float with family as everyone has had some hand in the operation this season. Oldest daughter Ivy took a break from her Midwest surroundings for the summer to keep the commissary cleaned and organized and the correct amount of food ordered for the trips that go out. Jed recently graduated in welding and has mechanic experience to keep our river equipment and vehicles in tip top shape. Julia, Jed's wife, has found her niche as our main reservationist and office manager. Zak and Lily spend most of their days on the river keeping our company vision alive and 'happifying' the trips they are on. Eli is the main "duckie patrol" to keep the numerous inflatable kayaks used on the river where they need to be. Youngest girls Holly and Violet are the main babysitters for grandkids Rowan and Eliza, so their moms can be focused on their responsibilities. Each summer also brings a full staff of guides and drivers that also become family for the summer and Sunday dinners are busy at the Hazlett house.



Steve & Nicki Hazlett, Ivy Warren & Rowan Chatwin, Jed, Julia & Eliza, Zak, Lily, Eli, Holly, and Violet

Operating with the true spirit of a family business we feel that providing the best experience possible at an affordable price is important. By keeping our overhead low combined with our desire to share what we have been blessed with allows us to provide the Best Value out there.

We take pride in knowing that many of our guests bring their families and friends to raft with us again and again. Our friendly knowledgeable staff, exceptional guides, great equipment, and attention to detail guarantee the finest rafting experience available. Our work begins long before the rivers start running in the spring, and we take care of every detail so your vacation can be enjoyable and worry-free.

Nature has helped for millions of years in creating the incredible and sometimes unreal landscapes that we call our "backyard." Just like you would invite friends and family over to your backyard for a BBQ, we invite you, as friends and families, to "Come Play in Our Backyard!"



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UP THE RIVER HAPPENINGS

SPIN KING: Exciting Relief from the 100+ Degree Heat

By Ashly Hunter

Canyonlands By Night and Day's new Spin and Splash tour brings a piece of New Zealand adventure to red rock country-and does so better than you can imagine.

With the heat of July breathing down our necks and the promise of an equally hot August in our future-the one place to bring your family for a cool down is Canyonland's by Night and Day. This season they've brought on a New Zealand style jetboat, known as the SPIN KING, which allows the driver to spin 180 degrees and purposefully dowse the riders, who come back laughing and smiling from each ride.

To enjoy this tour to its fullest potential riders must be 8 years old or above (the oldest to date has been 86; she loved it!) and weigh at least 60 lbs (no comment on the heaviest to date other than-he/she loved it!).

The Spin and Splash tour, as it is creatively named, travels 22 miles round-trip up the Colorado river until reaching the popular White's rapids. After playing in the rapids a few times the boat circles its way back to the dock.

Above the upbeat music constantly emanating from the boat's speakers can be heard the hoots and hollerings of the passengers. With each spin, call of excitement, and

new dance worthy song, the tour collects amazed stares and jealous faces from the passers-by on their boring boats and rafts.

When it isn't causing tidal waves for passengers, it glides through the breathtaking canyon at speeds up to 60 miles per hour.

This family-friendly jet boat experience mimics the feel of a waverunner watercraft. It rocks and glides, spins and twirls, and splashes in a similar manner to the smaller watercraft which finally allows riders to experience those bursts of adrenaline and laughter with family and friends by their sides.

This is definitely a great new addition to the Moab "don't miss" list and is the perfect way to beat the heat with the whole family.



Contact Canyonlands by Night and Day to reserve seats for you and your favorite people by logging on to their website www.canyonlandsbynight.com or calling one of their helpful reservation specialists directly at 435-259-5261. And be sure to mention you heard about it in the *Moab Happenings*.

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MOAB AREA EVENTS CALENDAR



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Visit our Gift Shop
 1320 S. Hwy 191
 Contact Barb: 970-819-7938
 DesertSunCeramics@gmail.com

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August Events

Aug 1 Gentle Yoga- 9-10:30am, join Star Kolb at Moab Yoga, 37 E Center St.

Aug 1 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

Aug 2 - 1968, High-Energy & Engaging Lecture from historian Steve Valdespino covering the events of 1968. at library large meeting room, 7pm.

Aug 2 Swing & Blues Dance Night- Join us at Club Rio, 2 S. 100 West, 21+. Get out & take advantage of the \$5 lesson at 7pm (no experience or partner necessary!), followed by social dance to sweet swing & blues tunes. For info: Moab Swing Dance Community on Facebook or call (970) 633-2623. Brought to you by the Moab Swing Dance Community!

Aug 2 Starry Nights- join us from 8-10pm for evening activities involving the night at the Canyon Country Discovery Center in Monticello. \$3 or free with admission or membership. fourcornersschool.org 435-587-2156

Aug 2 Backyard Theater, Bluegrass Night w/ Quicksand Soup, 8pm

Aug 3 Dino Days at Dead Horse Point State Park- learn about the dinosaurs that once roamed the Moab Area. **Aug 3 Gentle Yoga-** 5:30-7pm, join Star Kolb at Moab Yoga, 37 E Center St.

Aug 3 All Levels Sheng Zhen Gong - is a moving & non-moving meditation class for self healing, with certified teacher Don Leathers from 5:30-7pm, at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Aug. 3 Free Lecture Series: Elizabeth Hora-Cook ~ Public Places & Private Spaces: Social Construction of Landscapes in Prehistoric Utah- we all move through spaces layered with meaning. How we dress for church, how loudly we speak in libraries, and who we talk to on the street are all decisions informed by the places and spaces we find ourselves in. In just the same way that we have constructed a social landscape in our cities and towns, prehistoric people too modified and encoded the natural landscape to suit their own social needs. Elizabeth Hora identifies certain types of archaeological sites created & used by prehistoric Fremont people that may signify private and publicly "owned" spaces and uses maps generated from these areas to recast seemingly natural canyon landscapes into social landscapes imbued with socio-economic meaning. 6pm at the Moab Information Center, corner of Center & Main Streets. Sponsored by the Canyonlands Natural History Association & the Museum of Moab.

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

Aug 4 The Alley, Country Music & Dancing, 8:30pm

Aug 4 Woody's Tavern, Slim Pickins, 9pm

Aug 4 Backyard Theater, Bluegrass Night w/ Quicksand Soup, 8pm

Aug 4 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Aug 4 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Aug 4 Rock the MIC- 7:30pm at the Moab Arts & Recreation Center, 111 E. 100 North. Sing/spit, swing/spin your way into the weekend. All art forms welcome, first time sharers encouraged! Rock the Mic is an open mic event. Please be punktual! See ad pg 10B

Aug 4 & 5 Thrillusionist David DaVinci- 9pm inside of Canyonlands by Night, just north of the Colorado River Bridge. Tickets available by calling 435-259-5261. See ad pg 24A & article pg 10B

Aug 4 & 5 Blue Mountain Enduro Series Mt. Bike Race, Monticello, UT. For info: utahscanyoncountry.com See ad pg 18B

Aug 4-6 Cortez Rendezvous Hot Air Balloon Rally- starting a 6:30am each day from Parque de Vida in Cortez.

Aug 4-12 San Juan County Fair - for info: sanjuancountyfair.com. For details see article pg 18B

Aug 5 Alcohol Ink Class- Noon at Imagination Station, 90 W. Center St. For info see pg 9A

Aug 5 The Alley, Country Music & Dancing, 8:30pm

Aug 5 Woody's Tavern w/Still the Weather, 9pm

Aug 5 Relay for Life- at the Old Spanish Trail Arena. 2 pm starts out with Kid Training Camp, & fun laps. Survivor Lap is at 4 PM. Taste of Moab 4:30-6 Silent Auction 5- 9. Lumiaria Ceremony 10pm, Closing Ceremony 12:30am. Scoring A Cure For Cancer. See article pg 16B

Aug 5 Art Reception - 6-9pm. Deborah McDermott, a Gallery Moab printmaker & painter, will show a series of paintings called "Raptor Eyes". These acrylic paintings give you an unblinking look into the eyes of ten fascinating birds of prey. Showing at the Moab Arts & Recreation Center through Sept 1st, 111 E. 100 North. See ad pg 11A

Aug 5 KZMU Fundraiser: Sex & Broadcasting- chronicles WMFU, the scrappy, chaotic, and iconoclastic community radio station in New Jersey. The film is described by the filmmakers as "an American tale of life, liberty and independent radio." See article pg 7B

Aug 5-6 Moab Golf Club Tournament- 3-n-1 Mixed. Call for info 435-259-6488

Aug 6-12 Youth Backpacking, Culture, & Service in the Abajo Mountains- backpack through one of Southern Utah's best-kept secrets with unique geologic features & vistas overlooking the labyrinth of canyons in Canyonlands National Park & Cedar Mesa. Includes ages 12 -18. For info: fourcornersschool.org or 435-587-2156

Aug 7 Gentle Yoga- 10-11:30am, join Star Kolb at Moab Yoga, 37 E Center St.

Aug 7-11 Arty Farty Summer Camp for Kids- 9am-3pm at the Moab Arts & Recreation Center, 111 E. 100 North. See ad pg 7A

Aug 8 Gentle Yoga- 9-10:30am, join Star Kolb at Moab Yoga, 37 E Center St.

Aug 8 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

Aug 8 Moab Garden Club- our next meeting will be at Patrice Mott's garden downtown at 6:30 pm. Patrice took a break from her garden for a few years & has recently come back to it to revisit it & replant. In a downtown setting it provides a welcome relief from the heat & surrounding activities. Come join us to explore Patrice's lovely garden, 279 Park Rd, 435-259-1540. Any questions call Tricia 303-880-9158.

Aug 9 Starry Nights- join us from 8-10pm for evening activities involving the night at the Canyon Country Discovery Center in Monticello. \$3 or free with admission or membership. fourcornersschool.org 435-587-2156

Aug 9 Backyard Theater, Bluegrass Night with Quicksand Soup. 8pm

Aug 10 Gentle Yoga- 5:30-7pm, join Star Kolb at Moab Yoga, 37 E Center St.

Aug 10 All Levels Sheng Zhen Gong - is a moving & non-moving meditation class for self healing, with certified teacher Don Leathers from 5:30-7pm, at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Aug. 10 Free Lecture Series: Michael Matthes (Park Ranger at Arches) ~ A Star Is Born- the naturally dark skies of the Colorado Plateau

DEADLINE for SEPTEMBER Events Calendar: AUGUST 20, 2017

Listings in the Moab Happenings Events Calendar are FREE!!

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

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

email: info@moabhappenings.com

MORE EVENTS

August Events (continued)

give us the chance to discover the many types of stars in our galaxy. Like people, the stars are diverse with their many shapes, sizes, & colors. Some live life in the fast-lane while others shine bright for billions of years. This illustrated program explores star types, their life-cycles, & answers age-old questions like "Where'd we come from?" Find out whether you are a red dwarf or blue supergiant. 6pm at the Moab Information Center, corner of Center & Main Streets. Sponsored by the Canyonlands Natural History Association & the Museum of Moab.

Aug 10 Collin Raye Concert at the San Juan County Fair- 7:30pm. Call 435-587-2277 for tickets. See article pg 18B

Aug 10, 11, 12 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm 10 dollars for adults, 5 dollars for kids over 5--Moab Backyard Theater --Behind Zax at 56W 100 South

Aug 11 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Aug 11 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Aug 11 & 12 Thrillusionist David DaVinci- 9pm inside of Canyonlands by Night, just north of the Colorado River Bridge. Tickets available by calling 435-259-5261. See ad pg 24A & article pg 10B

Aug 11 The Alley, Country Music & Dancing, 8:30pm

Aug 11-12 Women's Redrock Music Festival- in Torrey, Utah. See ad pg 5B or visit womensredrockmusicfest.com

Aug 12 Military Appreciation Day at Dead Horse Point State Park- see article pg 6B

Aug 12 Perseids Meteor Shower- 10:00pm-midnight at the Canyon Country Discovery Center, 1117 N Main St, Monticello, UT. Watch the sky for the meteor shower while roasting marshmallows. Learn more about the sky through our ipad apps. Admission: \$3 or free with membership. For info: 435-587-2156 or visit their calendar of events: www.fourcornersschool.org/discover/events See ad pg 18B

Aug 12 The Alley, Country Music & Dancing, 8:30pm

August 13-19 Youth Backpacking, Culture, & Service in the Abajo Mountains- see description Aug-6-12th. For info: fourcornersschool.org or 435-587-2156.

Aug 14 Gentle Yoga- 10-11:30am, join Star Kolb at Moab Yoga, 37 E Center St.

Aug 15 Gentle Yoga- 9-10:30am, join Star Kolb at Moab Yoga, 37 E Center St

Aug 16 Weed N Feed at Youth Garden Project- 530 S 400 East, next to the high school, 6pm. In an effort to promote community service and to help maintain the garden & anyone (community members or visitors of all ages) can come help weed in the garden for a few hours. In exchange, YGP prepares a nutritious meal with freshly harvested garden ingredients for volunteers to enjoy. Weed N Feeds happen every other Wednesday through Mid-Oct. For info: 435-259-2526.

Aug 16 Bake with All You've Got! 6-7:30pm, come learn how to satisfy your baked-good cravings at home, with whole ingredients in season & fresh at the farmer's market, & the tools in your kitchen drawers. Professional chef Zinzi Chamanifard will guide us through the chemistry of baking & offer tips for resourcefully creating the flavors & textures of treats we all love with the stuff we have & can get locally. Please sign up for this free class on the sheet posted in the deli at Moonflower, or on our Facebook events page, www.facebook.com/moonflowercoop/events.

Aug 16 Swing & Blues Dance Night- Join us at Club Rio, 2 S. 100 West, 21+. Get out & take advantage of the \$5 lesson at 7pm (no experience or partner necessary!), followed by social dance to sweet swing & blues tunes. For info: Moab Swing Dance Community on Facebook or call (970) 633-2623. Brought to you by the Moab Swing Dance Community!

Aug 16 Starry Nights- join us from 8-10pm for evening activities involving the night at the Canyon Country Discovery Center in Monticello. \$3 or free with admission or membership. fourcornersschool.org 435-587-2156

Aug 16 Backyard Theater, Bluegrass Night with Quicksand Soup. 8pm

Aug 17 Gentle Yoga- 5:30-7pm, join Star Kolb at Moab Yoga, 37 E Center St.

Aug. 17 Free Lecture Series: Tom Windes ~ Dendrocronology- large areas of the Western Northern San Juan Region were repopulated in the early AD 1100s & mid AD 1200s but the lack of systematic chronometric dating has complicated our understanding events during these critical periods of settlement & abandonment. The Wood Project has assisted the BLM in documentation of sites throughout the new Bears Ears National Monument that are suffering from increased visitation & the possibility of energy extraction. In many cases, these wood & other remains have never systematically been recorded but they provide potential for helping to greatly refine the temporal aspects of the late Puebloan occupations & subsequent final depopulation of the region. Dates & detailed architectural documentation from our work on Cedar Mesa provide a new subset to add to the growing interest & prehistory of the area. 6pm at the Moab Information Center, corner of Center & Main Streets. Sponsored by the Canyonlands Natural History Association & the Museum of Moab.

Aug 17 Free Film: Moonlight - A look at three defining chapters in the life of Chiron, a young black man growing up in Miami. Winner: Best Motion Picture of the Year- 2017 Academy Awards Rated R 7 pm at Star Hall, 157 E. Center St. Presented by the Grand County Public Library & the Utah Film Center. For info: moablibrary.org/639/Utah-Film-Circuit-Moab or 435-259-1111.

Aug 17,18,19 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm 10 dollars for adults, 5 dollars for kids over 5--Moab Backyard Theater --Behind Zax at 56W 100 South

Aug 17-20 Helper Arts, Music & Film Festival- see ad pg 24A or call 801-712-7611. For info see article pg 11A and ad pg 21A

Aug 18 Moab Farmers' Market- 4-7pm, Swanny City Park at 100 West & 400 North

Aug 18 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Aug 18 Movie in the Park: Old Yeller- 8pm at Veterans Park, Monticello Utah. This is a free event. See ad pg 18B

Aug 18 & 19 Thrillusionist David DaVinci- 9pm inside of Canyonlands by Night, just north of the Colorado River Bridge. Tickets available by calling 435-259-5261. See ad pg 24A & article pg 10B

Aug 18 The Alley, Country Music & Dancing, 8:30pm

Aug 19 Moab City Disc Golf Tournament- double & singles competition, 8am. Call Moab City Parks & Recreation to register 435-259-2255.

Aug 19 The Alley, Country Music & Dancing, 8:30pm

Aug 21 Gentle Yoga- 10-11:30am, join Star Kolb at Moab Yoga, 37 E Center St.

Aug 21 Solar Eclipse Viewing Party- 10:30 AM - 12:30 PM. Join the Canyon Country Discovery Center education team in an exciting sky event in Monticello Utah! We will have viewing lenses, solar scopes, & talk about the cultural significance of sun eclipses in the local native traditions. \$3 per person or free if you are member. For info: fourcornersschool.org 435-587-2156



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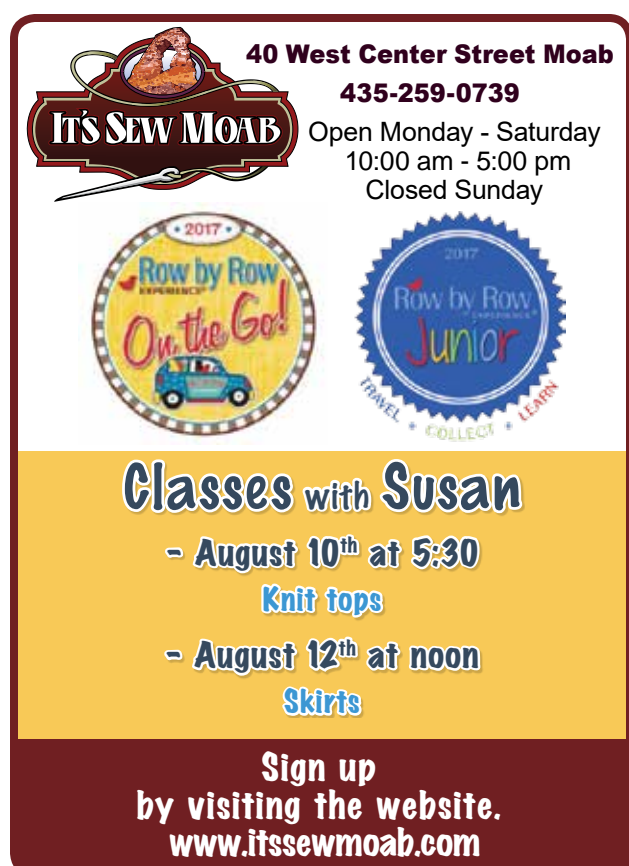
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MORE MOAB AREA EVENTS

August Events (continued)

Aug 22 Gentle Yoga- 9-10:30am, join Star Kolb at Moab Yoga, 37 E Center St

Aug 22 Well-Body Building Series- 6-7:30pm join clinical herbalist & the craftswoman behind Sundial Medicinals & Sundial apothecary Emily Stock facilitates a 3-part series on strengthening the whole Self with the medicinal properties of plants. Learn easy ways to build up the immune system every day, how to address illness early to beat bugs quickly, & try new practices that help build an increased sense of overall wellness. Please sign up for this free class on the sheet posted in the deli at Moonflower, or on our Facebook events page, www.facebook.com/moonflowercoop/events

Aug 23 Starry Nights- join us from 8-10pm for evening activities involving the night at the Canyon Country Discovery Center in Monticello. \$3 or free with admission or membership. fourcornersschool.org 435-587-2156

Aug 23 Backyard Theater, Bluegrass Night with Quicksand Soup. 8pm

Aug 24 Gentle Yoga- 5:30-7pm, join Star Kolb at Moab Yoga, 37 E Center St.

Aug 24 Free Breathing Clinic- 6:30pm at the Gym on 5th. See article pg 16B

Aug 24 Healing Home Solutions- 6-7:30pm, deciding which personal care products to purchase & use is important for our bodies. According to the natural resource defense council, 80,000 synthetic chemicals that are not fully tested can be found in many everyday personal care products & cleaners. These chemicals go quickly through the skin & directly into the blood stream. In a free, interactive class learn how to identify what's in your home & replace harmful products with less-harsh alternatives, transforming any space into a healing home environment. Please sign up for this free class on the sheet posted in the deli at Moonflower, or on our Facebook events page, www.facebook.com/moonflowercoop/events. See article pg 17B.

Aug 24, 25,26 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm 10 dollars for adults, 5 dollars for kids over 5-- Moab Backyard Theater --Behind Zax at 56W 100 South

Aug 25 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Aug 25 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Aug 25 National Park Service Fee Free Days - The Southeast Utah Group of the National Park Service (Arches and Canyonlands national parks and Hovenweep and Natural Bridges national monuments) is joining national parks across the country in waiving entrance fees several days in 2017 as a way to encourage people to get outdoors and spend time with their friends and family in the national parks this year.

Aug 25 The Alley, Country Music & Dancing, 8:30pm

Aug 25 & 26 Pastel Workshop with Barbara Churchley- a western Colorado artist, will be teaching a Pastel Workshop at the Moab Arts & Recreation Center, 111 E. 100 North. The workshop runs from 8:30am to 4:30pm both days. The cost is \$150 & registration takes place through Gallery Moab, 87 North Main Street, 435-355-0024. See article pg 23A

Aug 25 & 26 Thrillusionist David DaVinci- 9pm inside of Canyonlands by Night, just north of the Colorado River Bridge. Tickets available by calling 435-259-5261. See ad pg 24A & article pg 10B

Aug 26 Uravan Community Reunion Picnic- 11am-2pm at the ballpark on Highway 141, in historic Uravan, Colorado. For info: 970-865-2100. See ad pg 8B and article pg 16A

Aug 26 Gallery Moab Artists Reception- for guest artist Barbara Churchley from 6 to 9 pm. Please join members in celebrating with the artist. Gallery Moab is located at 87 North Main Street, Moab, Utah. Visitors & residents alike should not miss a chance to see this artist's exceptional work. The gallery is open daily from 12-9:30 pm.

Aug 26 The Alley, Country Music & Dancing, 8:30pm

Aug 28 Gentle Yoga- 10-11:30am, join Star Kolb at Moab Yoga, 37 E Center St.

Aug 29 Gentle Yoga- 9-10:30am, join Star Kolb at Moab Yoga, 37 E Center St

Aug 29 Well-Body Building Series- 6-7:30pm join clinical herbalist & the craftswoman behind Sundial Medicinals & Sundial apothecary Emily Stock facilitates a 3-part series on strengthening the whole Self with the medicinal properties of plants. Learn easy ways to build up the immune system every day, how to address illness early to beat bugs quickly, & try new practices that help build an increased sense of overall wellness. Please sign up for this free class on the sheet posted in the deli at Moonflower, or on our Facebook events page, www.facebook.com/moonflowercoop/events

Aug 30 Weed N Feed at Youth Garden Project- 530 S 400 East, next to the high school, 6pm. In an effort to promote community service and to help maintain the garden & anyone (community members or visitors of all ages) can come help weed in the garden for a few hours. In exchange, YGP prepares a nutritious meal with freshly harvested garden ingredients for volunteers to enjoy. Weed N Feeds happen every other Wednesday through Mid-Oct. For info: 435-259-2526.

Aug 30 Backyard Theater, Bluegrass Night with Quicksand Soup. 8pm

Aug 31 Gentle Yoga- 5:30-7pm, join Star Kolb at Moab Yoga, 37 E Center St.

Aug. 31 Free Lecture Series: Chris Merritt ~ The Life of Chinese Railroad Workers in Utah- join Dr. Chris Merritt as he discusses the Chinese Railroad Worker experience in Utah through history & archaeology. In 1869, thousands of Chinese workers came to Utah during the waning days of construction for the Central Pacific Railroad. Many stayed on in Utah until the early 1890s, leaving behind a historical and archaeological legacy. Over the past few years, State History & the BLM have worked to discover more of this history & to build towards the 150th Anniversary of the Transcontinental Railroad in 2019. 6pm at the Moab Information Center, corner of Center & Main Streets. Sponsored by the Canyonlands Natural History Association & the Museum of Moab.

Aug 31-Sep 10 Moab Music Festival - every September, the award-winning Moab Music Festival brings world-class musicians to stunning red rock venues around Moab for a feast of chamber music, jazz, Latin & traditional music concerts. This year we celebrate our 25th anniversary of making "music in concert with the landscape." For info: moabmusicfest.org or 435-259-7003. See ad and article pg 20A

Aug 31 Utah Symphony's 'Great American Road Trip' Tour- 8pm South of Bluff, UT. All performances in the Great American Road Trip are free, but tickets are required. Tickets will be available through the Utah Symphony/Utah Opera ticket office by calling: (801) 533-6683. Based on availability, walk-up tickets on the night of each concert may be offered. See article pg 21B and ad pg 18B.

September Events

Sep 1 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Sep 1 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Sep 1 Call For Art! Dark Skies, Bright Stars- submit night sky inspired art to Moab Arts & Recreation Center, 111 E. 100 North, by 4pm. Winners announced Sept 9th. See ad pg 21B

Sep 1 & 2 Thrillusionist David DaVinci- 9pm inside of Canyonlands by Night, just north of the Colorado River Bridge. Tickets available by calling 435-259-5261.

Sep 2-3 Moab Artists' Studio Tour- visit Moab & Castle Valley artists in their home studios. Meet & talk with artists as they demonstrate their artistic visions in a wide range of mediums. For info: moabstudiotour.com or 435-259-6447. See ad and article pg 11A

Sep 4 LABOR DAY



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EVEN MORE MOAB EVENTS

September Events (continued)

Sep 5 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678

Sep 6 Well-Body Building Series- 6-7:30pm join clinical herbalist & the craftswoman behind Sundial Medicinals & Sundial apothecary Emily Stock facilitates a 3-part series on strengthening the whole Self with the medicinal properties of plants. Learn easy ways to build up the immune system every day, how to address illness early to beat bugs quickly, & try new practices that help build an increased sense of overall wellness. Please sign up for this free class on the sheet posted in the deli at Moonflower, or on our Facebook events page, www.facebook.com/moonflowercoop/events

Sep 6 Swing & Blues Dance Night- Join us at Club Rio, 2 S. 100 West, 21+. Get out & take advantage of the \$5 lesson at 7pm (no experience or partner necessary!), followed by social dance to sweet swing & blues tunes. For info: Moab Swing Dance Community on Facebook or call (970) 633-2623. Brought to you by the Moab Swing Dance Community!

Sep 7 All Levels Sheng Zhen Gong - is a moving & non-moving meditation class for self healing, with certified teacher Don Leathers from 5:30-7pm, at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Sep 8 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Sep 8 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Sep 8 & 9 Thrillusionist David DaVinci- 9pm inside of Canyonlands by Night, just north of the Colorado River Bridge. Tickets available by calling 435-259-5261.

Sep 9 Moab Artists' Studio Tour- see full description on Sep 2 & 3. For info: moabstudiotour.com or 435-259-6447. See ad and article pg 11A

Sep 9 ArtWalk- from 5-9pm, visit up to eleven different venues, see many different art displays & enjoy refreshments. Winners of the Dark Skies Art Contest will be announced at 7pm. For more info visit moabartwalk.com or call 435-259-6272.

Sep 9 Cortez Harvest Beer Festival- 4-9pm at Parque de Vida is Cortez, CO. Local breweries, silent auction, music. For info see ad pg 16A

Sep 9-10 Moab Golf Club Tournament- Steak & Sudsfest Mixed Bestball. info 435-259-6488

Sep 12 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678

Sep 13 Weed N Feed at Youth Garden Project- 530 S 400 East, next to the high school, 6pm

Sep 14 All Levels Sheng Zhen Gong - is a moving & non-moving meditation class for self healing, with certified teacher Don Leathers from 5:30-7pm, at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Sep 14-16 San Juan ATV Safari- is an incredible three-day adventure that will leave you breathless. From the top of the Blue Mountains in the center of San Juan County to the depths of the surrounding canyons. For info: sanjuansafari.com. See ad pg 16A

Sep 15 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Sep 15 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Sep 15 & 16 Thrillusionist David DaVinci- 9pm inside of Canyonlands by Night, just north of the Colorado River Bridge. Tickets available by calling 435-259-5261.

Sep 19 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678

Sep 20 Swing & Blues Dance Night- Join us at Club Rio, 2 S. 100 West, 21+. Get out & take advantage of the \$5 lesson at 7pm (no experience or partner necessary!), followed by social dance to sweet swing & blues tunes. For info: Moab Swing Dance Community on Facebook or call (970) 633-2623. Brought to you by the Moab Swing Dance Community!

Sep 21 All Levels Sheng Zhen Gong - is a moving & non-moving meditation class for self healing, with certified teacher Don Leathers from 5:30-7pm, at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Sep 21-24 14th Annual Mother of all Boogies- inviting skydivers from all over the world to converge on beautiful Moab for 4 full days of high altitude skydiving from turbine aircraft! Non-skydivers are welcome as spectators & will have the opportunity to make a tandem skydive during the event. Contact Skydive Moab for more information. For info: motherofallboogies.com or call 435-259-5867

Sep 22 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Sep 22 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Sep 22 & 23 Thrillusionist David DaVinci- 9pm inside of Canyonlands by Night, just north of the Colorado River Bridge. Tickets available by calling 435-259-5261.

Sep 22-24 Moab Golf Club Tournament- Men's Red Rocks Amateur. Call for info 435-259-6488

Sep 22-25 Outdoor Concerts brought by Peak Performances- come enjoy all the best bands from the surrounding states everything from Rock to Country & Blues. Tickets sold at the door. At the Old Spanish Trail Arena.

Sep 23 Moab Century Tour - landscape worth training for! 40,60, 100 mile route options. Ride in the wild, wild west through Dead Horse Point State Park & the Colorado River Corridor. Ride alongside towering redrock walls outlining the Colorado River; enjoy lunch at the earth's edge overlooking Canyonlands National Park & the Colorado River two thousand feet below. Music, beer, cycling icons & great food await you at the Post-ride party. For info: skinnytireevents.com or 435-260-8889.

Sep 23 Edge of the Cedars State Park Free Lecture- 2pm in Blanding UT. See ad pg 8B

Sep 24 Weed N Feed at Youth Garden Project- 530 S 400 East, next to the high school, 6pm

Sep 26 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678

Sep 26 Open MIC with Moab Poets and Writers- 6:30-7:45 at the Moab Public Library, 257 E. Center St. Open to the public & free to attend. Read, sing, play an instrument, or listen, all are welcome. For info: Diana 435-259-8477

Sep 28 All Levels Sheng Zhen Gong - is a moving & non-moving meditation class for self healing, with certified teacher Don Leathers from 5:30-7pm, at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Sep 28-30 Moab Pride- welcome to our celebration of loving consensually & living authentically. In the face of hate, we are creating space to love. Can't wait to dance with y'all into the future we want to see! Parade is at 10am on Saturday (9/30). For info: 970 639-0285.

Sep 28-Oct 1 Festival of Science- follow us on facebook.com/ moab.scifest

Sep 29 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Sep 29 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Sep 29 & 30 Thrillusionist David DaVinci- 9pm inside of Canyonlands by Night, just north of the Colorado River Bridge. Tickets available by calling 435-259-5261.

Sep 30 National Park Service Fee Free Days - The Southeast Utah Group of the National Park Service (Arches and Canyonlands national parks and Hovenweep and Natural Bridges national monuments) is joining national parks across the country in waiving entrance fees several days in 2017 as a way to encourage people to get outdoors and spend time with their friends and family in the national parks this year.

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WATER ADVENTURE HAPPENINGS

'SUP Moab?

I'm Swirlin' Eddy and I am the river. Today I'm here to tell ya I've noticed a growing crowd among my riffles recently. A very peculiar kind of folk. No oars, no motors, no tubes with these yahoos. Just a simple board with a fin, a PFD (of course) and a paddle. From below the surface I hear mirth. I see the rhythmic movement of a paddle blade moving downstream up, downstream up. Occasionally one of 'em comes dipping down into the water, squirming and laughing, and disappears back up onto that board. Sometimes I see no paddling at all and I can tell those slackers are just lollygaggin', lying back on that thing and soaking up the sun and scenery. Downriver they go with or without the effort.



A Wild West Voyages guide told me this phenomenon is called Stand Up Paddling. "SUP," they call it for short, as if they're all best friends and what-not. Turns out those boards are inflatable and come in several shapes and sizes, just like the folks who paddle 'em. Turns out, you can get a lesson or rent one of them things, take it to a lake or a calmer stretch of river and have a grand ol' time.

Here's what your buddy Swirlin' Eddy has also ascertained about this SUP craze. There's a method to that madness. Here's a few pointers on how to handle the thing:

1) Plan to get wet. That's part of it! Why come to the river if you don't want to be in the river? Duh. This is a close-up and personal form of interaction with me, your ol' pal Swirlin' Eddy.

2) Stand in the middle, straddle the handle, and that's your center of balance. Loosen up and absorb the movement of the water. Easier said than done!

3) Play around with the board. Go for a stroll up and down its length, try to jump up and down.

4) Play other balance games. Try a headstand, a crazy pose, chasing games. I can't wait to see this.

5) When you fall off (you WILL fall off, I will see to it) think, Ah, that water feels nice. Then rather than climbing back on the board, get alongside of it and give a good dolphin kick while pulling the board underneath your belly.

6) Don't be mad when I, your favorite river feature, surprise you by pulling on that fin and dumping you when you least expect it. Or maybe I will just swirl you in a circle or mess with you some other way. Be creative with your paddle strokes. Work with me. Interact with me. I am mischievous. Thanks for playing!

Lovingly penned by Swirlin' Eddy for Wild West Voyages

7) Always always always wear a securely-fitted PFD (for those who used to call it a life vest, get with the program, it is now called your PERSONAL FLOTATION DEVICE)!

8) Folks in the know recommend a quick-release leash belt while SUPping on the river. Don't wear an ankle leash, they can actually be hazardous if you get caught down current from your board. You need a belt you can reach and release quickly if you get in trouble.

9) One last word (ok, bunch of words): always inform yourself about what stretch of river you will be exploring. Make a wise choice for your skill level or the adventure you seek. Be responsible for your safety and the safety of those who accompany you. Nothing and no one can take the place of your own good judgment.

10) Git' some gear and git' out here! I'll be waiting! Wild West Voyages offers top-of-the-line HALA stand up paddle boards and gear for rent and for sale. You can even reserve a guided SUP tour on the river. Fun fact: if you rent a board then buy one within two weeks, you can apply your \$49 demo fee toward your purchase. Check out our SUP shop at 446 S. Main Street in Moab (across from City Market) or give them a call at 435-355-0776. Read more Swirlin' Eddy commentary at www.wildwestvoyages.com.

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



Cataract Canyon Rafting with Navtec Expeditions

by Nat Smith

As we eased our craft into the water, I thought about the slow pace of the river and how it belied the thrills awaiting us downstream. Our welcoming party at the Potash boat ramp consisted of mosquito swarms and the sun bursting through cloud cover. The biting insects and imminent desert heat had me eager to get out on the mighty Colorado. With only one day to cover nearly a hundred miles of river, we wasted no time launching. Cataract Canyon, with all its danger and beauty, awaited us.

The Colorado ran red, filled with sediment washed in by the previous night's thunderstorm. The hue of the placid water matched the cliffs towering above us. The invasive tamarisk dominating the banks created a strip of green starkly contrasting the rust-colored surroundings. When the cliffs of Dead Horse Point came into view two thousand feet above us, our guide cut the motor. In the newfound silence, we enjoyed some strawberries and orange juice while soaking in the scenery. The guide, Dave, explained the state park's morbid history and identified the point where Thelma and Louise took their fateful leap. The Coffee Pot Ruin, an ancient granary tucked into the horizontal crack jutting across a rock tower, was another notable landmark. We cruised



through the winding flat water in Navtec's Rigid Hull Inflatable Boat, a craft specially designed to navigate extreme whitewater. Continuing down Meander Canyon, we drew closer to the heart of Canyonlands.

The center of Canyonlands is marked by the meeting place of the Green and Colorado Rivers. Below the Confluence, the combined force of the rivers is funneled into Cataract's narrow gorge and the result is some of the country's most intense rapids. Just downstream, orange and white spires peeked above the canyon walls. In 1869, John Wesley Powell named

the strange, colorful pinnacles the Doll House.



We passed Spanish Bottom and the standing waves of Brown Betty marked the beginning of Cataract Canyon proper. We ran the first chute and stopped at the inviting beach. A satisfying lunch was needed before we tackled the far more technical rapids that lay ahead. Capsize, Hell to Pay, and the North Seas soaked us in rapid succession. Throughout the Mile Long Rapids, our boat's passengers

screached in glee and terror each time we dipped into a trough and saw a massive white cap about to come crashing over us.

Lake Cataract's flat water allowed for a pleasant respite from the relentless rapids. Some took the opportunity to go for a refreshing swim. We drifted by a beach claimed by the river's majestic sentries, great blue herons. As we marveled at the rookery and its nest-filled trees, one heron stood alert on the sand, a few flapped languidly over the water, and others waded in search of a meal. Soon, the roar of rapids came into earshot and we dove headlong into the canyon's most intimidating waves.

Cataract Canyon's iconic Big Drops were before us and charging downhill into the roiling waters was our only option. Big Drop I was just a taste; Big Drop II, or Little Niagara, provided a meatier challenge. Dave deftly maneuvered by boulders and gaping holes threatening to swallow the boat. At the top of Big Drop III, Satan's Gut, I grew tense. Even though the river level had passed its peak flow, the raging white caps were still a striking sight. The largest wave we hit smashed into me like a translucent avalanche and it was all I could do to hold on and stay in the boat.

Beyond Gypsum Rapid, the final thrill, the river returned to its mellow state. We were able to unclench our hands from around the rope and appreciate the magnificent backdrop once again. On the bank, we saw some desert big horn sheep making their way back to the cliffs.

We passed Dark Canyon and the bridge came into view, so I knew the trip was drawing to a close. The sun dried our dripping clothes and we couldn't wipe the smiles from our faces. Looking at the waters gently widening into Lake Powell, it was hard to imagine we had just come through such a perilous stretch of river. That said, it would be impossible to forget the awesome waves of Cataract Canyon.

If you are considering an overnight or daily river trip, come in and talk with us. Navtec has over 100 years of guiding and river knowledge to make your trip a one-of-a-kind experience.



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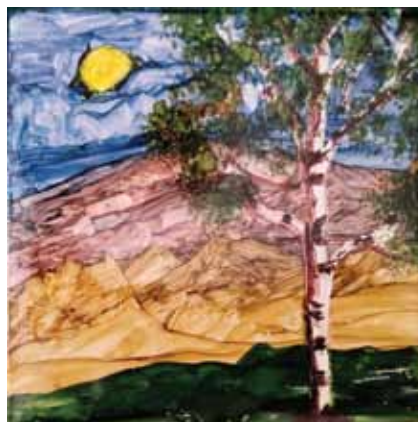
Imagination Station

We are having an Alcohol Ink class on Saturday, August 5th at noon, cost is \$40, this includes all material, and you get to keep all the tools and your 4 finished tiles. Be sure to contact me to reserve your seat at 435-259-6497 or email me at imaginationstationartsupplies@gmail.com Deposit is required, cash is preferred. Local scenery inspired painted tiles - \$10

I will also be carrying many items that your kids need to "go back to school", so be sure to come in: pencils, erasers, pencil cases, staplers, staples, notebooks, crayons, markers, glue, scissors, red & blue pens, highlighters, etc.

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Please like us on Facebook and check out our class events at:
<https://www.facebook.com/imaginationstationartsandcrafts/>



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CAFFEINE HAPPENINGS



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Cold Brew Coffee: Summertime Coffee Du Jour

By Shari Zollinger

While making plans for their second restaurant, 98 Center, local Restaurateur's Alex Borichevsky and Frankie Winfrey decided to bypass traditional espresso coffee options for an array of alternatives that included Vietnamese, Pourover, Bulletproof and Cold Brew coffee.

Cold brew coffee has gained popularity in the last ten years within the artisan coffee community. Traditionally named Kyoto-Style coffee, cold brew can be traced back to 1600's Japan. It is said that the Japanese learned about the method through Dutch traders who cold brewed their coffee to store on their ships. There is some confusion on whether it is called Dutch Coffee or Kyoto-Style Coffee but either way if the Dutch invented it the Japanese elevated it to a fine art.

Borichevsky and Winfrey on the suggestion of coffee experts purchased the elegant Yama Cold Brew Drip Tower that originates from a glass factory specializing in hand blown, tempered glass. The method is simply to allow iced water to drip down through ground coffee at a about a drip per second. The process takes a total of 12 hours. If you visit the restaurant you can see the tower displayed just behind the cashier counter!

So, why cold brew? In the summer it is a refreshing alternative to iced tea. The caffeine content is high for those that want that strong hit of caffeine at any point of the day. Because cold brew coffee is never heated and in turn never oxidized it has reduced acidity and bitterness making for a very smooth and light-bodied drink. 98 Center uses Fresh Moab Coffee's various single origin African beans (well known for their floral notes) from Ethiopia, Yirgacheffe, Papua New Guinea, Congo and Malawi.




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ART HAPPENINGS

Artists Open Their Studios in Moab and Castle Valley

You can't always spot artists. They can be solitary. Artists don't wear uniforms identifying them as part of a creative society. Forget berets, or (with a few exceptions) clothing decorated with specks of paint or clay. A local artist could be found at the Farmer's Market buying peaches, but you might not know them for their art.

Have you ever been curious to see the home or work space of an artist? Some "studios" are corners of bedrooms or dining rooms, some might be secluded stand-alone cottages, while one may share kitchen countertops with the blender. Others may be expansive and specific for art making. An artist's entire home might look like a museum, or be surprisingly plain and simple. But an artist's studio is unique, and it's there where things start to look and feel quite intriguing.

Enter the art workspace and you'll see how an artist organizes—



Oscar by Phil Wagner

or doesn't organize—their space and materials. Sharp scents may permeate: linseed oil, turpentine, and oil paint; mulberry or walnut wood chips on the sculptor's studio floor. Blank canvas, paper, trays of watercolors, pastels, blocks of clay, steel rods, slabs of wood, bright beads, or unconventional materials may inspire the question, "What will they become?"

The Studio Tour offers visitors an excuse to ask. Different from viewing artwork in a gallery, stepping into a studio opens doors to understanding an artist and their process. Converse with them and take in their surroundings. You'll get the picture. If you're lucky, you'll also witness the working (and playing) creative chaos of the studio. The artists enjoy sharing their processes with



Ceramics by Barb Gregoire

visitors, and invite you to see for yourselves. It's also a great opportunity to purchase art for your own home or to give as gifts.

Moab and Castle Valley's 17 artists in 14 studios invite you to the Moab Artists Studio Tour on Saturday and Sunday, September 2 and 3, and Saturday, September 9, from 10 a.m. to 4 p.m. The Studio Tour is a free event held during the Moab Music Festival.

You'll be fascinated with the art that lies tucked away in our small town. By participating, you help to sustain local artists who, through their unique creative expressions, enhance our community in so many ways.

Visit the Moab Artists Studio Tour website at moabstudiotour.com for maps and more information, and look for signs posted all over town pointing the way.



Retired in Iron County by Tim Morse

23rd annual Helper Arts, Music & Film Festival!

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vendors stream in for set up and live music starts at 3pm running through the evening at our Main Street Park with wine and beer. Check out the films at the Rio Theater, as well as a 6pm tap dance performance. Saturday is full with



the Clamper's Annual Breakfast, Car Show, Dirty Arts 5K Run and Fondo Bike Ride, a walking labyrinth meditation event, Bloom dance performance, film and more. Sunday, we run for half a day starting at 10AM and closing at 2pm. It is happening in Helper – check us out as we throw the best closing party of the year!



RAPTOR EYES



Paintings by Deborah McDermott

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3 days

September
2, 3 & 9

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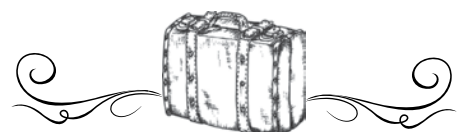
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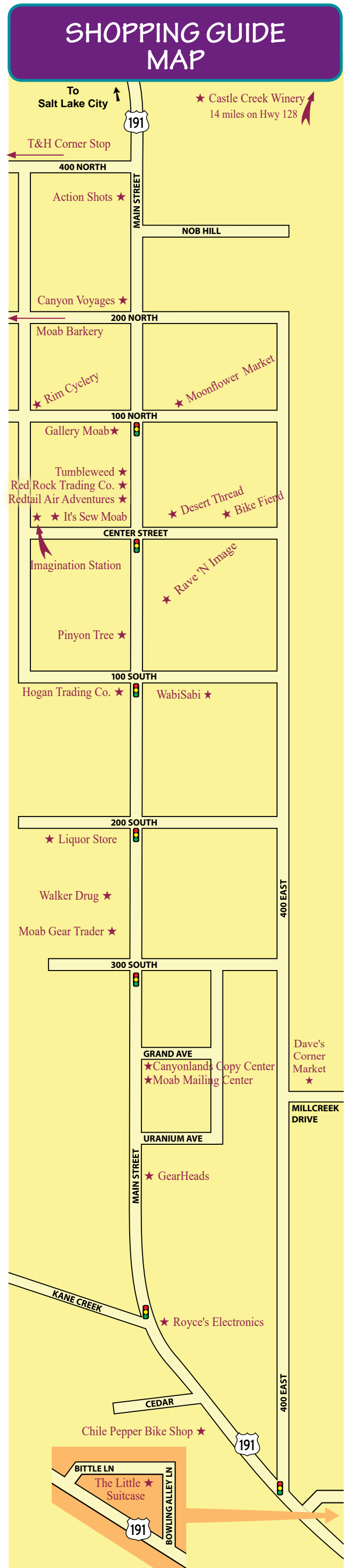
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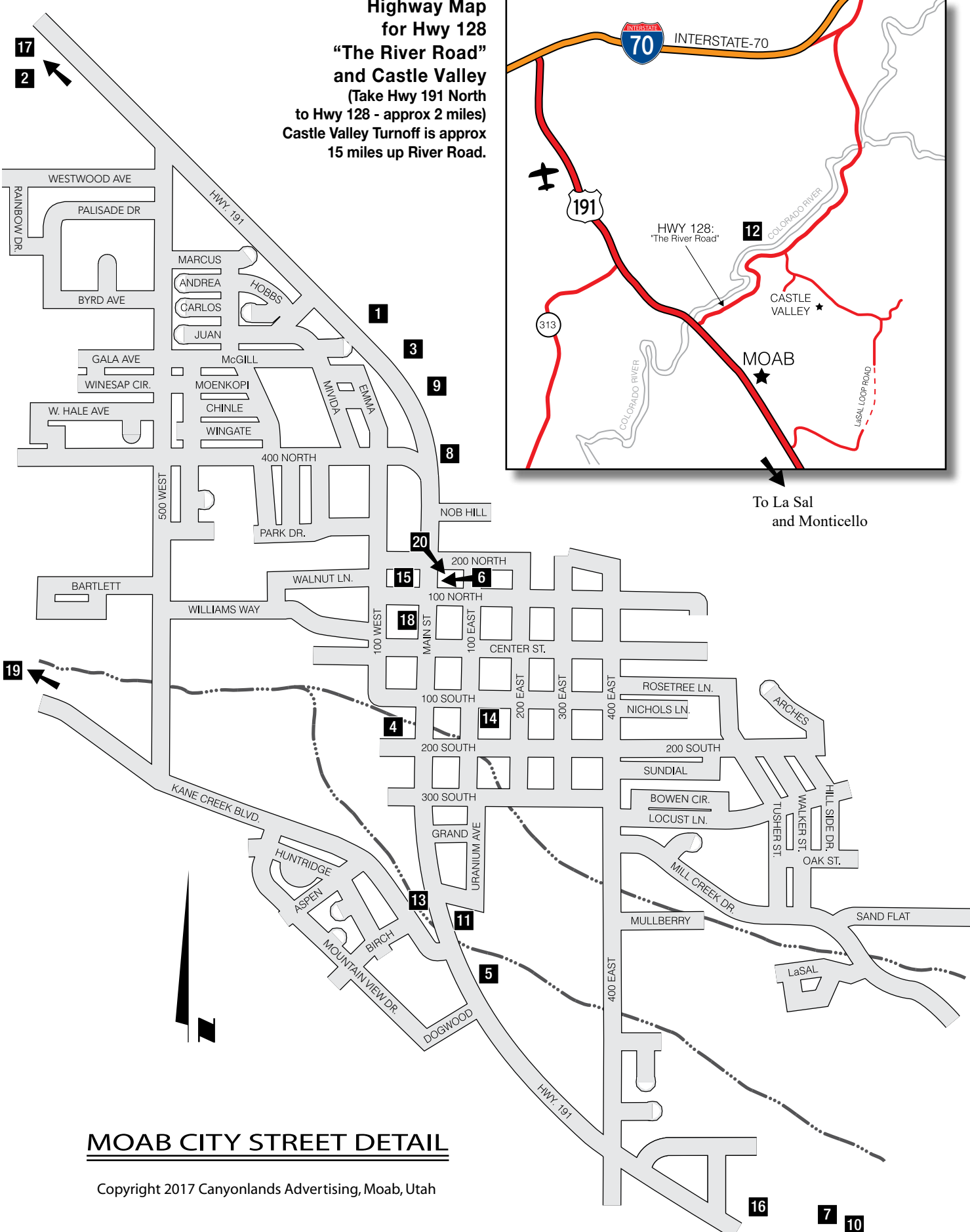
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3	Hampton Inn	435-259-3030	www.hampton.com
4	Gonzo Inn	435-259-2515	www.gonzoinn.com
5	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
6	Homewood Suites by Hilton	435-259-7000	www.homewoodmoab.com
7	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
8	Comfort Suites	435 259-5455	www.comfortsuites.com
9	Days Inn	435-259-4468	www.daysinn.com
10	ACT Campground	435-355-0355	www.actcampground.com
11	Redstone Inn	435-259-3500	www.moabredstone.com
12	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
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Bahá'í Faith 435-650-5778	Grace Lutheran Church 360 West 400 North 435-259-5017
Canyonlands Fellowship 111 East 100 North 435-260-2434	Jewish Interfaith Beit Moabi 435-260-0241
Church of Jesus Christ of Latter-Day Saints First & Second Wards 475 West 400 North 435-259-5566	Moab Baptist Church 356 West Kane Creek Blvd. 435-259-8481
Third, Fourth & Fifth Wards 701 Locust Lane 435-259-5567	Quaker Worship Group 81 North 300 East 435-259-8178
Community Church 544 MiVida Drive 435-259-7319	River of Life Christian Fellowship 2651 East Arroyo Rd. 435-259-8308
Episcopal Church of St. Francis 250 South Kane Creek Blvd 435-259-5831	St. Pius X Catholic Church 122 West 400 North 435-259-5211
First Baptist Church SBC 420 MiVida Drive 435-259-7310	Seventh Day Adventist 4581 Spanish Valley Drive 435-259-5545
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HISTORIC HAPPENINGS

Uravan Ball Park Reunion Picnic, Aug 26th

by Marie Templeton



Uravan bunkhouse

It was a few minutes before 9:30 on Tuesday, February 13, 2007...A sense of sadness permeated the air. Umetco and the Historical Society had met numerous times over the last 15 years, making plans for the two historic buildings, and now all had gone for naught...

On June 17, 1994, former residents of Uravan met for a potluck picnic and responded to this survey question: If a building could be saved for historical purposes at Uravan, which one(s) would you like to see remain and why? The overwhelming response pointed to the Boarding House and the Recreation Hall.

The Rimrocker Historical Society was on a mission. For the past 10 years they had watched helplessly as the historic town had been declared a Super Fund Reclamation Site: as it was being plowed up, shredded, and buried; and now they had a chance to salvage two structures. They lobbied successfully to have these landmark buildings preserved and added to the State Register of Historic Places, winning the Stephen H. Hart Award for their work. Why the turn of events?

Today the very same hard working Rimrocker Historical Society is still at work preserving every detail of the beloved history of our area as possible. In 2012 the DOE released the Uravan Ball park to Montrose County who in turn leased it to the Rimrocker Historical Society. Every August the Rimrockers host the Uravan Reunion Picnic here, and have converted the field into a memorial site for the town of Uravan. It includes picnic and camping areas, an informative kiosk, and the flagpole from the Uravan Post Office. Future Uravan land and artifact acquisitions are still pending. A unique and informative



history of the area can be found at the Rimrocker Historical Museum, 411 West 2nd Street, Naturita, CO 81422.

In addition, Saturday August 26th, from 11-2 you can join in on the celebration of history at the Uravan Ball Park Reunion Picnic. The ballpark is located along the Unaweep/Tabeguache Scenic and Historic Byway about 16 miles North West of Naturita, Colorado on Highway 141. Bring your family out for great food, great people, and great history. Make a day of it and take your 4x4 on the Rimrocker Trail, or hike the Y-11 trail above the Dolores and San Miguel River confluence. There is no limit to the outdoor fun that awaits.

Moab Poets & Writers SHORTY'S SHORTS A Short Short Story Competition

OPENS July 29, 2017 **ENDS** October 1, 2017 (midnight)

Email mpw2017diana@yahoo.com for entry form and rules.

- Manuscripts must be between two and seven pages, no less than 500 and no more than 3,000 words.
- All manuscripts should be in 12 point type, double spaced, with at least one inch margins, and sequentially numbered pages.
- The author's name, address, telephone number and email should be typed at the top of the first page. Contestants are asked to include a brief biographical note with their submissions.

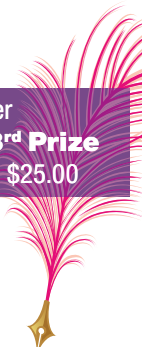
Entry Fee: \$20.00

Prizes will be awarded in November

1 st Prize	2 nd Prize	3 rd Prize
\$100.00	\$50.00	\$25.00

For questions or technical difficulties email mpw2017diana@yahoo.com

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LAND & AIR HAPPENINGS

Revisiting Redtail's WACO Bi-plane

Rides in the Yippee Moab (YMF5), Redtail Air's yellow bi-plane, have been delighting passengers for a year now. Soaring above cliffs and canyons in an open cockpit, wearing goggles and leather helmets, is a unique thrill. Though today's average passenger is far more sophisticated about flight than those who lined up for rides at county fairs 75 years ago, it is hard to imagine a more fantastic venue than the red rocks of Moab's canyon country.

The WACO (pronounced like taco with a w) was first built in 1920 by the Weaver Aircraft Company of Ohio. Its popularity grew so rapidly that by 1927 more than 40 percent of all small aircraft sold were WACOs! Increasingly refined models were in production until WWII. The aircraft remains very popular, and in 1983 the Classic Aircraft Company in Michigan, now the WACO Aircraft Corporation, began production of the 50 year old classic, and has modernized and improved the basic design over the last 20 years. They call it the world's finest and most exhilarating biplane.



Because engines were not very powerful in the early days of airplane design, aircraft need as much lift as possible from another source, and double wings, above and below the cockpit, provided that lift. One of the famous red Fokkers flown by "Baron" von Richthofen in WWI had three wings! Many have seen crop-dusting bi-planes fly low over the fields and then suddenly lift swiftly above fences and barns. Short, light, strong wings make the bi-plane an excellent aerobatic aircraft which still wows its audiences.

Eager to experience flight in this amazing airplane? Redtail offers three rides of varying length. The Barnstormer is fifteen minutes of thrilling open-cockpit flying viewing

sandstone buttes, canyons and cliffs. Arch Enemy is a thirty minute ride with breath-taking views of famous arches—Gemini, Corona, and Jeep. Waldo Pepper is a photographer's dream flight: forty minutes of open-cockpit photographic opportunities above our magnificent SW landscapes. Have your own itinerary in mind? Customize your own flight within a twenty five mile radius of the airport on the Howard Hughes.



The plane seats one or two passengers (combined weight limit of 340 pounds) in the front cockpit. Goggles and leather helmets are provided, and an optional GoPro video of your ride is offered.

You can book a memorable ride in the Yippee Moab at the Redtail Air Adventures Store, 23 N. Main Street. See fine photos taken from the WACO amidst the store's unique and exciting inventory of of aviation and travel related items. Inquire about Redtail's shuttle to and from the airport. The store is open 9-9 daily. Tel 355-0889. Rides can also be booked at the airport at 259-7421, or on the website: www.flyredtail.com.

Explore Moab's Ancient Past with Canyonlands Field Institute

Pecked and painted rock art and dinosaur tracks pressed in stone are present all around us – if you know where to look. Join Canyonlands Field Institute's (CFI) Moab's Ancient Past tour and explore the multitude of rock art and dinosaur track sites around the Moab area. Step back in time as a naturalist-guide shares the story of Moab's ancient past as recorded in stone.

We begin by expanding our perception of human time, connecting with ancient peoples through rock art they left in the landscape. We see a variety of styles out of different cultures, including very old Ancestral Puebloan petroglyphs and Barrier Canyon style pictographs dating back to the Archaic period, the period just after Paleolithic days of mammoth and other megafauna hunting. Along the way, we take a moment to ponder what these works of art would have meant to the people who created them hundreds and thousands of years ago.



The story then zooms out to many millions of years ago, when there were environments dramatically different from the Moab we know today – and inhabited by unusual creatures. Shallow inland seas and lakes present at the time created an ideal canvas for dinosaurs to leave their footprints as they wandered around. Little did they know that millions of years into the future we would be analyzing and exploring their movement captured in time as mud turned to stone. On our exploration we will see the tracks and bones of giant herbivores as well as the carnivores that hunted them.

To join us go online to cfimoab.org. We run these half-day tours Wednesday through Sunday from May to the end of October.

CFI is a nonprofit organization that has been leading outdoor education programs on the Colorado Plateau since 1984. All proceeds of our half-day programs directly support underwriting for youth and school programs.



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MONUMENT VALLEY DAY SAFARI
8 AM 5 HOURS
Land at the Goulding airstrip and enjoy breakfast at the famous Gouldings Trading Post before embarking on a Navajo guided tour of Monument Valley.

MESA VERDE ARCHAEOLOGY DAY SAFARI
8 AM 6 HOURS
Fly over the ancient cliff dwellings before landing at Cortez Colorado where you will be met by guides from the Crow Canyon archeological center for a tour of the archeology workshop, followed by lunch.

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FUN HAPPENINGS

Go Bananas in Grand Junction at Bananas Fun Park

Coconut Cove, a 6,000 square foot aqua play center opened to the public in July 2017. This new structure offers over 50 water play options and 109 total jet features. Splash pads, water slides, arching guns, spinning trays, hose jets, and a 1,000 gallon tipping bucket are among the ways to get wet and cool down in the hot Western Colorado summers.

Bananas Fun Park in Grand Junction, Colorado, owned and operated by Grand Junction locals Chris and Heather Burns, opened its doors for the first time in May of 2004. The park was extension of Bump N Jump Rentals, an inflatable rental service started by Chris and Heather in 1996 and a business that has grown steadily to this day. Bananas debuted to welcome anticipation bringing to Western Colorado and Eastern Utah a much needed Family Entertainment Center featuring go karts, bumper boats, laser tag, mini golf, outdoor inflatables, along with a game arcade and full service restaurant. A rookie go kart track for youngsters ages 6 thru 10 was added in 2005, and a laser maze arena quickly followed in 2006. In 2009 a 10,000 square foot special events pavilion was constructed and currently houses the ever popular inflatable playland in addition to its own food service. In 2011 the laser tag arena was expanded to multi-level status adding significant playing area to go with new theming. Birthday and group packages are available for all attractions, as well as in house catering and special offerings virtually every weekday. Bananas Fun Park takes great pride in offering a clean, well kept, and eye pleasing facility that truly offers something for all ages. Please visit us at www.bananasfunpark.com or call 970 241-7529 with any questions you may have. Bananas Fun Park is a quick one hour and 45 minute drive from Moab and is open year round, closing only on Thanksgiving and Christmas day.

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P.O. Box 1076 • Moab, Utah 84532 on-air studio: 259-5968 • office: 259-8824 contact us: www.kzmu.org

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	Native Spirit (First Nations)	Inflection Point	Early Morning	Art of the Song	EARLY MORNING		Desert Diva (dance, pop)	7:00	
8:00		Native News 7:55am						8:00	
9:00	DEMOCRACY NOW							9:00	
10:00	Jah Morning (reggae)	Moab Mamas/ Morning Blend (everything)	MOAB MORNING BLEND			Rocket Ship Radio (indie, eclectic)	Get Psyched (Indie Rock/Psych Folk)	Shine Time (children, eclectic)	10:00
11:00			Amarillo Highway (alt. country, alterna-twang)	Tilted Park (Americana classic rock)	Science Moab		Wayward Wind (alternative, americana, oldies)		11:00
Noon	Grass is Greener (bluegrass, folk)	The Skye's the Limit (rock, blues, unreleased)	Radio mmm... (classic indie)	Horizon Line (modern chill)	Tangled Roots (early R&B, soul)	Times Top 5, Art Beat	Uncovered Remix (covers)	Noon	
1:00			Manteca (Latin Dance Fusion)	Bait and Switch (pop, top 100)	DJ Lady J (70's-00's)	1-2-3 (funky world soul)		2:00	
2:00	Entre Las Piedras Between the Rocks (norteno New Mexico rock & roll)	"I Can Hear Queerly Now"	Joe's Garage (radio obscura)	Wednesday Drive Time (new, alternative, indie)	Heart Beats (Chill Hip Hop Beats)	Fire on the Mountain (dead, jam)	Belagaana Review (fruit and nuts)	3:00	
3:00			Pirates & Poets (americana)	Fantastic Planet Soul (Psych Rock)	Tween Time			4:00	
4:00	Bach & Beyond	This Week in Moab (Interviews / Calendar)	DEMOCRACY NOW				The Water Line (Classic Psych Rock)	The Water Line (Classic Psych Rock)	5:00
5:00			DEMOCRACY NOW						6:00
6:00	Kokopelli Coffeehouse (acousitc, folk)	Big Swing Face (big band jazz) The Watering Hole (blues)	Off Trail Alt Rock	Thin Edge (jazz)	Rock Wasteland	The Lounge of Uncle Meat (blues & soul revue)	Ill Beats Radio (hip hop)	7:00	
8:00			9:00						
9:00	Hardwired (Synth Retro Future)	Operation Punk Subversion (punk vinyl)	MOAB AFTER HOURS			Plastic Magic (alt Indie)	Rock of Ages	10:00	
10:00			Conscious Party (ska, punk, native, rock, dub)	Liberty Jam americana, live, rock)	Ear Rooster (radio obscura)			11:00	
11:00	KZMU OVERNIGHT							12:00	
12:00	KZMU OVERNIGHT							12:00	

MUSIC FESTIVAL HAPPENINGS

Moab Music Festival

Musical Excursion Spanning Appalachia to South America

Now celebrating 25 years of music in concert with the landscape, opening weekend is sure to delight audiences from near and far. The Moab Music Festival's opening weekend, September 1 - 4, most certainly lives up to this reputation, with globetrotting programs in some of Moab's most celebrated locales.

Celebrating Labor Day with music is the Rocky Mountain Power Family Concert, a free outdoor concert at Old City Park of traditional musics from three continents (Monday, September 4th at 2pm). The brothers Granados and the sisters Haas put the "family" into this family concert, sharing their Venezuelan and Celtic musical heritages. The Requite Trio takes audiences south of Venezuela for a bit of Brazilian music and Jesse Blumberg adds his resonant baritone to the American Songbook to round out the program. This program is made possible through the generosity of Rocky Mountain Power.

The Requite Trio makes its Utah debut opening weekend with a unique musicality born of its varied cultures and musical experiences, resulting in a soulful blending of enormous talent. The star studded cast of jazz giants include Janis Siegel, of the Manhattan Transfer, Nanny Assis, Salvadorian percussionist/vocalist/composer, and revered NY pianist John di Martino. Joined by Leo Traversa on bass, Requite offers its elegant taste of Brazil in an additional solo performance opening weekend at Red Cliffs Lodge (Sunday, September 3rd at 6pm).

Audiences will certainly recognize the fiddling prowess of Brittany Hass, who returns to Moab performing an array of Celtic traditional music. With accolades ranging from a

Grammy, to features on Saturday Night Live, and even a degree from Princeton, Brittany's performances of Celtic fiddle tunes at the Rocky Mountain Power Family Concert are sure to delight.

In addition to the Rocky Mountain Power Family Concert, festival attendees have a rousing assortment of other performances to choose from. "The king and queen of the banjo" (Paste Magazine), Béla Fleck and Abigail Washburn, make a royal appearance at Red Cliffs Lodge (Saturday, September 2nd at 6pm), musical hikes take audiences on intrepid wilderness journeys ending in joyous musical celebration, and the Festival's opening night "25 and Counting" concert features works by Mozart, Beethoven, Bernstein, and Festival violinist Tessa Lark written when each composer was twenty-five years old (Friday, September 1st at 7pm; Star Hall).

For tickets to any of the season's events, go to www.moabmusicfest.org or stop in at the Festival office at 58 East 300 South right in Moab. You can also reach the festival by email at info@moabmusicfest.org or by phone at (435) 259-7003.

"This might possibly be the most stunning place backdrop for music, ever. There are musical walks on trails, concerts in rocky grottos, music on ranches and in grassy parks. We can't think of a better place to enjoy Mozart, Schumann, and Chopin, not to mention Appalachian-style folk".
(Salt Lake Magazine)



Béla Fleck and Abigail Washburn

Concert Schedule

Friday, September 1 Star Hall, 7 pm
Opening Night: 25 & Counting

Saturday, September 2 Red Cliffs Lodge, 6 pm
Béla Fleck and Abigail Washburn

Sunday, September 3 Red Cliffs Lodge, 6 pm
The Requite Trio: Elegantly Brazilian

Monday, September 4 Old City Park, 2 pm
Rocky Mountain Power Family Concert: Music of the Americas
Free

Thursday, September 7 Star Hall, 7:30 pm
Marcus Roberts

Friday, September 8 Star Hall, 7 pm
Composers We Have Known

Saturday September 9 Sorrel River Ranch, 6 pm
Pedrito Martinez Group

Sunday, September 10 GCHS Auditorium, 7 pm
Closing Night: Leonard Bernstein Centennial Celebration

Tickets are \$25 - \$45 adults, \$5 - \$20 children
The Rocky Mountain Power Concert is Free.



Requite Trio - Janis Siegel, Nanny Assis and John DiMartino

Music Student Scholarship Opportunity

As part of its 25th Anniversary Season, the Moab Music Festival is excited to announce that it is now accepting applications for 5 individual \$300 scholarships for Grand County students entering grades 2-12 to help fund private music lessons or attend an accredited music camp between September 1, 2017 and August 31, 2018. Applicants must have 1 year of previous experience or more with their instrument to receive funding.

A link to the application form can also be found online at www.moabmusicfest.org/outreach (bottom of page) or picked up in person at the Festival Box Office, 58 East 300 South in Moab. Applications can be submitted to the MMF Box Office (58 East 300 South, Moab, UT 84532) now through Monday, August 28, 2017. Recipients will be acknowledged at the Festival's annual Rocky Mountain Power FREE Labor Day Family concert, which will take place at Old City Park on Monday, September 4 at 2pm.

This one-time scholarship opportunity is part of the Festival's Education and Community Outreach Program. Throughout its 25 year history, the Moab Music Festival has remained dedicated to its mission to culturally enhance the lives of the community through year-round education outreach opportunities through initiatives like this one, as well as its annual music assembly program for all Grand County public school students grades k-12, its Education Initiative Awards program that helps music teachers fund classroom needs, and its Artist/Ensemble-In-Residence program, which, in recent years has hosted Winterlude, a week of student strings workshops in conjunction with faculty from the University of Utah's School of Music and the BEACON and Grand County Strings Programs..



25TH ANNIVERSARY
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25

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ART & EDUCATION HAPPENINGS

Call for Artists: Moab ArTTrails Sculpture Exhibition

Moab ArTTrails is pleased to invite artists to apply for consideration to be featured in Moab ArTTrails First Annual Sculpture Exhibition. Installation and opening artist festivities for this premier downtown exhibition will coincide with the Red Rock Arts Festival and Street Fair, October 14th, 2017.

Up to ten artists will be chosen to display sculptures along a walking path through central Moab for the period of one year from the time of installation, Saturday, October 14th. Artists may submit up to two pieces for consideration and selected artists will receive a \$500 honorarium and two nights accommodations in Moab, Utah.

In recognition of the benefits that public art brings to the culture and economy of the community, Moab City and Grand County have committed to purchasing a piece from



this exhibition valued up to \$10,000 for the permanent collection. Through the duration of the exhibit, residents and visitors will be encouraged to vote. The winner will be the People's Choice and will receive a \$1000 award. The ballot for the People's Choice will include a narrative section which can help guide city planners in the development of the public collection, and in the curation of the commonly held spaces suitable for artistic commemoration.

Deadline for submissions is August 18, 2017. To find out more, to get involved in this new public art program and to submit works that just might become part of the lasting beauty of Moab, go to www.moabartrails.org.

With the generous support of community members such as Kimberly Schappert, organizations such as the Moab Trails Alliance, foundations such as the Val A. Browning Foundation, My Good Fund, Peter Lawson, Anne Wilson and the George S. and Dolores Doré Eccles Foundation, Moab ArTTrails launched its program in 2015 with a permanent gift of art to Grand County with "Forces At Play," four large scale stone and steel sculptures, created by Moab ArTTrails founder and local artist, Michael Ford Dunton. They are installed at one of the oldest shared pathways in the West, the Moab Crossing at the Colorado Riverway Bike and Pedestrian Bridge.

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

Sam Sturman Retires from USU Moab

After 14 years Sam Sturman has retired from Utah State University Moab as an academic advisor and scholarship coordinator. In Sturman's time at USU Moab he has played an integral role in advising students, creating a robust scholarship program, and regularly doing community outreach.

Sturman has held several positions at USU Moab ranging from academic advisor to associate director, spending a majority of his time in the role of academic advisor. As an advisor Sturman has helped to guide many students through their academic programs at USU Moab, and shaped their education experience.

"Sam Sturman helped provide me with support and guidance throughout my academic career at USU Moab. The dedication and passion he showed through his work made my experience a great one." Said Alicia Cooper recalling the influence Sturman had on her academic success.

Sturman has made many contributions to USU Moab, but one of his largest contributions has been the local scholarship program he developed for USU Moab students.

Sturman worked diligently to create and coordinate scholarships that make attaining a degree possible for many USU Moab students. In this time Sturman, along with many generous donors, created over 16 different scholarship programs for USU Moab students. Many local businesses, families, and individuals generously contributed to these scholarship efforts, believing in the same vision Sam had for enhancing the Moab community through education.

Sturman firmly believes that you have to "give before you get." And, in alignment with this belief he created The Lois Mae Sturman Scholarship (in honor of his mother). The scholarships he worked to create have helped many students to pursue degrees that would have been otherwise unattainable without the extra funding.



In Sturman's absence, Samantha Campbell, Director of Students at USU Moab, will be taking over the USU Moab scholarship program. In the upcoming months, she will be meeting with donors, and making plans to ensure that Sturman's scholarship program continues to grow and thrive. Campbell is a graduate of USU Moab, and shares Sturman's passion for developing programs to help Moab and its residents through academic success.

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MOAB

MOAB CLUBS & ORGANIZATIONS

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

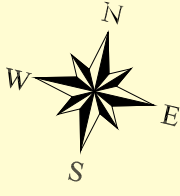
Alcoholics Anonymous.....	(435)-625-1342	Moab Country Club (Rob Jones).....	(435) 259-6488
For Emergencies (24/7).....	888-333-9649	Moab Disk Golf Club (Rolf Hebenstreit).....	(208) 720-1258
Alpha Rho Sorority (Bobbie Long).....	(435) 259-6758	Moab Duplicate Bridge Club (Warren Ohlrich).....	(435) 260-1242
American Legion Post (Ronald Irvin).....	(435) 719-4095	Moab Family History Center.....	(435) 259-5563
Arches Education Center (Trish Hedin).....	(435) 260-8764	Moab Free Health Clinic (Beth Joseph).....	(435) 259-1120
Arches New Hope Pregnancy Center (Debbie Nelson).....	(435) 259-LIFE (5433)	Moab Friends For Wheelin' (Jeff Stevens).....	(435) 259-6119
BEACON (Edith Sage).....	(435) 259-2767	Moab Garden Club (Tricia Scott).....	(303) 880-9158
Bikers Against Child Abuse -B.A.C.A.(John Taggart).....	(435) 259-4756	Moab Half Marathon (Ranna Bieschke).....	(435) 259-4525
Boy Scouts of America (Jim Bethel).....	(435) 637-8059	Moab Horse Show Association (Kathy Wilson).....	(435) 259-8240
Boy Scouts of America Utah National Parks Council.....	(801) 437-6222	Moab International Film Festival (Nathan Wynn).....	(435) 261-2393
Canyonlands Field Institute (Resford Rouzer).....	(435) 259-7750	Moab Masonic Lodge #30 (Gregory Klepzig).....	(435) 260-1823
Canyonlands Rodeo Club (Kirk Pearson).....	(435) 260-2222	Moab Music Festival (Laura Brown).....	(435) 259-7003
Canyon Winds Concert Band (Ronald Irvin).....	(435) 719-4095	Moab Poets & Writers (Marcy Hafner).....	(435) 259-6197
Colorado Outward Bound School – Moab Basecamp (Casey Montadon).....	(303) 968-4407	Moab Rock Club (Jerry Hansen).....	(435) 259-3393
Community Rebuilds (Emily Niehaus).....	(435) 260-0501	Moab Roller Derby (Jessica O'Leary).....	(575) 635-3898
Daughters of Utah Pioneers (Shirley Stewart).....	(435) 259-7797	Moab Rotary April Action Car Show.....	(435) 260-1948
Deadhorse Motorcycle Club (Ron Dickerson).....	(435) 260-8213	Moab Solutions (Sara Melnicoff).....	www.moab-solutions.org ... (435) 259-0910
Delicate Stitchers Quilt Guild (Murine Gray).....	(435) 259-5514	Moab Sportsmen's Club (Frank Darcey).....	(435) 259-2222
Elks Lodge #2021 (Dan Stott).....	(435) 259-7334	Moab Taiko (Michele Blackburn).....	(435) 259-0816
Friends of Arches and Canyonlands Parks (Joette Langianese).....	(435) 259-0108	Moab Trails Alliance (Kimberly Schappert).....	(435) 260-8197
Friends of Canyonlands Health Care (Tom Edwards).....	(435) 260-1504	Moab Valley Multicultural Center (Rhiana Medina).....	(435) 259-5444
Friends of Indian Creek.....	(435) 259-6639	Nursing Home Abuse Support (Nicole Peters).....	www.nursinghomeabusesupport.com
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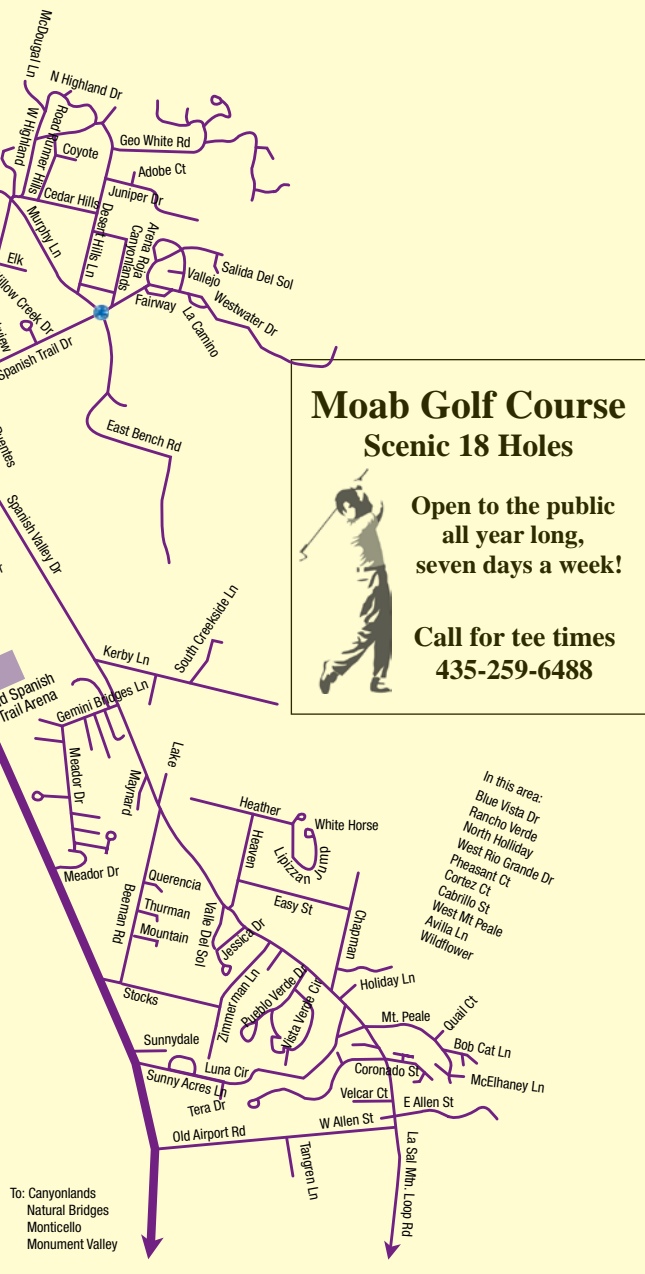
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GALLERY HAPPENINGS

August at Gallery Moab

Gallery Moab's invited Guest Artist for the month of August is Barbara Churchley, a western Colorado resident whose impressionistic pastels and paintings reflect her deep appreciation of the landscape in which she lives. As an avid hiker, skier, and runner who is also an artist, she takes the viewer of her work on a colorful journey into the alpine, pastoral, and plateau landscapes that she inhabits. Her work evokes the quiet feeling of being alone in nature. She, like Impressionist painters of the past, is concerned with capturing the transient effects of sunlight on form with light vibrant color, using spontaneous brushwork without detail. Followers of Impressionism paint their subjects outdoors from nature ("en Plein Air").

Barbara's award-winning work can be seen widely in galleries, juried exhibits, regional museums, public libraries, and art centers of the four corner states. Her work has also been featured many times in Southwest Art Magazine and other publications. She is a Master Signature Member of the Pastel Society of Colorado, Signature Member of the American Impressionist Society, International Plein Air Painters, Plein Air Artists of

Barbara will be teaching a Pastel Workshop at the MARC on Friday and Saturday August 25th and 26th.

both Colorado and New Mexico, Contemporary Fine Artists International, and an Associate Member of Oil Painters of America and the Pastel Society of America.

The workshop runs from 8:30 am to 4:30 pm both days, and registration takes place through the MARC. Cost is \$150. On Saturday evening August 26th, Gallery Moab will host a reception for Barbara Churchley from 6 to 9 pm. Please join members in celebrating with the artist. Gallery Moab is located at 87 North Main Street In Moab, Utah. Visitors and residents alike should not miss a chance to see this artist's exceptional work. The gallery is open daily from 12-9:30 pm.



Desert Chamisa by Barbara Churchley



Last Rays by Barbara Churchley



Pour Over by Barbara Churchley

Of local interest, Deborah McDermott, a Gallery Moab printmaker and painter, will show a series of paintings called "Raptor Eyes" at the MARC. These acrylic paintings give you an unblinking look into the eyes of ten fascinating birds of prey. An opening reception is being held Saturday, August 5 from 6-9 in the MARC Gallery. The exhibit runs from August 5 – September 1, 2017.

Gallery Moab, a co-op gallery founded by a group of local artists in March of 2014, showcases the work of a diverse group of artists who live and work in southeast Utah, and who cooperatively own, operate, and staff the gallery. We are painters, pastelists, ceramicists, photographers, printmakers, jewelry designers, fabric artists, and sculptors of metal and wood. The gallery is located at 87 North Main Street in Moab. See our work online at gallerymoab.com and on Facebook.

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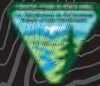
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JURASSIC WALKS AND TALKS

While in Moab, don't skip a chance to walk alongside the footprints and bones of me and some of my oldest friends! A real paleontologist will be there to guide you along some of Utah's best fossil sites. You can even track the paleontologist back into town for more dino fun and facts, and the chance to hold real fossils!

To find your way there, pick up a free map at the Moab Information Center or the Bureau of Land Management, or on the web. These programs run from July - August 20, 2017

Jurassic Hikes

Copper Ridge

August 12 @ 9 am

How long we'll be: 1/2 mile (0.80 km) round trip. Allow 30 minutes for guided hike.

What we'll discover: First tracks of a long-necked, plant-eating sauropod dinosaur ever found in Utah! And tracks of a large, meat-eating dinosaur with a limp!

Dinosaur Stomping Ground

August 5 & 11 @ 8 am

How long we'll be: 3 miles (4.8 km) round trip. Allow 2.5 hours for guided hike.

What we'll discover: Over 2,300 single tracks—mostly from big, meat-eating dinosaurs—in an area of about two acres, known as the Moab Megatracksite!

Mill Canyon Dinosaur Bone Trail

August 4 & 19 @ 9 am

How long we'll be: 1/4 mile (0.4 km) round trip. Allow 30 minutes for guided hike.

What we'll discover: Dinosaur bones of *Allosaurus*, *Camarasaurus*, *Camptosaurus* and *Diplodocus* still encased in Jurassic-aged rock!

Mill Canyon Dinosaur Tracksite

August 6 & 18 @ 9 am

How long we'll be: 1/4 mile (0.4 km) round trip. Allow 30 minutes for guided hike.

What we'll discover: One of the largest and most diverse dinosaur tracksites known in the United States! A minimum of 6 different dinosaur tracks and crocodile tracks from 112 million years ago!

Poison Spider Dinosaur Tracksite

August 13 & 20 @ 9 am

How long we'll be: 1/2 mile (0.80 km) round trip. Allow 30 minutes for guided hike.

What we'll discover: 190 million-year-old tracks preserved in between prehistoric sand dunes!

All Guided Hikes and Talks are FREE



Jurassic Talks

Fun with Fossils, Friday nights at 6 pm

How long we'll be: Allow 30-45 minutes for talk and activity.

What we'll do: Join us as we introduce you to some of the area's most famous prehistoric residents! A short show-and-tell talk will be led by a BLM paleontologist, followed by a fun and engaging activity appropriate for all ages.

Where we'll be: Moab Information Center Porch, 25 E Center Street, Moab, UT 84532.

Dino Tracks and Facts, Saturday nights at 6 pm

How long we'll be there: Allow 30-45 minutes for talk.

What we'll do: Join us as we learn about the regional geology, how tracks are made, and the dinosaur trackways preserved in the Moab area. It will leave a lasting impression!

Where we'll be: Moab Information Center Porch, 25 E Center Street, Moab, UT 84532.

Bones, Stones, and Fossil Zones, Sunday nights at 6 pm

How long we'll be: Allow 30-45 minutes for talk.

What we'll do: Join us as we learn about regional geology, local dinosaurs, and other fossil discoveries found in the Moab region. It's bound to be a bona fide good time!

Where we'll be: Moab Information Center Porch, 25 E Center Street, Moab, UT 84532.

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



SHOPPING
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MOAB HAPPENINGS

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EVENTS

Volume 29 Number 5

Section B

August 2017

Public Invited

Free Jurassic Walks and Talks

Join a BLM paleontologist and explore the world of dinosaurs.

The Bureau of Land Management (BLM) Moab Field Office is launching its summer series of "Jurassic Walks and Talks." Every weekend from now through Labor Day, a BLM paleontologist will lead free tours of dinosaur fossil and tracksites in the Moab area. On Friday, Saturday, and Sunday evenings, join us at the Moab Information Center (MIC), in downtown Moab, for hands-on activities for kids and talks by our dinosaur expert. These events are all free and everyone is invited.

These walks and talks are supported by the BLM and Tread Lightly! "Respect and Protect" Campaign – connecting families to America's natural and cultural heritage and instilling a sense of pride and stewardship for our amazing paleontological and natural resources.

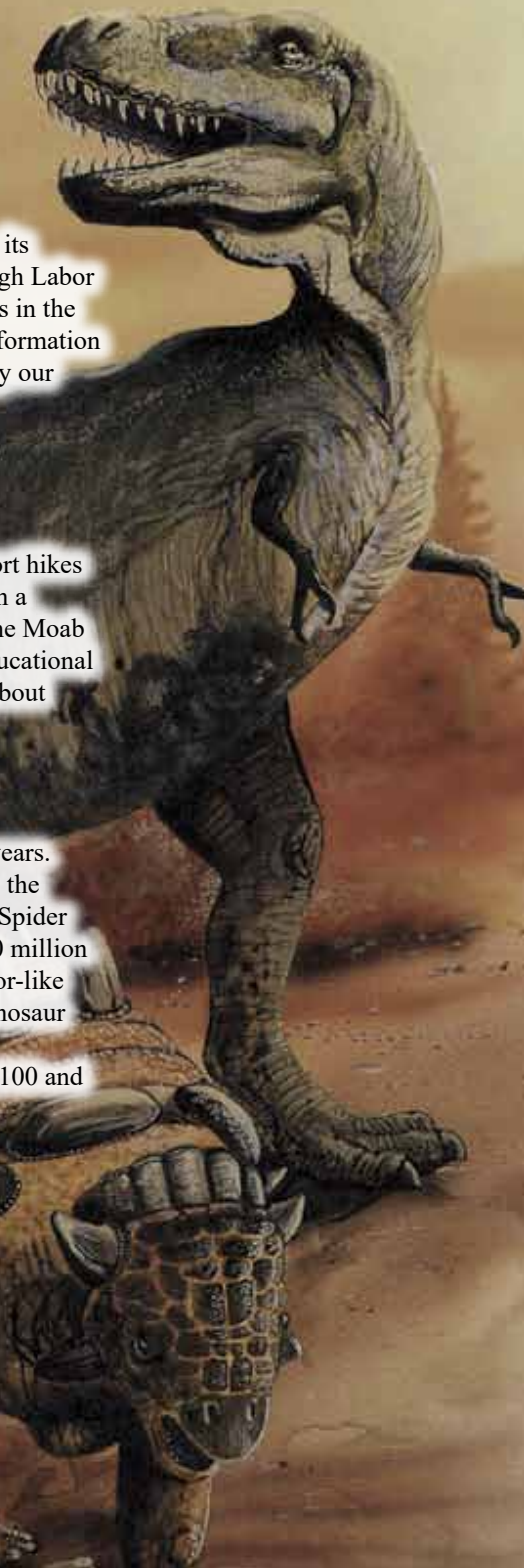
Tours take place in the mornings, Friday through Sunday, and involve short hikes with lots of time to ask questions. Different tracksites are featured each day, on a rotating schedule. Weekend evening "Jurassic Talks" will take place outside the Moab Information Center (MIC) at 6 p.m. Friday evenings will involve hands-on educational activities for kids. Saturday and Sunday evenings will consist of discussions about Moab's world-class dinosaurs and trackways.

Maps and schedules are available at the Moab Information Center, located at 25 East Center Street.

Millions of dinosaur tracks and several new dinosaur species, including *Utahraptor*, have been found in the Moab area over the last twenty years. Featured sites include the Mill Canyon Tracksite, the Mill Canyon Bone Trail, the Copper Ridge Tracks, the Dinosaur Stomping Ground Tracks, and the Poison Spider Tracks. These sites range in age from about 112 million years old to about 190 million years old. Some of the unique features of these sites include the first *Utahraptor*-like tracks in North America, a giant meat-eating dinosaur with a limp, and real dinosaur bones embedded in Jurassic-aged rocks.

For further information, please contact the BLM Field Office (435) 259-2100 and ask for Nathan Ong or ReBecca Hunt-Foster.

The Bureau of Land Management (BLM) manages more than 245 million acres of public land, the most of any Federal agency. This land, known as the National System of Public Lands, is primarily located in 12 Western states, including Alaska. The BLM also administers 700 million acres of sub-surface mineral estate throughout the nation. The BLM's mission is to sustain the health, diversity, and productivity of America's public lands for the use and enjoyment of present and future generations. In Fiscal Year 2015, the BLM generated \$4.1 billion in receipts from activities occurring on public lands.



HIKING HAPPENINGS

Hiking The Burlfriends Trail – A Day Full Of Surprises

By Marcy Hafner

When our even-tempered spring gives way to another heat-generating summer, the tantalizing vision of the La Sal Mountains is a tempting sight. As the melting pot down here bubbles along, my desire increases for an alpine hike up there. My yearning, however, for that uplifting coolness must be put on hold while we wait for the big thaw as we keep wondering how long that will take.

In early June my husband and I decide to see if the drive to the La Sal Pass trailhead is possible. A dryer, warmer spring has given us the sooner-rather-than-later chance to try this. The odds, however, are still against us for covering the whole distance before a blockage of snow brings us to a halt. To our amazement we only encounter one small patch of snow, which we easily plow through. When we arrive at an elevation that is over 10,000 feet, we pull in and park at the pass. That was the first surprise of the day.



Stepping out of our pick-up the next big surprise awaits us - the vibrating chorus of dozens and dozens of frogs. Their “creeek” calls sound like a finger dragging across a comb, and I am astounded as I ask, “How can there be frogs at this altitude?”

I have since learned that boreal chorus frogs know what it takes to survive their extreme environment. Before winter sets in these freeze-tolerant amphibians bury themselves in the mud and hibernate. When the ice and snow melts off their small pond, they come to life. Now during their short summer of opportunity, the race is on to produce another generation of frogs.

When approached these wary, one-inch long songsters submerge in the water like a submarine. Only when the coast is clear will they pop back up to the surface. Anxious to return to full throttle they immediately pour all their energies in to their looking-for-a-mate music.



My husband heads off to climb several peaks while I start walking down through a meadow on one of my favorites - the Burlfriends trail. Covering a distance of over four-miles, it ends farther down on the La Sal Pass Road. Burlfriends seems like an odd name until you realize it refers to all the burls (the knotted wood) found on the older aspens. Even at this elevation the sun can be intense, and I crave that shady canopy with its enchanting waltz of the aspen leaves.

This early in the season, most of the alpine flowers (except for dandelions and clover) are yet to bloom. I know snowdrifts will undoubtedly cover parts of the trail, but the good news is I am way ahead of the mosquitoes! Thunderheads are building so I’m not sure which will stop me first: rain or a huge snow bank.

This meadow offers a perfect view of two familiar peaks: Mt. Tukuhnikivatz, also known as Tuk, and Mt. Peale. At 12,482 feet, the distinctively shaped peak of Tuk is the third highest in the La Sals, and legend suggests that Tukuhnikivatz is a combination of Native American words that mean, where the sun lingers longest.

To the right of Tuk, Mt. Peale, our highest peak, has an elevation of 12,721 feet. In 1875, it was named after Albert Charles Peale, a geologist on



the Hayden Survey team.

After a half-mile there’s a signed junction. Instead of taking the steep Tuk Trail No. 093, which goes up to the ridge of Tuk, I opt to go right to stay on the Burlfriends. Now traveling through the thickness of deep woods I relish the pungent scent of pine and the trickling flow of a small stream. Before long, however, portions of the trail disappear as I start post holing through softened drifts of snow.

Despite the lack of flowers and the abundance of snow, as the day warms up the butterflies come to life and frolic around. Their elegance and bright colors add a special touch to this early summer outing.



As always, I tune in to the orchestrated voices of birds: the chipping sparrow’s buzzy twill, the boisterous, jumbled voice of the ruby-crowned kinglet, and the red-breasted nuthatch’s tinny, “yank-yank” call. Flitting from tree to tree, energetic robins sing their melodious tune. Then I hear a memorable melody that I always associate with the haunting, flute-like tune of the Hermit thrush.

A wooden bridge crosses a frisky stream, and immediately after that I walk over a remote road that dead-ends a short distance away. Now glancing up through the leafing out aspens, I catch another powerful glimpse of Mt. Peale and the gathering collection of frowning, black clouds - a reminder of how fickle and fast changing mountain weather can be.

At Beaver Lake the unexpected happens as I stumble upon three bull elk in various stages of velvet. Although



common in the La Sals, these majestic animals are shy and elusive. During the day they usually hunker down in deeply wooded areas, not coming out to graze until dusk. Consequently



I am surprised at how unwary this bachelor threesome is. At my approach they continue munching their way in and out of their marshy pond. Every now and then, one of them lifts his head and quizzically stares at me as if to ask, “Are you still here?” This peaceful connection lasts a long time until they leisurely wander out of sight.



Just beyond the lake the humungous amount of lingering, blockbuster snow piled within the dark shadows of the firs and spruce clinches it for me. This is definitely as far as I’m willing to go! I’ve been lucky to cover 1.5 miles and for now, that’s good enough, especially since I need to save some energy for my snow-riddled, uphill journey back to our truck.

To access the La Sal Pass trailhead drive south from Moab on Highway 191 approximately 22 miles and turn left at the sign for the town of La Sal on to Highway 46. Then drive another 13 miles and take a left on to the Upper Two Mile graveled dirt road. In two more miles make another left turn for the La Sal Pass Road and drive six more miles to the La Sal Pass parking area. This graveled road to the pass with one stream crossing (a total of nine miles) is suitable for most two-wheel-drive vehicles. At the pass the road changes to four-wheel-drive and continues down to Pack Creek Ranch.



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NATURE HAPPENINGS

The Namer of Clouds

By Damian Fagan

A perfectly acceptable summer pastime in Canyon Country is to watch the progression of clouds build up during the day and drift across the redrock landscape. August represents prime cloud watching time as the summer monsoon season settles in.



Watching summer “cloudscapes” can also be beneficial in terms of understanding weather patterns and avoid getting caught out in thunderstorms. There is nothing more spectacular and dangerous at the same time as a summer storm sweeping across the landscape, multiple jags of lightning electrifying the sky.

But of course, there is more to this story than just a cloud-studded sky.

This story starts with a young English lad named Luke Howard. A bit of a daydreamer, he watched clouds as a young boy growing up in London in the late 1770s.



His practical father thought this activity a waste of time so he sent young Luke to a Quaker boarding school where the schoolmaster demanded perfection from his students in the study of Latin, and other subjects.

Daily repetitions and reciting of Latin words such as nube – by a cloud, nubes – a cloud, nubis – of a cloud were not lost on the quick learner. Luke finished school at age 16 and became apprenticed to a Quaker chemist for the next six years. His move from London to the countryside



chemical factory reunited him with his first love – watching the sky.

With the zeal of science fresh on his mind, Luke recorded daily weather conditions and sketched the clouds. He understood that certain cloud formations were associated with particular weather. Of course, there was no Weather Channel or even a standardization of names by which to call these clouds.

By 1802, Luke had been studying clouds and joined a scientific club called the Askesian Society that was made up all people from various walks of life who were observant about nature, mechanics or chemistry to name but a few subjects.



Luke read his essay “The Modification of Clouds” (back then “modification” meant “classification”) to the organization. He described how clouds formed, their foretelling of weather patterns and proposed a classification system similar to the one Carl Linnaeus created for plants in 1735.

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

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



Luke used Latin names to identify three main types of clouds: cirrus (curl of hair), cumulus (heap) and stratus (layer). He further defined names for particular cloud types such as cirrostratus, cumulostratus, cirrocumulus, and nimbus, which meant “rain.” Finally, a language for naming clouds!



Luke’s system was printed in a scientific magazine in 1803, and became the popular nomenclature for clouds. Over the years, there have been changes to his system, but still many of the terms are in use today.

If Luke Howard had lived in the Southwest he might have coined the word “virga,” a Latin word meaning “twig” or “branch” and referring to those streaks that hang from the underbelly of a thunderhead, like tentacles or wisps of smoke, and where raindrops evaporate before they hit the ground. Though common on a hot summer day, these formations foretell the promise of rain and relief from the August heat.

Luke Howard died in 1864 and outside his historic home in Tottenham, England hangs a simple sign that reads: the Namer of Clouds. That is a title I’m sure he would have been proud of.

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ROAD & MOUNTAIN BIKING

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This map represents just one of many trail systems available in the Moab area.

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- Agate Loops ●
- Jasper Loop ●
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- Dino-Flow ●
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- Baby Steps ◆
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- Mega Steps ◆
- Alaska ◆
- Homer ◆
- Miner's Loop ◆
- Sidestep (north) ◆
- Sidestep (south) ◆
- Instep ◆
- Malachite ◆
- Azurite ◆
- UFO ◆
- Nome ◆
- EKG ◆

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

• MOAB CENTURY TOUR - Landscape Worth Training For! September 23, 2017. Utah's most scenic road cycling routes with 40, 65, and 100 mile options. Ride along the scenic Colorado River for 40 miles or challenge yourself with a 60 mile ride to the edge of the earth—Dead Horse Point State Park overlooking the Colorado River 2000 feet below. Or combine both and make this your century ride! Enjoy weekend of fabulous roads, cycling icons, delicious food, superior support staff in route vehicles and at water and food stations. For more info visit skinnytireevents.com or call 435-260-8889. This annual event benefits the Moab Cancer Treatment Center and the Lymphoma and Leukemia Society.

• OUTERBIKE FALL October 6-8, 2017. Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

THE UTAH HIGH SCHOOL CYCLING LEAGUE October 20-21, 2017. The Utah High School Cycling League is hosting races in Moab at the Bar M Trailhead. Approximately 800 students will be racing each day from the north and south regions starting at 8am. The Utah League is the governing body for interscholastic cycling for students grades 7-12. They currently have close to 2400 students on 81 teams across the state. Please see their website www.utahmtb.org for more information."

• MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 26-29 2017. Presented by ChilePepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.

• POISON SPIDER BICYCLES SPRING THAW, March 2018. A fun, long weekend with demo bikes, women's ride, shuttles, frame giveaway and guided group rides on the Bar-M and the Mag 7 Trails. Food and parties included for \$40. Preregister for free t-shirt! For more info visit poisonspiderbicycles.com or call 435-259-7882.

• MOAB SKINNY TIRE FESTIVAL - ROAD CYCLING TOUR, March 10 2018. Four days of road cycling along the Colorado River, and Dead Horse Point State Park. This event benefits the two room cancer treatment center at the Moab Regional Hospital and other cancer survivorship programs and research. For more info visit skinnytireevents.com or call 435-260-8889.

• MOAB ROCKS MOUNTAIN BIKE STAGE RACE, April 14-16 2018. Takes some of the regions best classic & new routes including Klondike, Porcupine Rim & Mag 7 combining them into a 3-day masterpiece of cross country & timed descents in a fully supported format. All this wrapped up in a fun & friendly atmosphere, combining camaraderie & competition. For info: transrockies.com/moab-rocks or 403-483-9977.

• OUTERBIKE SPRING March 6-8 2018. Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah.

• 6th ANNUAL GRAN FONDO MOAB, May 5, 2018. The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates.

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CYCLING HAPPENINGS

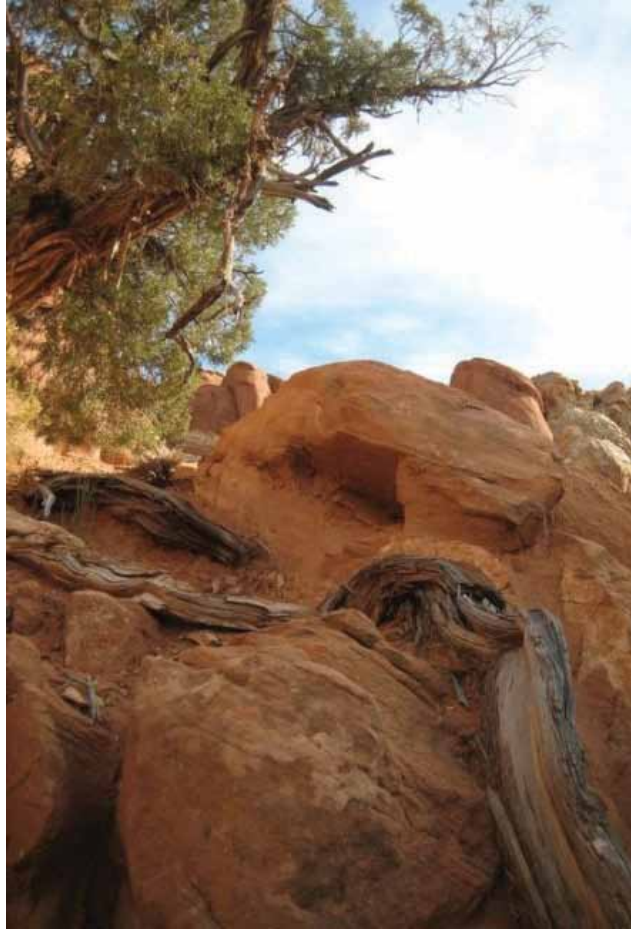
Survival of the Hydrated

How To Stay Hydrated While On Your Desert Cycling Adventure

By Lauren Atkinson
Rim Tours

When you call to book a summertime mountain bike tour, as an example, the person that makes your reservation is going to tell you (or should tell you) to “pre-hydrate.” Drinking extra water steadily throughout the day prior to hot weather activity, or pre-hydrating, sets your body up to be able to take on physical exertion in hot weather, i.e., Moab from May through September.

The concept of pre-hydration and advance preparation for hot temperatures are exemplified in the natural world. The plants and animals living in the desert have specific adaptations that help them conserve water. In fact, humans could learn quite a bit from trailside flora and fauna when it comes to feeling alive and energized in the heat.



Despite a drab appearance, the corridors of our mountain bike trails in the summertime are lined with life. On a mountain bike ride or a hike you will surely enjoy the shade of a Juniper at some point. Utah Juniper trees (*Juniperus osteosperma*) are desert heroes when it comes to water conservation. Their root systems stretch the length of a football field from their trunk in search of water, taking advantage of cracks in the rock and deep ground water sources.

But perhaps the Juniper’s most adapted characteristic is the ability the tree has to self-prune when water is in short supply which concentrates fluid to the most essential parts of the trunk. It would be the human equivalent to amputating a limb in order to keep blood flowing to the most essential organs of the body. Since humans are



programmed to hold on to our limbs when our body goes in to water conservation mode, perhaps there is more to be learned about water retention from the White-Tailed Antelope Squirrel.



Imagine we had an umbrella permanently attached to our pants that we could extend over our backs on every bike ride, hike, canyoneering trip, rafting trip, etc. What if that umbrella was white as to reflect the light from the sun, keeping our core cooler as a result? What if it was fashionably acceptable to wear white after Labor Day?

To an Antelope Squirrel (*Ammospermophilus leucurus*) wearing white is essential to their survival in the desert, so a little fashion faux pas is a small price to pay. This small mammal is identifiable as it runs from shrub to shrub with its tail arced over its back, showing the white underside. The reflective coloring inevitably helps the animal keep cool as the sun blazes overhead. So when selecting your outfit for summertime recreation in the desert, thank the Antelope Squirrel for also not being afraid to wear white!

Hydration is essential for desert activity in the human and natural world. Since humans are limited in our physical adaptations to hot environments we need to compensate in other ways, such as pre-hydrating the days leading up to warm weather activities. Water has been known to cure headaches, chapped lips and bad moods, so drink up and enjoy your vacation!



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Dee-Dee Darby Duffin

MILITARY APPRECIATION HAPPENINGS

Dead Horse Point State Park Honors Our Land's Defenders

Scott Chandler

For the land of the free, and the home of the brave. These are the final words of the Star-Spangled Banner, words that most every American knows. We are a proud nation, one of the first to say that we are a nation for the people, governed by the people. On the 12th of August, as a part of our 60th Anniversary, Utah State Parks will be honoring our active duty military and service veterans on our third annual Military Appreciation Day. On this day, those who are and have served to protect the privileges of our country will be able to explore the park free of charge. In the evening, all are invited to a special flag lowering ceremony at 6:00 PM, then relocating to Dead Horse Point itself for a ranger led hike around the rim starting at 6:30 PM. While this is a day to celebrate those who served, it is also a chance to reflect on part of what they served for, something very prevalent in the Moab area, our public lands, including Dead Horse Point State Park.



Between two National Parks, the woodland ecosystem of the La Sal Mountains managed by the US Forest Service, vast tracks of canyon country managed by the Bureau of Land Management and the prominent isthmus of land that is Dead Horse Point State Park, over two and a half million acres of the land around Moab are government lands. We

should count ourselves lucky; in the olden days royalty, nobility and aristocrats were the owners of all the land. To be on these lands, you had to know someone, or be indentured them. With the Revolutionary War and the coming of a government of the public, it was decided that the land of the nation would also be the public's land. This was the land of opportunity after all.

Throughout our country's history, natural lands have been a staple of our culture; from tackling the untamed wilderness, to settling down and appreciating what wildness remains. Only the hardiest of adventurers would set out into the deathly challenges that awaited in country that is now accessible with a paved road. Those seeking to understand the natural world had a high chance of disaster as they went about their expeditions. Now, anyone with any desire can go out and experience natural areas. We still visit seeking adventure; Moab being a hub of rafting, 4x4'ing, climbing and mountain biking. The many scientific aspects of the Colorado Plateau are on vibrant display here, as is evidenced by the many school groups stopping to see the geological story of the Colorado River from Dead Horse Point. It is also a place of serenity, a place where one can get away and be humbled by the glories

of this unique area. Dead Horse Point State Park is lucky enough to have a little bit of the entire spectrum of these enjoyable natural experiences.

This is part of what our military serves for. Their dedication to our country and our ideals is a monument to what we value. By defending our nation, they provide every one of us the opportunity to enjoy what we get from nature. These same people then get to come home and use these lands to shape their lives, heal from war, and continue to serve. Dead Horse Point alone, with its small staff, has four veterans continuing to provide the best for us. We as a public, Utah State Parks as an agency and the entire nation as a whole have everything to thank for these men and women who serve us every day. That is why all 43 State Parks will be honoring them this August 12th.

For more information about Military Appreciation Day at Dead Horse Point State Park, visit our website at stateparks.utah.gov/parks/dead-horse/ or call the visitor center at 435-259-2614.



Veterans Charity Ride Coming To Moab

Hands of Hope New Life Center and Red Cliffs Lodge welcomes Wounded Warriors and Indian Motorcycles as they stop in Moab as part of the Veterans Charity Ride. Join us on Sunday July 30th at 2pm at Swanny City Park to honor the veterans who have served and sacrificed for us. You will have the chance to meet veterans with the Wounded Warriors Veterans Charity Ride Program and hear their personal stories.

Veterans Charity Ride (VCR) is a year-round, non-profit program, specifically designed to assist wounded and amputee combat veterans with the needs and issues they deal with on a daily basis. Helping our veterans through outreach, action, follow-up and activities is what drives our organization.

Our annual signature ride and program "Veterans Charity Ride to Sturgis" is accompanied by this fiscally sponsored program through the White Heart Foundation a 501 (C) (3) veteran charity. www.WhiteHeart.org. All donations and in-kind contributions are 100% tax deductible.

Veterans Charity Ride Programs:

1. MCT - Motorcycle Therapy Rides & Excursions. VCR takes small groups of wounded and amputee veterans on therapeutic motorcycle and sidecar rides and excursions throughout the year.

2. WELL VET - Veteran Health and Wellness Program. A healthy nutritious diet plan (tailored to the veteran's individual needs). Combined with physical therapy, exercise and twice daily holistic Kaqun oxygen water therapy treatments for the alleviation of stress, physical pain to get the body and mind back into a healthy condition. Certified health and wellness coaches work directly with our veterans on a daily basis for the first 5 weeks, continuing weekly and monthly for as long as needed.

3. SAFE VET - Veteran Motorcycle Safety Program. VCR provides all our veterans with a Motorcycle Safety Course, as well as assisting our veterans with maintenance, repairs and upgrades for their own motorcycles to keep them safe out on the road.

4. TRUSTED VET - Veteran Mentor Program. Select veterans from previous VCR rides become mentors to the new veterans entering the VCR program. Mentors assume duties and responsibilities that support these new veterans and the VCR organization, and has been extremely successful in rehabilitating the hopes, goals and purposes in our veteran mentors, which are organically passed on to the new veterans.

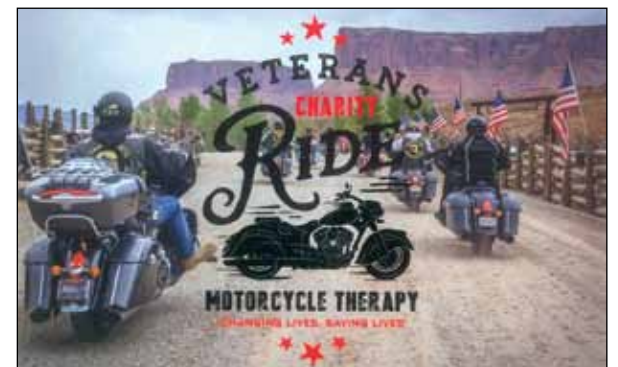
5. SPEC OPS - Special Events and Activities for VCR veterans. Together with our sponsors and industry partners, we take our veterans to local and national endemic and non-endemic events as another way to show appreciation, get them outdoors and keep them engaged and active.

6. VETFAM - Veteran Family Support Program. Veteran riders and mentors are given the opportunity to take their family on an all-expense paid four-day retreat at Red Cliffs Lodge in Moab, UT. This retreat provides an opportunity for the veterans to share their wins, breakthroughs and



peace of mind they receive and experience. Additional veteran "Family" Motorcycle Therapy rides, activities and events are scheduled throughout the year.

7. MOTO DONO - Veteran Motorcycle Donation Program. Industry Partners and the general public donate new and used motorcycles and ATVs to VCR and receive a



tax deduction. VCR refurbishes and modifies (when needed) the motorcycles/ATVs gifting them to deserving veterans.

The end result of our program is a healthier and happier, more capable individual, who is now living life in a much better physical and mental condition, and able to help and support other veterans to do the same.

Come join us for the 6th annual

MOAB SENIOR GAMES

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MOVIE HAPPENINGS

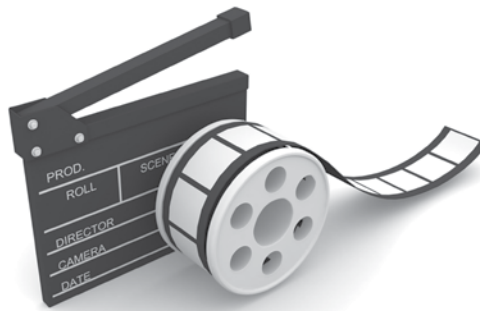
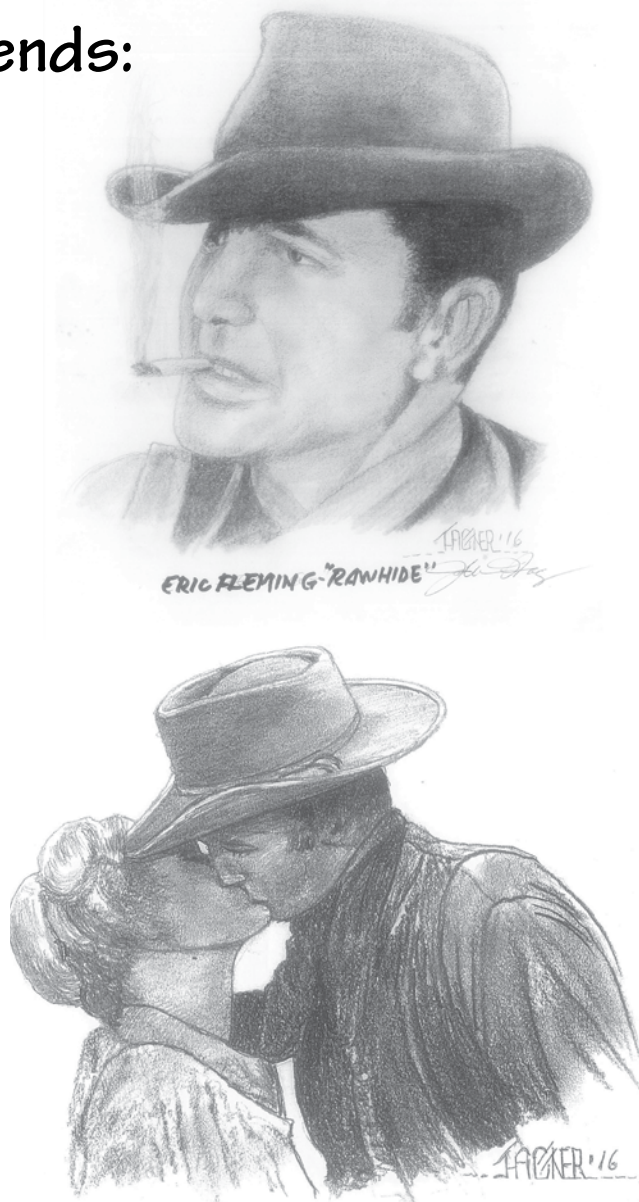
Stunts, Stars and Legends:

Eric Fleming

Fleming was born in Santa Paula, California ... he was born with a club foot and needed crutches to get around and was often severely beaten by his father. At the age of eight, he attempted to kill his father with a gun, which jammed. He ran away from home, fleeing to Los Angeles and then Chicago, where he lived and associated with gangsters, doing odd jobs for them to make money. At age 11, after being wounded in a gunfight between gangsters, he was hospitalized and then returned home to his mother. During the years of the Depression, he dropped out of school and worked at various jobs until he joined the Merchant Marine, before joining the Navy in 1942, during World War II.

In 1958 he landed the starring role as trail boss Gil Favor in "Rawhide". His co-star was Clint Eastwood ... they rotate in playing the lead from week-to-week.

After Fleming left "Rawhide" he was signed to star in "High Jungle" an MGM adventure film shot in Peru. During a scene in the final stages of the production, he and co-star Nico Minardos were in a dugout canoe that overturned in the Huallaga River. Minardos managed to swim to safety, but Fleming was swept away by the current and drowned on September 28, 1966. He was only 41 years old when he died.



Star Hall Movie Screenings

August 5 Sex & Broadcasting - Chronicles WMFU, the scrappy, chaotic, and iconoclastic community radio station in New Jersey. Star Hall @ 7 PM. This is a fundraiser for KZMU in our 25th year tickets are \$10 at the door or \$5 for KZMU members. For more information about the film, see article below or visit wfmuthemovie.com.

August 17 Free Film: MOONLIGHT - A look at three defining chapters in the life of Chiron, a young black man growing up in Miami. Winner: Best Motion Picture of the Year- 2017 Academy Awards Rated R 7 pm @ Star Hall 157 E. Center St. Presented by the Grand County Public Library and the Utah Film Center. For more info visit moablibrary.org/639/Utah-Film-Circuit-Moab or call 435-259-1111.

Films Made in the Moab Area

1939 - Stagecoach	Search for Curly's Gold
1949 - Wagon Master	
1950 - Rio Grande	1993 - Lightning Jack
1950 - The Battle At Apache Pass	1994 - The Great American West
1953 - Taza, son of Cochise	1995 - Larger Than Life
1958 - Warlock	1995 - Riders of the Purple Sage
1959 - Ten Who Dared	1995 - The Sunchaser
1961 - Comancheros	1996 - Breakdown
1963 - The Greatest Story Ever Told	1996 - Con-Air
1963 - Cheyenne Autumn	1997 - Lost Treasure of Dos Santos
1964 - Rio Conchos	1998 - Chill Factor
1966 - Wild Rovers	1998 - Galaxy Quest
1966 - Fade In	1999 - The Adventures of Joe Dirt
1967 - Blue	1999 - Mission Impossible II
1975 - Against a Crooked Sky	1999 - Vertical Limit
1982 - Spacehunter: Adventures in the Forbidden Zone	2000 - Nurse Betty
1984 - Choke Canyon	2001 - Touched by an Angel
1985 - MacGyver	2002 - Austin Powers 3
1987 - Nightmare at Noon	2005 - Don't Come Knocking
1988 - Sundown: Vampires in Retreat	2008 - Star Trek
1988 - Indiana Jones and the Last Crusade	2009 - The Canyon
1990 - Thelma and Louise	2009 - Remember I'll Always Love You
1992 - Knights	2010 - 127 Hours
1992 - Slaughter of the Innocents	2010 - John Carter of Mars
1993 - Geronimo: An American Legend	2013 - After Earth
1993 - City Slickers II: The	2013 - The Lone Ranger
	2014 - Need for Speed
	2014 - Transformers: Age of Extinction

Sex & Broadcasting: A Film About WFMU



A fundraiser for KZMU followed by a panel featuring legendary WFMU General Manager Ken Freedman.

Star Hall, Moab, Utah – August 5, 2017, 7 PM

Sex & Broadcasting chronicles WMFU, the scrappy, chaotic, and iconoclastic community

radio station in New Jersey. The film is described by the filmmakers as "an American tale of life, liberty and independent radio." In an opening scene, General Manager Ken Freedman is on the air and delivers what amounts to a manifesto. Moab's own scrappy, community radio station KZMU was founded on similar principles as WFMU. After the screening, audience members can interact with panelists during a discussion on the relevance and importance of community radio today and where it's headed in the future. Panelists include Freedman, Sally Kane – Chief Executive Officer of the National Federation for Community Broadcasters, and more. For more information about the film go to: wfmuthemovie.com/

This is a fundraiser for KZMU in our 25th year. Tickets are \$10 at the door or \$5 for KZMU members. Contact Serah Mead for more information at 435-259-8824 or serah@kzmu.org

Ken Freedman is General Manager of WFMU, a freeform radio station. He also co-hosts the conceptual comedy program Seven Second Delay with Andy Breckman, as well as hosting his own freeform radio program on Wednesday mornings. He is the co-founder of Congera, a public benefit corporation. Freedman hosted his first radio program in 1976, joined WFMU as a DJ in December 1983, and succeeded Bruce Longstreet as General Manager in August 1985.



Sally Kane has worked in community media for 15 years but she got her start a couple decades before that when she volunteered at the community station her parents helped found. After college, Kane returned to rural life as a small business owner, community leader, and licensed maternal health care provider. She continued to volunteer for her local community station and went on to serve as Station Manager,



General Manager, and eventually Executive Director. Kane joined NCFB as CEO in 2014. Her passion for excellent local media, compelling performance art, and meaningful service inspires her to work diligently to ensure that community stations are an integral part of the public media system and that they are essential institutions in the many communities they serve.

You can pick up Moab Happenings in Salt Lake City!

- Days Inn
- Comfort Inn
- Mariott Hotels
- Salt Lake Conference/Info Center
- Virg's Restaurant
- Utah Travel Center
- Miners Restaurant
- Jim's Restaurant
- REI
- Motorsports World
- Contender Bikes
- Coffee Garden
- Super Sneakers
- La Quinta
- Salt Lake County Offices
- Most Hotels in Salt Lake City
- Many Auto Dealerships in SLC

MUSEUM HAPPENINGS

'Hats Off' to the Folks Of Moab

From the utilitarian to the ceremonial and commemorative, hats serve many purposes, and in the case of southeastern Utah, as elsewhere, they reflect a bit about our history. The museum's newest exhibit highlights the headgear worn by Moab area residents throughout the years, highlighting events and phases in the region's history.

Wikipedia defines a HAT – "a head covering which is worn for various reasons, including protection against weather conditions, ceremonial reasons such as graduations, religious reasons, safety, or as a fashion accessory"

Outside of our new exhibit, scattered around the museum are several other hats, mostly worn for sun and outdoor protection.

Next time you visit the museum, see if you can find the crown for the "Uranium Days" yearly beauty competition! It is definitely NOT what you would think!

Our August artist is Dave Manley, who brings his rock art photography to the Fran and Terby Barnes Gallery.

The Museum of Moab is the Moab Valley's center for cultural and natural history of eastern Utah and the Moab area. The exhibits include everything from a Jurassic dinosaur found just south of town to archaeological artifacts to tools and historical artifacts from pioneer


settlement to mining equipment and geologist Charlie Steen's bronzed boots commemorating the day in 1952 that he found the Mi Vida mine deposit.

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


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



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2017 Lecture Series

September 23, Fumiyasu Arakawa, *Landscape Studies in Alkali Ridge and Montezuma Canyon*, 2 pm

October 14, Jason Chuipka, *Time's Arrow in Southeastern Utah: An Overview of Recent Stabilization Projects and Why Preservation Matters*, 2 pm

Exhibit: Through December 30, a photographic exhibit by Paul Martini, *Night and Day Dreams*

All lectures are at the Edge of the Cedars Auditorium and are free to the public.

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RIMROCKER HISTORICAL SOCIETY
Of Western Montrose County

ROAD CONSTRUCTION HAPPENINGS

River Road Scenic Byway 128

This is the first installment of regular updates for this road construction project. We hope you will share it with anyone else who you think will benefit from this update. The purpose of the updates is to provide the most current work schedule information and expected impacts along SR-128

The contractor is still developing their schedule for this project with an eye towards the requirement to finish the work in 2017 before the cold weather prevents paving operations. It is anticipated that work will begin no later than August 14th.

When work commences, crews will be working along the roadway to widen shoulders, work on guardrails, and do lane leveling in the roadway to improve the ride quality. Once lane leveling has taken place, crews will install a layer of new pavement to the road surface followed by a chip seal surface treatment to prolong the life of the road. This work will occur from the Junction of US-191 and SR-128 to Hittle Bottom (see map).

Impacts

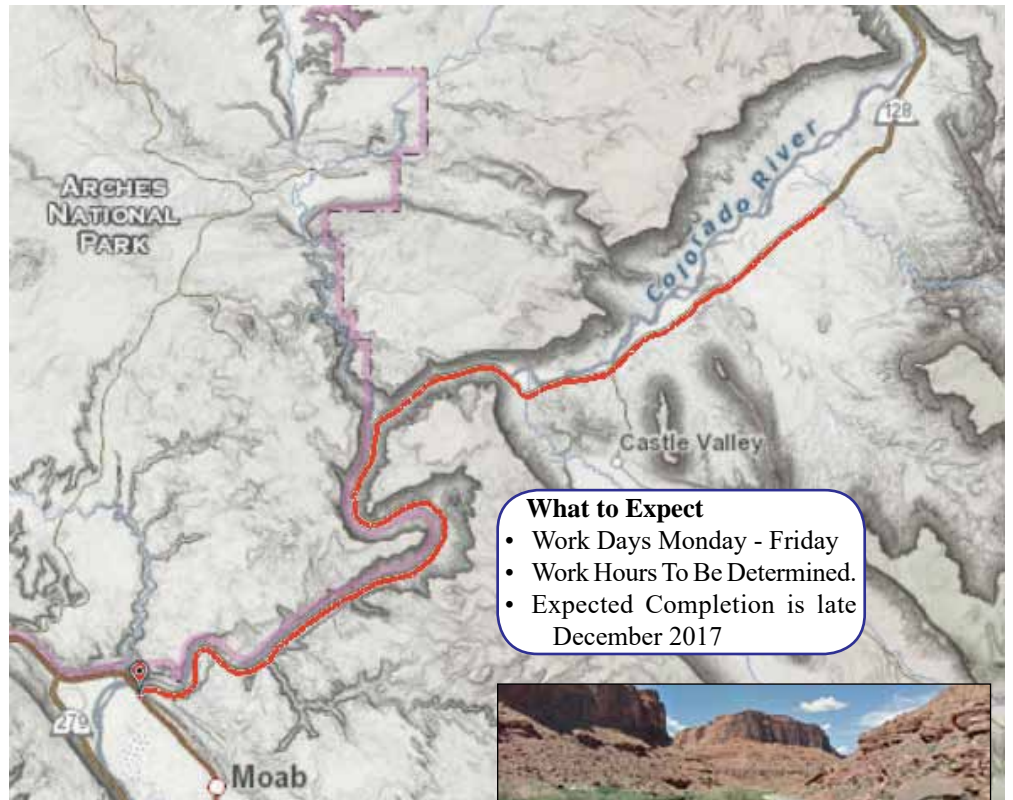
Where crews are working, traffic will be reduced to a single lane with delays of up to fifteen minutes. Please be cautious and considerate of workers and other drivers.

Please note that this schedule is subject to change due to weather or materials availability.

Project Overview

Sections of State Route 128 will receive an asphalt overlay to fill in ruts and widen shoulders. Some pullouts will be paved for better access onto SR-128 from the river. After the lane leveling has taken place, the entire roadway will receive a chip seal surface. Additionally, guardrail will be placed in selected areas to reduce the likelihood of errant vehicles leaving the roadway.

Work is expected to be substantially complete by the end of December 2017.



What to Expect

- Work Days Monday - Friday
- Work Hours To Be Determined.
- Expected Completion is late December 2017



Road Construction in August at Arches National Park

The Windows Section of Arches National Park will be closed until the end of August for construction. During that time, the road will be closed at the intersection of the main park road and the Windows Section road. Visitors will not be able to get to Double or Turret arches nor to the North or South windows. Construction work is scheduled to begin on the Balanced Rock parking lot in August.

Devils Garden Campground remains closed through November 30, 2017.

Arches National Park visitor center hours are 9:00 a.m. to 5:30 p.m. and park rangers are presenting nightly evening programs there at 7:00 p.m. Doors open at 6:30 p.m. Evening program topic information can be obtained at the visitor center.

Sunday through Thursday visitors must arrive at the park before 6:30 p.m. Visitors arriving after 6:30 p.m. on those days will not be able to travel past the visitor center. All vehicles must be out of the closure area no later than 7:00 p.m. Sunday through Thursday nights. The park reopens at 7:00 a.m. Monday through Friday, and is open weekends from 7:00 a.m. Friday until 7:00 p.m. Sunday during this road construction project.

The park will be open with no road construction work on Labor Day weekend from 7:00 a.m. Friday, September 1 to 7:00 p.m. Tuesday, September 5.

Road work is resurfacing, restoring, and rehabilitating approximately 23 miles of roads and pullouts in Arches National Park along the entrance road (from US Highway 191 to the visitor center), main park road, the campground road, and other spur roads and loops. Road work is scheduled to last through November.

Limited daytime road closures may still occur even with nighttime work. Construction crews will use pilot cars and flaggers to control traffic during the day. When partial daytime road closures are in effect, crews will limit traffic delays to 30 minutes or less per work zone. While construction crews will make every effort to minimize disruption to visitor daytime travel and activities during this project, visitors should expect frequent delays and closures.

The park will post road construction updates on its official website as they become available. However, construction work schedules are subject to change.



NPS photo

Visitors to the Moab area can find a wide variety of spectacular scenery and hikes in other public lands around the region. Information about these other travel and hiking options can be found on the Moab Travel Council's website: <http://www.discovermoab.com/>.

General information about Arches National Park can be found at www.nps.gov/arch or by calling 435-719-2299. Information about the other national park areas of the Southeast Utah Group may be obtained from each of their websites: Canyonlands NP: www.nps.gov/cany, Hovenweep NM: www.nps.gov/hove, and Natural Bridges NP: www.nps.gov/nabr.

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Moab
7:30am - 9:30am Daily
for Canyon Country
Morning Show &
Adventure Update

11am - Noon Daily
Restaurant Show
Moab's Information Station 24/7
at kcyfm.com

LIVE ENTERTAINMENT

Beyond Reality - Just Short Of Insanity

By Jillian Kaplan



Thrillusionist: Not a magician, not just an illusionist, but a thrill-seeking, mind-bending master of prestidigitation who creates an alternate world of fascination with gravity-defying hair and leather pants.

Moab is known to many enthusiasts for both extreme outdoor experiences, as well as, the serenity of nature. Thrillusionist David DaVinci has brought the same paradox to the stage at the new David DaVinci Theater inside of Canyonlands By Night, at the north end of Moab.

DaVinci has augmented reality of audiences in 29 countries throughout six continents, while presenting an entertaining and sarcastically hilarious, avian-infused, family-friendly, spectacular of disbelief and awe to millions.

The 204-seat theater provides an intimate setting for all, giving audiences that “up close and personal” look to try and figure out how

David pulls off his illusions. Curious and skeptical volunteers are brought on stage to take part, as well as, attempt discover the mystery behind the illusions.

Jimmy M posts on YELP, “On a whim, I attended their show and was absolutely amazed by the stunning array of magical tricks. It’s a show that would be right at home in Vegas or any classy venue.” He continues, “David is not only amazing, but entertaining and engaging. Attend their show and I guarantee that you, too, will be mesmerized!”

David DaVinci performs every Friday and Saturday



at 9pm through October 13, 2017, with limited week day performances. Ticket prices start at just \$20. VIP seating available. Reservations encouraged.

Disclaimer: Show makes use of theatrical lighting, strobe, and smoke effects. People who are prone to seizures or other medical conditions that could be triggered by such effects should consult their physician before attending.

To learn more about the David DaVinci and the David DaVinci Theater, visit www.DavidDaVinciTheater.com. For tickets, visit www.MoabMagicShow.com. www.CanyonlandsByNight.com

Please be sure to mention that you read about David DaVinci in the *Moab Happenings*.

Finding Evening Entertainment In Moab is Easy!

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

Live music is available at several local clubs for adults, especially on the weekends. But if you’re looking for a place where kids, adults and even dogs can go be entertained downtown, then the destination has got to be the Moab Backyard Theater, a one-of-a kind outdoor venue featuring shows five days a week.



The Moab Backyard Theater is a throwback to bygone days of American entertainment, when traveling carnivals and minstrel shows entertained lonely frontier audiences. Located just off main behind Zax restaurant on 100 South, the theater has a stage set beneath a giant cottonwood tree that is older than the town itself. Thursday



through Saturday at 8pm, there is a popular magic show featuring the acclaimed magic of Rick Boretti. The show is not only mystifying but filled with humor. Adults and kids alike are entertained by what is the longest running outdoor magic show in the southwest.

Wednesdays feature the famous Bluegrass Night at the theater, featuring the music of

Quicksand Soup. They keep old-time traditional music alive and also feature original songs, backed by some of the finest pickers in the region.

New this year to the theater is the Spitfire Smokehouse BBQ, with delicious all-American cooking. For the first



time in downtown Moab, you can now get dinner and a show, and watch the sunset too! The Moab Backyard Theater is located at 56W 100 South in downtown Moab, just a half block off Main.

ROCK *the* MIC

AT THE MARC: 111 EAST 100 NORTH

FRIDAY, AUGUST 4TH

DOORS OPEN 7:30PM
MIC ROCKIN' AT 8PM

ALL AGES!

- STORIES
- COMEDY
- POETRY
- MUSIC

COME ONE, COME ALL!

SHARE YOUR TALENTS IN THIS WARM & WELCOMING ENVIRONMENT ... OR SIT BACK & ENJOY THE ENTERTAINMENT

sing, spit, step, snicker
however you express you
is what you should do

HOSTED BY **CALI BEE**
donations welcome

MOAB ARTS & RECREATION CENTER

BluBar

OPEN DAILY 3:00-Close

NIGHTLIFE ON THE ROCKS

Over 60 Beers - 30+ Heavy Beers
Largest selection of
Whiskeys & Tequilas in Moab

When the Food Matters,
LET 'EM EAT BBQ!

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

OPEN DAILY 11:30-Close

CLUB RIO

New Ownership!

LIVE MUSIC

NEW KITCHEN

Largest liquor
selection in Moab

Open Mon. - Sat.
@2pm

Open Sun. @Noon

2 South 100 West
Food service till 1:00am
435-259-2654
Must be 21 years old.

Event Space Available!

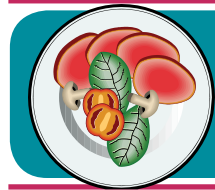
Gravel Pit Lanes

14 TVs 50 Beers

Sports Pub

COUNTRY MUSIC AND DANCING
FRIDAYS AND SATURDAYS
8:30 PM

1078 Millcreek Dr. | 435-259-4748
<http://www.gravelpitlanes.com/>



RESTAURANT GUIDE



THE SPOKE ON CENTER

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

How To Get A Drink... ...In Moab, Utah

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

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

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

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

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

The **Utah State Liquor Store** is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at **55 West 200 South** and is open Monday through Saturday 11:00 am to 9:00 pm. They are closed on Sundays and Holidays. Moab Brewery now has a package agency open every day at 11:30 am where you can purchase their new higher volume beer selection.

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

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

SORREL RIVER RANCH
RESORT AND SPA

Luxury Cuisine In Moab

Dine by the majestic Colorado River with sandstone peaks in the distance. Enjoy the River Grill's farm-to-table luxury cuisine at Sorrel River Ranch Resort.

Reservations Recommended
Mile 17 Hwy 128, Moab Utah 84532
844.362.3602 - www.sorrelriver.com

ATOMIC
GRILL & LOUNGE

DRIVE UP COFFEE NOW OPEN

- SUNDAY BRUNCH
- BBQ
- GOURMET BURGERS
- GAME
- CRAFT COCKTAILS
- LOCAL BEERS
- PIZZA

"We don't do ordinary"
Morning Grab & Go - Lunch - Dinner

1393 N. HWY 191
435.259.6092
MOABBURGER.COM

24th year

JAILHOUSE CAFE

Moab's Breakfast PLACE

Moab's Breakfast Place
6:30am-Noon

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

Twisted Sisters

Open Friday - Tuesday
11:45am - 3:00pm Lunch
5:00pm - 9:00pm Dinner

Closed Wednesdays & Thursdays

www.twistedsisstascafe.com
1-435-355-0088
11 E. 100 N. Main Street

El Charro
Mexican Grill Loco

*** Serving Lunch and Dinner ***

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

812 S. Main Street (Next to China Cafe)
435-355-0854

LA HACIENDA
Restaurant

* Reestablished in 2015 *

Lunch & Dinner
Open Noon - Close
Closed Tues

Largest Selection of Margaritas in Town
Catering - Full Liquor License
Sports viewing area with HD 4K TV's

574 North Main Street
435-355-0529
LaHaciendaMoab@gmail.com

MOAB BREWERY

7% ABV 6% ABV 7% ABV

SESSION & FULL STRENGTH AVAILABLE!

WE HAVE BEER TO GO!

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

MOAB DISTILLERY
OPENING SUMMER 2017

686 S Main St • www.themoabbrewery.com

BANGKOK HOUSE TOO
SUSHI BAR & ASIAN BISTRO

Sushi • Thai • Pho

NO MSG
Dine in • Take out
Bento Boxes • Thai Lunch Specials
Vegetarian • Gluten Free Options

ASK ABOUT DELIVERY **59 South Main St. Suite 8**

facebook tripadvisor yelp Closed Mondays 435-355-0168
BangkokHouseToo.com Open Tues. - Sun. 11:30am - 10:00pm



RESTAURANT GUIDE





RESTAURANT

Jeffrey's STEAKHOUSE

CASUALLY UPSCALE
CLASSIC STEAKHOUSE FARE
DINNERS STARTING AT \$20

PATIO OPEN
(WEATHER PERMITTING)

OPEN 5:00PM
CALL FOR RESERVATIONS OR USE OPEN TABLE

WWW.JEFFREYSSTEAKHOUSE.COM
STATE LIQUOR LICENSEE

218 NORTH 100 WEST 435-259-3588
JUST SLIGHTLY OFF MAIN

98 Center

98 E. Center St. 435-355-0098

Mon - Fri 12 - Close, Sat 11 - Close (Brunch 11 - 2)

98 Center invites you to elevate your palate, elevate your experience. By day we offer a fun, fast, fresh lunch that boasts homemade Pho, Bahn Mi sandwiches, salads and an endless supply of cold brew, pour over, and Vietnamese coffee. By night 98 Center transforms into a casual lounge offering craft cocktails and delectable small plates made from the freshest ingredients available. Our distinct atmosphere is our specialty—a place to gather, and enjoy good conversation with friends over our selection of signature cocktails, beer and wine.

Arches Thai 60 North 100 West 435-355-0533

Lunch • Dinner

Open 6 days a week 11am - 9pm

Closed Tuesdays

At Arches Thai we strive to serve you authentic Thai cuisine and our style Pho with fresh and healthy ingredients as well as our friendly service. Our extensive menu includes choices of organic chicken, pork, beef, seafood mix, tofu, vegetarian, squid and shrimp. We use cage free eggs. Now serving beer & wine.

Atomic Grill & Lounge

1393 North Hwy 191 435-259-5201

Breakfast • Lunch • Dinner

Open 7am

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

The Alley Sports Pub & Grill

1078 Millcreek Drive 435-259-4748

Open Daily

The newest sports pub & grill inside Gravel Pit Lanes. Come enjoy the game on our 80" Ultra HD TV and our other 14 screens. Serving delicious pub grub along with beer, & handcrafted sodas. 50 beers to choose from, 24 on tap. Under 21 welcome. www.gravelpitlanes.com.

Bangkok House Too, Sushi Bar & Asian Bistro

59 South Main St. Suite 8 435-355-0168

Dine In • Take Out Closed Monday

Open Tues - Sun 11:30-10:00

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

Bike Fiend/Coffee Fiend

(Formerly Moab Classic Bike & Coffee)

69 East Center 435-315-0002

Open 7 days a week, 9am to sundown

Classic Bikes, Classic Coffee. Professional barista creating specialty hot drinks using Moab's finest locally roasted coffee (FMC) and Organic milk. Free WiFi and newly renovated seating area, come and taste the difference. The fiend is a full service bike shop featuring new, used, vintage, custom builds & rentals. All bikes welcome. Perfect for an after dinner espresso. www.facebook.com/pages/Moab-Classic-Bike/129161960570308

Blu Pig & Blu Bar

811 S. Main 435-259-3333

Lunch • Dinner • Take Out

Open Daily 11:30-close

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

Broken Oar

53 West 400 North 435-259-3127

Open 5pm Nightly - Closed Sundays

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

Burger King 606 South Main 435-259-2700

Club Rio

2 South 100 West 435-259-2654

Open everyday Till 1:00am

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

China Cafe 812 South Main 435-259-7933

Cowboy Grill at Red Cliffs Resort

16 Miles up Highway 128 435-259-2002

Breakfast • Lunch • Dinner

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

Denny's

989 North Highway 19 435-259-8839

Breakfast • Lunch • Dinner

Open 24 Hours. Family dining at affordable prices. Over 100 menu items including Seniors menu, Daily Special and Fit Fare for the health conscious. Ask about "Kids eat Free". Take out menu available. Reservations for large parties and buses welcome. Great food and Great Service by Great People. EVERYTIME!

Desert Bistro

36 South 100 West 435-259-0756

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

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

Eddie McStiff's

59 South Main Street 435-259-2337

Lunch • Dinner Open 11:30am

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

El Charro Loco Mexican Grill

812 S. Main Street 435-355-0854

Lunch • Dinner / Open daily 11am

Serving authentic Mexican cuisine 7 days a week. Family owned and operated using the freshest ingredients and traditional recipes. Lunch Specials served daily from 11am-3pm. Come enjoy our intimate and friendly atmosphere. ¡El Arte de Comer Bien! The art of good eating! Patio dining.

EklectiCafe

352 North Main Street 435-259-6896

Breakfast • Lunch

Daily 7:00am - 2:30pm

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

Fiesta Mexicana

202 South Main Street 435-259-4366

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

Best Authentic Mexican Food. The best Margaritas in town - made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 6 TVs! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$7.75 Full bar.

Gilberto's

396 South Main 435-259-1678

Open 6am-2am

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

Jailhouse Cafe

101 North Main Street 435-259-3900

Daily 6:30am-Noon

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

Jeffrey's Steakhouse

218 North 100 West 435-259-3588

Open at 5:00pm Call for reservations.

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

La Hacienda

574 North Main St. 435-355-0529

Lunch • Dinner Open Noon - Close

Closed Tuesdays

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

Love Muffin Café 139 North Main 435-259-6833

McDonald's 640 South Main 435-259-8800

Miguel's Baja Grill

51 North Main 435-259-6546

Open nightly 5pm

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



EklectiCafe
Carnivores,
Herbivores,
Omnivores!
Vegetarian
Friendly

Breakfast • Lunch
"Best Desert Oasis" Salt Lake City Magazine
Daily 7:00am - 2:30pm
352 North Main, Moab • 435-259-6896



Desert Bistro
Casual Fine Dining
Contemporary Southwestern Cuisine

Now located
in the heart of downtown
36 South 100 West

Open Tues - Sun 5:30pm-9:30pm
Closed Monday

Reservations: www.desertbistro.com
259-0756 FULL LIQUOR LICENSEE



Authentic Mexican Food
FIESTA MEXICANA
Best Margaritas in town, using fresh squeezed limes.
Newly Remodeled

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

Lunch Specials - All \$7.75
All Served with Rice & Beans

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

Look for our Dinner Specials
Best Mexican Food in Town
Sun-Thurs 11-9:30 Fri & Sat 11-10:30
202 So. Main St. Moab, Utah 259-4366
FiestaMexicanaRestaurants.com

For more information about these restaurants pick up a "Moab

**Milt's Stop & Eat**

400 East and Millcreek Drive 435-259-7424
 Open Tue-Sun 11am - 8pm
 Closed Mondays

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

Moab Brewery

686 South Main 435-259-6333
 Open 11:30am Daily

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

Moab Chevron Deli 817 So Main 435-259-2212

Moab Coffee Roasters

90 N. Main St.
 Open everyday 7am - 9pm

On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas. Organic gelato made with all fresh ingredients, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference! Check out our selection of Republic of Tea!

Moab Diner & Ice Cream Shoppe

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

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.

Moonflower 39 E. 100 N 435-259-5712

MOYO – Moab Frozen Yogurt

331 N. Main St. 435-355-0010
 Mon - Thurs 11-10 Fri & Sat 11-11 Sun 12-10

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

Moab Garage Co.

78 North Main
 Breakfast, Lunch, Dessert Open 8am - 9pm
 Coffee, Ice Cream, Grab & Go

Main Street's newest addition and oldest tradition. Once one of this city's most essential and thriving business, The Moab Garage Co. is now serving up Salt Lake City's specialty roaster La Barba Coffee and creating delicious made to order ice cream using liquid nitrogen. Using real ingredients we craft your ice cream before your eyes. Featuring Cryocream creations such as Apple Pie, Coffee & Donuts, and Strawberry Shortcake. Come refuel your motor with our grab and go sandwiches, fresh salads, and breakfast items prepared daily.

Moab Grill Steakhouse

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

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

Pancake Haus 196 South Main 435-259-7141

Paradox Pizza 702 South Main 435-259-9999

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

Peace Tree Juice Cafe

20 South Main 435-259-0101
 Breakfast • Lunch • Dinner
 Open 7am - 10pm

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

Pizza Hut 265 South Main 435-259-6345

Quesadilla Mobilla 89 N. Main 435-260-0289

Red Rock Bakery & Net Cafe

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

Made in Moab since 1997. Serving an array of fresh made products including bagels, scones, muffins, cinnamon rolls, cookies, brownies & other treats. Full espresso bar with locally roasted Fresh Moab Coffee. Great sandwiches for the trails. Order ahead for faster service. Free WiFi with purchase. Featuring artwork from local artist Alex Burbidge's "Wendover & Beyond"

Sabaku Sushi 90 East Center 435-259-4455

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

River Grill at Sorrel River Ranch Resort & Spa

Mile 17 Highway 128 435-259-4642
 Reservation Recommended

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

The Spoke On Center

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

Moab's newest restaurant located right in the middle of town, corner of Center and Main Street. Delicious gourmet burgers, brews and shakes. Our menu uses the freshest ingredients available. If burgers are not your favorite, we have something for everyone including freshly made salads, barbeque pork, fish and chips and several build your own options. Gluten free and vegetarian options are also available. Full service liquor license. Take out available.

Spitfire Smokehouse

56 West 100 South 970-618-4272
 Wednesday – Saturday Noon – 8 *or sold out*

Taste what the locals are raving about – Spitfire Smokehouse - a true pit-fired BBQ smoke shack serving delicious ribs, pulled pork, brisket and chicken. Whole Hog Catering. TO GO or enjoy our casual eating area & Southern Hospitality. NEW MENU. ½ block behind Zax next to Desert West Office Supply. Located with the Moab Backyard Theater. Food for sale during free Bluegrass performances. www.spitfiresmokehousemoab.com & www.facebook.com/moabcatering

Sunset Grill

900 North Highway 191 435-259-7146
 Dinner • Open 4 pm daily. Closed Sundays

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

Susie's Branding Iron

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

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

Sweet Cravings Bakery & Bistro

397 North Main 435-259-8983
 Breakfast • Lunch Open Daily 7am-5pm

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

Szechuan Restaurant 125 North Main 435-259-8984

Twisted Sistas' Café

11 E. 100 N. Main Street 435-355-0088
 Open Friday - Tuesday 11:45am - 3pm Lunch
 5 - 9pm Dinner
 Closed Wednesdays & Thursdays

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

Wake and Bake Cafe (inside Eddie McStiff's)

59 S. Main, McStiff's Plaza 435-259-2420

Wendy's 260 North Main 435-259-2595

Wicked Brew Drive Thru

1146 South Highway 191
 Open at 6am - 3pm

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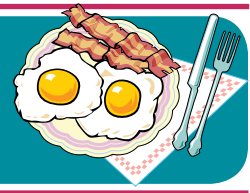
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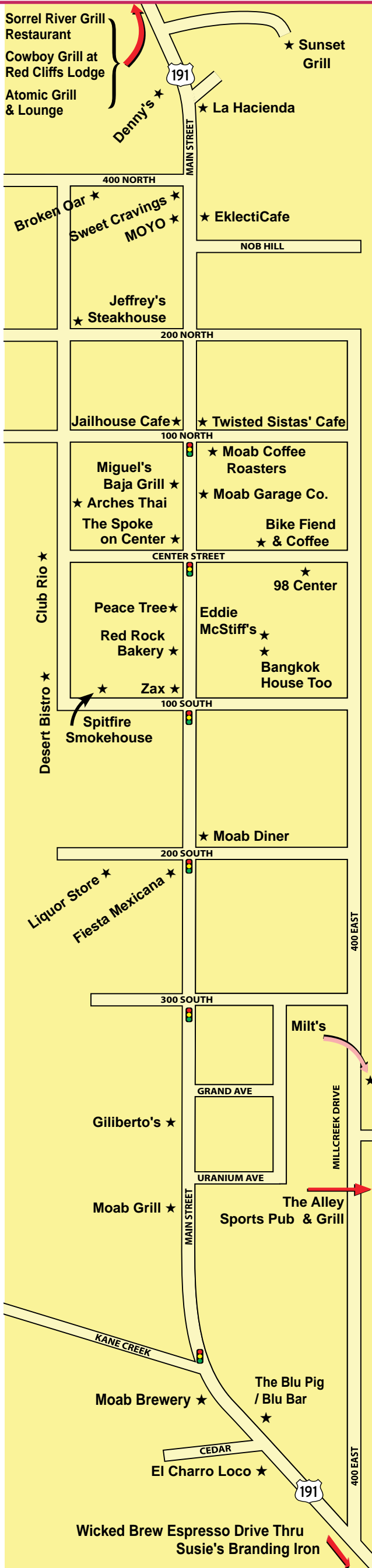
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A True Pesto Convert

Once upon a time, I lived a life of ignorance. I walked around completely oblivious the greater world of tastes and savors that lay beyond the borders of my limited pallet. Now I admit it was a good life, filled with delicious food, home-cooked meals, and a virtually basil free existence. The day I discovered pesto in all its culinary glory changed my life and my pallet forever.



I was in college, away from the comforts of home, when my roommate and I were searching for a meal to quell the tides of homesickness. We sought refuge at the local deli shop, and I blindly ordered the first thing that caught my eye. Thus, I received my first taste of deli heaven, in the form of a Turkey Pesto Sandwich that rocked my world with a single bite! After that day, I made it my mission to learn more about this "Pesto" that had changed my pallet so completely. I soon learned that it could be made very easily at home and that the key ingredients to pesto are basil, garlic and nuts. Now after many years of pesto testing and tasting I now share with you this recipe for pesto that is tasted and proven by a true pesto convert.



Fresh Homemade Pesto

- 2 cups fresh basil leaves-packed
- 1/2 cup freshly grated Romano or Parmesan - Reggiano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts (can sub chopped walnuts)
- 3 tsp. minced garlic cloves
- Salt and freshly ground black pepper to taste

Blend the pine nuts, basil, parmesan and garlic in a food processor or blender and mix until it is ingredients are roughly chopped. While the motor is running, add olive oil slowly and blend until it is combined and thick. The pesto should retain its texture and color so long as you do not over-process it. Season to taste with salt and pepper.

Store pesto in a screw-top jar for better storage, and refrigerate for up to 10 days. Pesto is truly so versatile in its usefulness across the culinary board. As previously mentioned in my anecdote, it is delicious as a sandwich spread but, it can also be used on protein such as chicken or steak. It is absolutely mouthwatering on pasta, try mixing it with your alfredo sauce to give it a herbal steroid! Or pesto is a great light spread for any bread and cheese tray! Honestly, the options with pesto are unlimited so use your imagination and give it a try.

As always we love being able to serve you, so come on down to The Broken Oar and let us do the cooking for you. The Broken Oar Restaurant is open nightly at 5:00 p.m., closed Sundays. Call 435-259-3127 for a reservation or just drop in, we'd love to see you. We are located at 53 West 400 North, Moab UT, www.thebrokenoarmoab.com.



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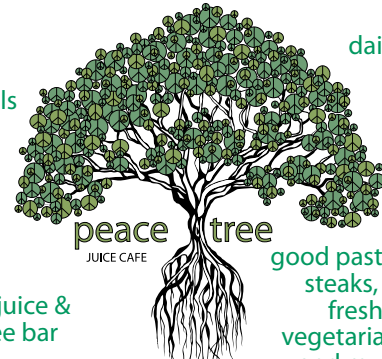


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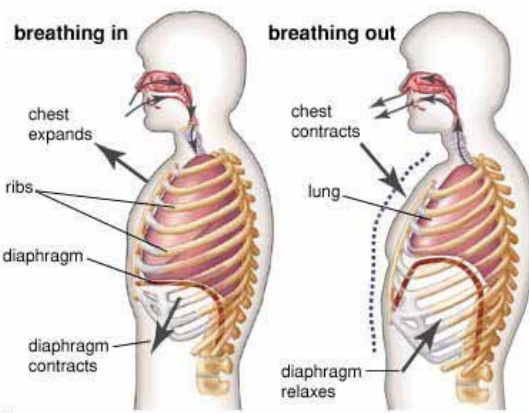
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Relax...take a deep breath.

Breathing happens whether you think about it or not. However, with some focused attention and education breathing will not only oxygenate your tissue but improve stability, mobility, and decrease painful symptoms. Our lungs and tissue surrounding them are all interconnected with fascia. Fascia is a thin sheath of fibrous tissue enclosing a muscle or other organ. I describe fascia to patients as the glue in our body that holds skin to muscles and muscles to our bones. When this fascia has been altered by trauma including surgery, and/or poor postural habits, our internal glue may be working too well. These fascial adhesions can cause restrictions in your range of motion, posture, and affect daily and recreational activities. Fascia with in the torso connects muscles, bones, and tissue from your diaphragm and all the way down to your pelvic floor muscles.



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muscles down into our pelvic floor fascia simultaneously. This stability improves your seated and standing posture to increase, for example, the duration you can hike pain free. This fascial stability, when activated, can improve core stability while on a bike or running down the trail, as well as the power to lift more weight overhead properly.

If you sit quietly in a chair with one hand on your chest and one hand on your 'tummy' and breathe normally- What do you feel? Does

your chest rise more? Does your 'tummy' move more? If you feel equal pressure during inhalation and equal recoil during exhalation in both areas under your hands - that is a great start. 3-D breath will incorporate breathing from top to bottom, side to side, and front to back to 'fill' or activate the fascia in all these areas equally during rest or activity. If you are interested in improving your oxygenation, stability, mobility, circulation, and relaxation than join us for a FREE breathing clinic.

FREE breathing clinic will be held at "The Gym on 5th" located on corner of 500 West and 400 North. This FREE clinic is on August 24th, Thursday at 6:30 p.m. and should last about 45 minutes. Please wear comfortable clothing that allows breathing.

If you have any questions about this article or about our FREE breathing clinic please call Moab Physical Therapy and Rehabilitation located at 83 E Center (435) 210-1985. **SPACE is limited, please call to reserve a spot. If you would prefer one on one instruction in 3-D breath please call our clinic and schedule a physical therapy evaluation to incorporate breathing and improve participation in ALL the activities you enjoy!

Your diaphragm is the main muscle activated when you inhale and its elastic recoil helps you exhale. With proper education, your breath can activate this fascial highway to promote improved blood flow and stability with some simple breathing techniques. I call this three-dimensional breathing.

3-D breath encourages us to fill our upper chest, our lungs, our abdominal



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Grand County is suiting up for the 2017 Relay for Life

This year, our theme is "Score a Cure for Cancer". This should be a fun(-filled) theme, where "Tailgating" is the inspiration word for our camp sites.

For those of you who do not know, Relay for Life is the largest fundraiser for the American Cancer Society (ACS), which in turn is the 2nd largest contributor to Cancer research in the US, 2nd behind the US government. In Utah alone, ACS has 9 active grants, totaling \$4,433,500. Those grants are at the Huntsman Cancer Institute, the University of Utah, and the Primary Children's Hospital. Grants for things such as, research studies into Childhood Leukemia, breast cancer, cervical, prostate and colon cancer. These grants are helping support research of Cancer types that greatly affect our friends and neighbors. And that is just here in Utah! Nationwide, there are 725 grants totaling \$386,503,388. ACS is helping us find a cure for cancer; a cure in our lifetime; a cure that gives hope to those who hear the words "you have cancer"; a cure that no longer makes those words a death sentence.

Relay for Life also helps fund the Hope Lodge. A place in Salt Lake City where adult cancer patients and a caregiver can stay for free

when they are having cancer treatments in the Salt Lake Valley. Hope Lodge has 40 large private guest suites. Hope Lodge serves cancer patients from 27 of the 29 counties in Utah as well as guests from other states who travel to Salt Lake for treatment. Since opening its doors in October of 2015, it has served 5,153 guests and provided 19,753 nights of free lodging. To bring it to a local level, Hope lodge has served 9 guests from Grand County, 12 guests from San Juan County and 14 from Carbon County. These are our friends, our neighbors and our loved ones.



So please, suit up in your favorite sports jersey and join us for a tailgating party on August 5th at the Old Spanish Trail Arena. The party starts at 2pm with a kid's training camp (the kid's camp will have a fee). At 2:00 we will also start with some fun laps around the track. 4pm finds us honoring our survivors and their heroes the caregivers and what a great group of survivors we have in Grand County! At 4:30 we will have the 5th annual Taste of Moab. Some of our local restaurants have donated some nice favorites. Survivors eat for free and their caregivers eat for \$5.00 along with children 12 and under. The price for an adult is \$10. The evening will then progress with local entertainment, a silent auction, and more fun laps. At 10 pm we will have a ceremony to remember those who have lost their battle with this horrible disease. We will light the luminary bags and take time to think of our loved ones as we walk the track in silence. 12:30am brings pizza, and a closing ceremony where we think of ways each of us can fight back against cancer. Relay for Life is all about Celebrating the Survivors, Remembering those we have lost and Fighting Back. Call Yordy at 970-986-9141 for information and ways you can help us SCORE A CURE FOR CANCER!



HEALTHY HAPPENINGS

Crossinology Brain Integration Technique

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- Depression and anxiety
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- Lifestyle disabilities that limit your potential and quality of life

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Our methodology helps you to cope, manage and heal the residual effects of the neurological condition. This includes the impact that it has on your family, marital relationship, personal efficiencies and organizational skills. We also can help you gain the ability to appropriately handle emotions.

Crossinology Brain Integration Technique (BIT) is a cutting-edge technique developed by Susan McCrossin. It is a process-driven approach based on principles of Applied Physiology (study and practice of biological systems) and acupressure that assesses and corrects learning disabilities in people of all ages.

It is different because it was specifically developed to cover an 80-point protocol in the brain which means we can identify any blocks no matter what the lifestyle disability is and then most importantly, release that block creating permanent change.

Medication only works to manage symptoms for a few types of ADD/ADHD and there is nothing for individuals with other difficulties such as dyslexia, or autism.

The protocol at Brain Integration is completely non-invasive, and is suitable for people of all ages. In fact, most of our clients report that it is a very soothing and relaxing experience.



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Strengthening Your Healing Home

By Elana Davidson

Do you know what's in your shampoo and conditioner? Your dish soap? Your laundry detergent? How about your sunscreen, your lotions, or your make-up? Probably less than you know about the foods you eat. You might think that ingesting something is far more harmful than putting in contact with your skin, and while there may very well be a difference, it is not as big as you might think.

What you put on your skin absorbs and goes directly into your body, and studies have shown that in just 20 seconds, what you apply to your skin can be found in your bloodstream.

According to the Natural Resource Defense Council, over 80,000 synthetic chemicals are used in personal care products, and most have not been fully tested.

Only 11 chemicals are banned from personal care products in the US. Canada, however, has a guideline for just over 650, and the European Union Health Commission has restricted over 1,300 chemicals.

Many of the commercial cleaners and personal care products available on the market actually contain harmful ingredients, many of which are directly linked to cancer. Only 5-10% of cancers are of genetic origin, which means that upwards of 90% result from lifestyle choices and chemical exposures. Many of those chemicals are encountered in cleaning and personal care products.

The average woman applies over 300 chemicals to her body every day just through soaps, makeup, shampoos and hair products, according to the NRDC. On average, 80 of those chemicals are applied every day before breakfast.

Many of the untested chemicals we come into contact with every single day have long-term hazardous effects on health. If they have been tested at all, they have only been tested for point of contact and not long-term cumulative effect on the human body.

Because personal care and cleaning products are largely unregulated, the words "natural" or "green" on products you find on the shelves of most grocery stores don't mean anything. Products labeled as such could contain ingredients that pose significant long-term negative impacts to your health.

It is still possible to not only eliminate the toxic products in the home, but also replace them with quality products that actually have a positive and health supporting effect on members of your household.



Essential oils contain hundreds of natural compounds that support and benefit virtually every system in the body. From immune system boosting to lung support, from your skin to your digestive system, essential oils can be powerful agents for health and healing, and for cleaning and caring for your home.

Antibacterial products often contain chemicals that disrupt the human hormonal and endocrine system, and create resistance to antibiotics. In many cases, they are actually no more effective than washing with soap and water, using products that support your body's natural health and immunity.

Essential oils not only replace the negative effects of synthetic chemical-based products, they actually support and benefit your health and well-being.

A good way to begin learning about the chemicals in the home and creating a plan for what to retain and what to replace is to peek under the kitchen and bathroom sink, read the labels on some of the products there, and search on Google for unfamiliar ingredients with "dangers of" in front of the word.

If you'd like to try alternatives to what you use today, attend the free workshop "From Toxic House to Healing Home," hosted by Moonflower Community Cooperative and taught by essential oils specialist Elana Davis on Thursday, August 24th, 6 PM to 7:30 PM. Learn about replacing your toxic household products with essential oils based healing ones, and make your own essential-oil-based reusable dryer ball to use in place of dryer sheets.

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COUNTY FAIR HAPPENINGS

Monticello hosts San Juan County Fair - August 4th - 12th



Each year, just before the summer starts to wind down and schools in southeast Utah start back up again, locals enjoy the last hurrah of summer- the San Juan County Fair in Monticello, UT! This year the fair will be held from Friday August 4th-12th, and the theme will be 'Home Grown, Handmade, Ranch Raised'. Many popular events will be back starting with the Pop up Archery Shoot put on by La Sal Mountain Outfitters Friday afternoon. (Adults 18 and older: \$20, Kids 13-17: \$10) The Blue Mountain Round-up Pro-Am Ranch Roping event will take place at 6:00pm, followed by free swing & line dance instruction from 8:00-9:00pm. After you've practiced up, stick around for a family-friendly dance from 9:00-11:30pm.

The Pop up Archery Shoot returns on Saturday August 5th morning from 7:00am-10:00am followed by the 4-H Horse Show at 10:00am. The Down 'N Dirty Mud Bog begins at 10:30 am in the Fairgrounds parking lot, (Free to the public, \$20 entry for participants) and closing out the evening is the Blue Mountain Round-Up Ranch Bronc & Brahma Bull Riding, Team & Breakaway Roping, and Barrel Racing. (Adults: \$6, Kids: \$4)

On Monday Evening, 6th, the Monticello High School Wrestlers will hold a Navajo Taco Dinner fundraiser from



5:00-7:00pm. (\$6 per plate, \$30 family) After dinner, head over to the 'Fair'ly Fun Game Show Night which will feature Minute to Win It games and CASH prizes! (Free to attend & participate) The evening wraps up with Family Movie Night at the Fair at 9:00pm. Bring your blankets & lawn chairs and enjoy a family-friendly movie shown outdoors on the grass.

The Mud Volleyball Tournament will take place at 5:00pm on Tuesday, August 8th. The tournament is free to attend and to participate. Teams must have 6 or more members, and prizes will be awarded to the top teams.

The Farm Bureau Talent Find begins at 6:00pm on Wednesday evening 9th, with the fair building exhibits opening to the public at 7:00pm. Don't miss everyone's favorite event of the fair, the 'Tasters Table' from 7:00-9:00pm, where the public can sample various food entries and cast a vote for the People's Choice award! Once your stomach is full from all the delicious baked goods, head over to the Jr. Livestock Pavilion to catch (or participate in!) the Goat Roping Event from 7:00-9:00pm. (\$10/person for 3 chances to rope, Breakaway Roping for 8 yrs & under, and Pick & Draw for ages 9 & up)

On Thursday, August 10th, fair building exhibits will be open to the public from 9:00am-9:00pm. Mini & Jr. Livestock Showmanship Classes will take place throughout the day, and various children's activities will take place from noon-4:00pm.

At 5:45 the fairgrounds are cleared and closed to non-ticketed patrons, and at 6:15 the gates will re-open for the Collin Raye Concert, which begins at 7:30pm. (Advance Tickets: \$18, Tickets at the gate: \$22. Advance tickets are available at the San Juan Record in Monticello & BCL Distributing in Blanding. Phone orders call: 435-587-2277.

Fair building exhibits are open to the public from 9:00am-9:00pm on Friday, August 11th. Market Livestock Shows begin at 9:00am at the Jr. Livestock Pavilion, and children's activities run from noon-3:00pm. Family Fun Games will be held from 2:30-5:00pm, (Free) and participants can earn tickets for a chance to participate in the Honey Money Roll for CASH! Jr. Livestock Awards will be held at 5:00pm, followed by Marcus, The Funny Man Who Does Tricks at 5:30pm. The evening wraps up with the Local Rodeo & Horse Games starting at 7:00pm.



Watch local cowboys and cowgirls participate in; Rescue Race, Branding Race, Hide Race, and more! (Free to watch & participate, teams of 4 or more w/cash prizes to winning teams)

The fair wraps up on Saturday, August 12th with fair building exhibits open to the public from 9:00am-5:00pm. A Kids' Money Dig will take place at 10:00am for children 12 and under, with children's activities running from 10:00am-noon. The Jr. Livestock Buyers BBQ will begin at 11:00am, and will be followed by the Jr. & Mini Livestock auctions which will begin at 1:00pm at the Jr. Livestock Pavilion. Entertainment continues through the day, with Marcus, The Funny Man Who Does Tricks performing again at 5:00pm. The fair wraps up with the Blue Mountain Youth Rodeo starting at 6:30pm. Events include; Calf Riding (7-10 yrs), Mutton Bustin (4-6



years), Pole Bending (5-18 yrs), Steer Riding (11-14 yrs), Breakaway Roping (9-18 yrs), Barrel Racing (5-18 yrs), and Team Roping (12-18 yrs). Entry fees range from \$10-20 per event and cash prizes will be awarded to winners of events with added money in each event.

For more information on individual events and for a detailed fair schedule, please visit: www.sanjuancountyfair.com.



com. Also, be sure to follow the San Juan County Fair-Monticello, Utah on Facebook for updates and ticket giveaways!

Please be sure to mention a read about it in *Moab Happenings*

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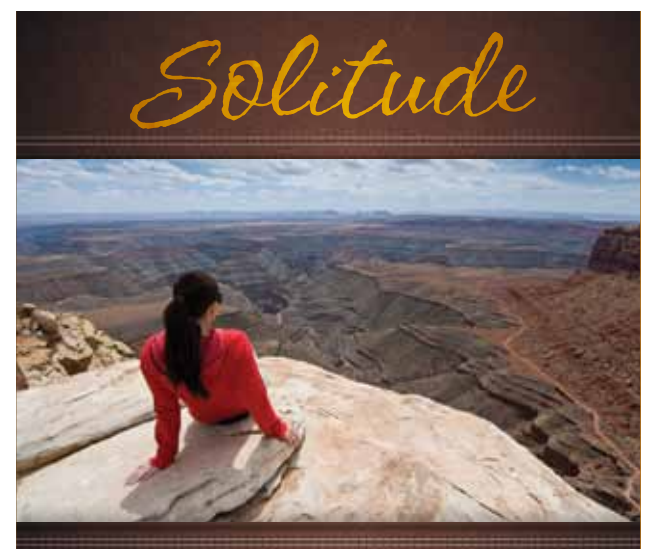
There's so much going on

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- AUG 4-12 SAN JUAN COUNTY FAIR** [Monticello]
- AUG 10 COLLIN RAYE CONCERT** [Monticello]
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NIGHT SKY ASTRONOMY PROGRAMS [Hovenweep & Natural Bridges Nat'l Monument. See website for dates thru the summer.

STARRY NIGHTS [Canyon Cntry Discovery Ctr, Monticello] See website for dates thru the summer.

www.utahscanyoncountry.com



Base camp for exploring Natural Bridges, Edge of the Cedars, Hovenweep, Monument Valley, Canyonlands, Lake Powell, Dark Canyon, Goosenecks, Cedar Mesa, Moki Dugway-Muley Point and Arches.

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NIGHT SKY HAPPENINGS

The Night Sky for Aug 2017

By Faylene Roth

The Big Dipper (Ursa Major) scoops low into the northwestern sky with the Little Dipper (Ursa Minor) tipped upside down above it. Look for the head of Draco the dragon between the Little Dipper and bright Vega (Lyra) high overhead. Follow Draco's body eastward then trace its long tail westward then northward between the cups of the Little and Big Dippers. Hallmarks of the summer sky—the Summer Triangle and the Milky Way—are high overhead on August nights. Vega, Deneb (Cygnus), and Altair (Aquila) form the Summer Triangle. From north to south, Perseus, Cassiopeia, Cygnus, Aquila, and Sagittarius form the spine of the Milky Way. Seven of the constellations of the Zodiac spread across the southern sky from west to east if you have a broad horizon in both directions: Virgo, Libra, Scorpius, Sagittarius, Capricornus, and Aquarius.

Moab UT (at City Hall)
 38°34' N Latitude - 109°33' W Longitude
 4048 ft - 1234 m Elevation

VISIBLE PLANETS

Evening (Before Midnight)

Jupiter ♃ – Look for the brightest object (exclusive of the Moon) low on the western horizon in Virgo. Jupiter's silver-white light contrasts with the bluish glimmer of nearby Spica and the warm yellow glow of Saturn. It sets before midnight on August 1 then 3-4 minutes earlier each night. By month's end Jupiter sinks below the horizon as twilight ends. (Magnitude -1.6)

Saturn ♄ – The golden glow of Saturn hovers low in the southern sky between Scorpius and Ophiucus. It transits the meridian (due south) about 10:00pm on August 1 and sets a few hours after midnight. By the end of the month Saturn appears low on the western horizon at twilight and sets within an hour of midnight. (Magnitude +0.3)

Morning (At Twilight)

Venus ♀ – Our sister planet—the brightest of them all—pierces the eastern sky soon after 3:30am on August 1—well before morning twilight. It rises 1-2 minutes later each day. It moves across the background stars from Gemini into Cancer during the month. (Magnitude -3.8)

AUGUST SUNRISE & SUNSET TIMES

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

DATE	SUNRISE	SUNSET
1	6:20am	8:28pm
2	6:21am	8:27pm
3	6:22am	8:26pm
4	6:23am	8:25pm
5	6:24am	8:24pm
6	6:25am	8:23pm
7	6:26am	8:22pm
8	6:26am	8:21pm
9	6:27am	8:19pm
10	6:28am	8:18pm
11	6:29am	8:17pm
12	6:30am	8:16pm
13	6:31am	8:14pm
14	6:32am	8:13pm
15	6:33am	8:12pm
16	6:34am	8:11pm
17	6:34am	8:09pm
18	6:36am	8:08pm
19	6:36am	8:06pm
20	6:37am	8:05pm
21*	6:38am	8:04pm
22	6:39am	8:02pm
23	6:40am	8:01pm
24	6:41am	8:00pm
25	6:42am	7:58pm
26	6:43am	7:57pm
27	6:43am	7:55pm
28	6:44am	7:54pm
29	6:45am	7:52pm
30	6:46am	7:51pm
31	6:47am	7:49pm

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

MOON HAPPENINGS

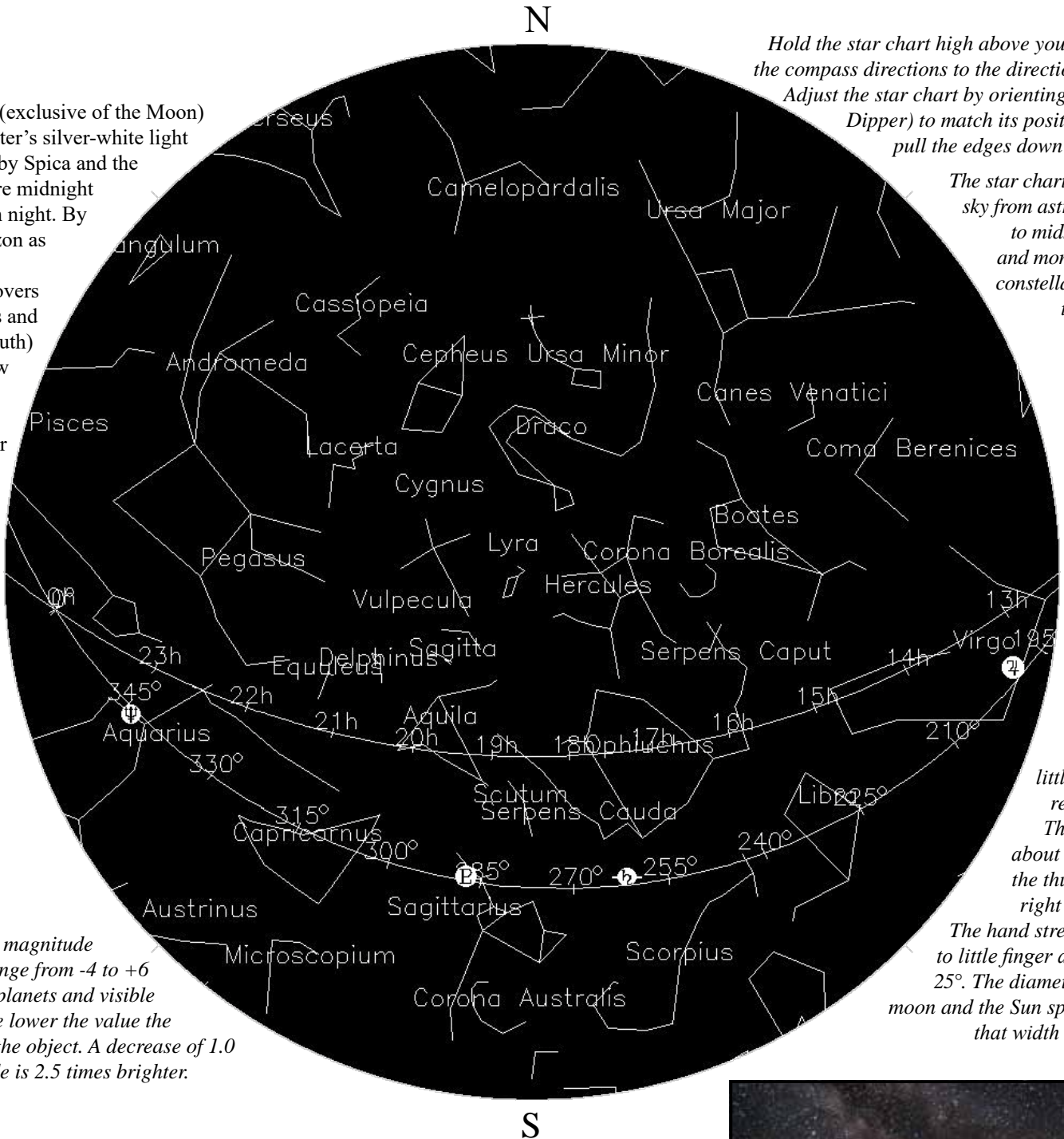
August 7 – Full moon (12:11pm) rises at 8:27pm.
August 15 – Dark evening skies return with the waning last quarter moon rising after midnight.
August 21 – New moon (12:30pm) yields dark skies for several nights.
August 29 – Waxing first quarter moon lights the evening sky then sets soon after midnight.
 (The moon rises later each day—as little as 30 minutes to as much as one hour. Time of moonrise and moonset may also be delayed in mountainous terrain.)

Twilight transitions between night and day in three stages at each end of the day. Morning twilight begins with astronomical twilight as the eastern horizon brightens—about 1-1/2 hours (nearly 2 during summer months) before sunrise when the sun is 18° below the horizon. Nautical twilight takes over for another 30-40 minutes—as the sun passes 12° below the horizon and the overhead sky turns blue and color returns to the surrounding landscape. The final stage—civil twilight—begins when the sun ascends to 6° below the horizon and provides adequate light for most outdoor activities for the half hour before the sun crests the horizon. The opposite progression occurs after sunset. Civil twilight covers the period after sunset during which daytime light quality persists for about one-half hour. Color then fades from the landscape during the 30-40 minute period of nautical twilight during which the overhead sky darkens while the western sky retains color. Astronomical twilight then transitions to night skies that are now darkened along the horizon.

MAJOR METEOR EVENTS						
Shower	Peak (August)	Range (August)	Constellation Radiant	Rate (/hr)	Details	Conditions (After Midnight)
Perseids	12/13	1-26	Perseus	50-80	Swift, bright, persistent trains	Waning gibbous moon rising at 11:19pm will wash out all but the brightest

Best time to view any meteor event is between midnight and morning twilight when the radiant is overhead. Trace the path of any meteor backwards through the sky to reach its radiant—the region of the sky from which meteors appear to originate.

Primary Sources: USGS; U.S. Naval Observatory; The SkyLive at <https://theskylive.com/>; Your Sky at <http://www.fourmilab.ch/yoursky/>
 To find out when the International Space Station is visible from your location, go to <https://spotthestation.nasa.gov/>



Hold the star chart high above your head and match the compass directions to the direction you are facing. Adjust the star chart by orienting Ursa Major (Big Dipper) to match its position in the sky and pull the edges down to create a dome.

The star chart approximates the sky from astronomical twilight to midnight. As the night and month progresses, the constellations shift toward the northwest. The celestial equator is measured in hours (h). The ecliptic is measured in degrees. Hold your hand at arm's length to measure apparent distances in the sky. The width of the little finger approximates 1.5°. Middle, ring, and little finger touching represent about 5°. The width of a fist is about 10°. The fist with the thumb extended at a right angle equals 15°. The hand stretched from thumb to little finger approximates 20°-25°. The diameter of both the full moon and the Sun spans only 0.5° less than that width of the little finger.

Encounter
dazzling
Night Skies

Check out the stunning night skies of San Juan County at a Night Sky program conducted by local park rangers

There's so much going on

- AUG 4 **BLUE MTN ENDURO SERIES MTN BIKE RACE**
- AUG 4-12 **SAN JUAN COUNTY FAIR** [Monticello]
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www.utahscanyoncountry.com

STAR HAPPENINGS

Utah's Symphony's 'Great American Road Trip' Tour Coming to Bluff!



Three years after the Mighty Five® Tour brought the Utah Symphony to the state's five national parks, the symphony is embarking on another tour, this time with performances in rural communities in or near state parks and national monuments throughout Utah.

In August 2017, Utah Symphony | Utah Opera will embark upon a "Great American Road Trip" to perform free outdoor classical music concerts in rural populations of our

Moab Dark Skies

Mission: "Promote the appreciation and conservation of Moab's valuable and rare dark skies."

The Moab Dark Skies working group was formed by Joette Langianese, Executive Director for the Friends of Arches and Canyonlands Parks, Nate Ament, former National Park Service Colorado Plateau Dark Sky Coordinator, and Crystal White, Dead Horse Point State Park Assistant Manager and Night Sky Ranger, in an effort to engage the community's support for the Arches National Park International Dark Sky designation to be submitted at the end of the year. We presented dark sky information at a joint City and County meeting a year ago and received an enthusiastic response from both entities. It was decided to invite city and county representatives to participate in monthly meetings to encourage a focused effort to maintain and preserve Moab's unique dark skies. The group now consists of a variety of community leaders. Together they developed a mission and goals as guiding principles. The first plan of action was to conduct a lighting assessment of all city and county lights. Zacharia Levine, Grand County Community Development Director took the lead on recruiting University of Utah students to provide the assessment as part of their Master's degree program. The group also weighed in on the City's General Plan as it pertains to lighting.

The group believes it is important to involve youth groups and their families by sponsoring night sky events at Dead Horse Point State Park and at the Bar M trail head. The youth were able to participate in astronomy games and view the stars and constellations through high powered telescopes. On a monthly basis, Crystal White will be available at the MIC to meet and greet visitors to discuss the wonders of Moab's dark skies. On September 9th, the MARC will be hosting a Night Sky Art Contest as part of the Art Walk. There will be a dark sky viewing station set up nearby. The will be another Star Party held in conjunction with Moab's 2nd annual Science Festival on September 28th – October 1st. More events and informational meetings will be held on an ongoing basis.

Follow us on our Facebook page <https://www.facebook.com/moabdarks skies/>

And go out tonight, turn out the lights and look up to see the billions and billions of stars that can always be found in Moab's Dark Skies.

state, forging connections with communities through great live music and celebrating Utah's natural resources and rich cultural heritage.

This exciting collaboration with the Utah Office of Tourism and the Natural History Museum of Utah will take music outside of the four walls of the concert hall into the breathtaking landscapes of our state. The tour will highlight the natural elements through song, classical repertoire and storytelling and exciting outreach opportunities and events.

Three free outdoor concerts featuring the full Utah Symphony, opera singers and music by Native American composer/musician Brent Michael Davids. Two free chamber music concerts against the stunning red rock of southern Utah. One magical week.

On Thursday, August 31st, Bluff, UT will host a performance of the 'Great American Road Trip' Tour with conductor Thierry Fischer leading the orchestra. Pairing

Star Parties:

Post-concert "star parties" will introduce the importance of limiting light pollution and introduce them to the magnificent night skies of rural Utah. These educational star-gazing events are presented by local astronomy groups in partnership with the University of Utah's Consortium for Dark Sky Studies and the Colorado Plateau Dark Sky Cooperative. At each party, the National Parks Service and Utah State Parks will help people explore the night sky through lectures provided by parks rangers and local astronomers, as well as viewing opportunities on high-powered telescopes.

Monday, August 28 | 9 PM | Unity Park

Tuesday, August 29 | 9 PM | Springdale Community Center

Wednesday, August 30 | 9 PM | Point Supreme

Thursday, August 31 | 9 PM | Bluff Community Center

Friday, September 1 | 9 PM | Goblin Valley Observation Point Parking Lot

Saturday, September 1 | 9 PM | Steinaker State Park

live, classical music with the natural landscapes of southeast Utah, this free outdoor concert will feature the full Utah Symphony, as well as opera singers from the Utah Opera, and music by Native American composer/musician Brent Michael Davids.

Two works by Davids will be featured in the concert including his original piece, 'Fluting Around', which Davids will play on a traditional Native American wooden flute. Utah Opera's resident artist soprano, Abigail Rethwisch, will sing Davids' 'Spirit Woman Song', and will join her husband, baritone Andrew Paulson in operatic and musical theater selections.

All performances in this tour, including the Bluff performance, are free of charge, but tickets are required and a limited number of advance tickets will be offered. Tickets are available through the Utah Symphony by calling 801-533-6683 or online at www.utahsymphony.org/tours/gart/. Based on availability, walk-up tickets may be available the night of the performance, but are not guaranteed. The Bluff performance will be held at 8:00pm at Camp Stickie-ta-tudy located just off Hwy 163, 2.3 miles west of the Bluff Post Office. For more information, please call San Juan County Visitor Services at: 800-574-4386

Look up at the stars tonight!

Moab Dark Skies



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SUBMIT NIGHT SKY INSPIRED ART TO MARC BY 4PM

SAT. SEPT. 9TH
5PM: DARK SKIES ARTWALK
7PM: WINNERS ANNOUNCED

*Prizes will be awarded by a panel of judges to the artists who best represent the beauty and splendor of the night sky in each category.
1st Place - \$400, 2nd Place - \$300, 3rd Place - \$200, Honorable Mention - \$100



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MOAB ARTS & RECREATION CENTER

MOAB SECOND SATURDAYS ARTWALK

ASTROLOGY HAPPENINGS

Your Horoscope for August 2017

By Victoria Fugit

What is being called the great American eclipse occurs on August 21 at 12:30 PM MST. Historically, eclipses have always been recorded and closely noted, as they were considered harbingers of powerful change and upset in the natural order. They were feared not only by the ordinary people but by kings and emperors too.

The ancients considered eclipse visibility a vital factor in its power to bring change. The August 21st eclipse will be a total solar eclipse that will move diagonally, clearly visible in a 70 mile swath, across the US, from Oregon to South Carolina. It will be the first total eclipse that moves across the entire continent of the US since June 8, 1918.

Eclipses come in groups or series. This eclipse is in the Saros series 145 which accompanied some of the biggest news stories of the 20th century. Expect it to do so again in 2017. The effects of an eclipse can be felt 3 to 6 months before and up to a year afterward.

It is closely related to the great eclipse of August 11, 1999. The 1999 Saros series 145 eclipse was widely regarded as being the one that Nostradamus was referring to when he wrote the controversial quatrain 72 in Century 10 of The Prophecies: "The year 1999 and seven month, from the sky will come a great King of Terror, to bring back to life the great King of Angolmois (the Mongols), Before and after Mars to reign by good fortune".

The August 21 eclipse occurs near the fixed star Regulus, one of the four royal ancient stars of Persia. The fall of important leaders or statesmen must be factored in since this star is so near the eclipse.

This eclipse is strongly associated with Uranus (technology and sudden, unexpected change), so we can expect innovations in technology, communications, computers and unexpected events taking all by surprise. Nothing can be certain with this eclipse except that it will bring great (intend beneficial) and possibly sudden change.

Mar. 21 - Apr. 20 Aries -- The first two weeks of August for late Aries (April 17-19) may have unexpected results arise from past actions that may need corrections. If you were born April 6 -9, you are still going through great shifts and transformations, which may be difficult for partnerships and marriages. Let go of what doesn't seem to work instead of trying to figure out the why. Let go of "the way it should be", "why can't you...", "I can MAKE it work" Regeneration cannot occur without a clean slate. Born the 1st to 4th—Mars and Sun give you the green light to tackle whatever you choose and succeed.

Apr. 21 - May 21 Taurus --This month brings support from Venus (siblings, family, and communications), Mercury (communication about creativity and pleasure) and Pluto in the 8th (legal affairs, large sums of money, inheritance). Be cautious about friends who may want you to go in odd or ambiguous directions – realize that this month there may be illusion or unknown factors involved. Friends do tend lately to be extreme in idealism and spirituality, delusion and escapism or they just seem unable to "get it together. Be kind, not judgmental.

May 22 - June 21 Gemini – The full moon of August 7th falls in your 9th house of learning, foreign travel and higher guidance. You may have strong desires to travel, write, or be more open in emotional communication. At the same time you could be feeling physically drained and, confused about the circumstances around you. Put into this mix a need to expand your influence on those around you, namely partnerships and those in the immediate environment, accompanied by obstacles, fuzzy thinking and wanting to go BIG. You've got engines on both ends of the train going in opposite directions. Think calm and centering this month. Forget hasty decisions or actions.

June 22 - July 22 Cancer – The August 21st eclipse along with Mars falls in your second house of finances, values and resources. Don't let discord with your spouse or partner be a cause of unwise spending for improvements you may not need at the moment. Venus in Cancer creates energy of largesse in areas concerning your home or immediate environment. However, consider the situation well before leaping into action. August could bring more responsibility at work or longer hours, but will pay off unexpectedly in a positive way. Make sure you spend some time near water this month even if it only a small fountain in the home. Water will soothe, energize and calm your mind.

July 23 - Aug. 24



Leo —The August 21st eclipse occurs in your sign of Leo. If your birthday falls between August 20th and 22nd, you are strongly affected by this eclipse. Weather beneficial, detrimental or both depends on other parts of your birth chart. It's a good time to consider what parts of your life may not have the light and vibrancy that you would want, and then to make intentions to bring those parts into greater balance. If you are born on the 21st, pay attention to clearing clutter and unused people, places or things that hinder or block your energies. Start living your life to the fullest and work on filling and fulfilling your bucket list. If you are having problems communicating with siblings, now is a good time to tell them you love them and let go of the past.

Aug. 24 - Sept. 22



Virgo –The Solar Eclipse of the 21st occurs in your 12th house of secrets and self-undoing. If you have secrets involving revenge or resentment they may come out in the open to heal – if not you may be pleasantly surprised to discover talents that greatly improve your well-being. Your social life should be fun, nurturing and sometimes too much of a good thing. Don't go overboard on spending for pleasure or when company arrives. Those born September 3rd to 7th still have Neptune opposing Sun and are still discovering who and what you really are or want to be. Patience and exploration of your many facets will take you to that new person you're becoming. "Don't push the River"-- ride the current and enjoy the scenery—you'll arrive just fine.

Sept. 23 - Oct. 23



Libra -- October 9th to 13th are strongly under the influence of the Jupiter square Pluto aspect exact in August. This aspect brings an energy of almost obsessive ambition to succeed. Try to also attain balance since going into projects or life events with such intensity can create opposition from others involved, leading to frustration and even more single-mindedness. The tendency is to push the agenda too hard in general. Do your best to approach any project or goal with BALANCE. The Solar Eclipse occurs in your 11th house of friends, networking and hopes dreams and wishes, so there may be a slow down or darkening of momentum toward your goals. Once the energies of this eclipse shakes out you can once again proceed but remember proceed with balance and consideration for others.

Oct. 24 - Nov. 22



Scorpio – Scorpios born the 18th to the 22nd of November will feel the greatest intensity from this Solar Eclipse. All the fixed signs (Taurus, Leo, Scorpio and Aquarius) will experience disruption and shake-up over the next year, however, Scorpio specializes in intensity. As the eclipse falls in your 10th house of career and public standing, this area is probably where you will experience the greatest change. The really good thing is that it is also trine Uranus in the house of work and health and Saturn in the house of finances. If you are involved in technological research, development or implementation of any sort, expect surprising breakthroughs. Travel or further education are also possibilities as Venus is trine your Sun from the 9th house.

Nov. 23 - Dec. 21



Sagittarius – Yes, Saturn is still in your 1st house and you may experience bouts of low energy off and on BUT, the August 21st eclipse is trine your Sun as is Mars (prominent in this eclipse structure) from the 9th house of long distance travel, education and spiritual guidance. This is also trine Uranus in your 5th house of love, children and creativity AND they are all trine to Saturn in Sagittarius. Meaning—you could have some well-supported breakthroughs in creativity or greater pleasure in life, along with an increase and stabilization in your finances. Pluto in the 2nd often tears down financial stability then turns around and grants more than taken if there has been little resistance to transformation.

Dec. 22 - Jan. 20



Capricorn – Capricorn born January 5th to 9th are absorbing the energies of the Jupiter square Pluto into the very nature of who they are – obsessive ambition, success at any cost, possibly bypassing established rules and regulations, flirting with those just outside the law, using other peoples' money for one's own ends – Or balanced transformation of force into personal power to work for the highest good in a framework of ethical values thereby attracting investors or those who believe in the end goal and support it with investment and heart. Someone from the past could step up to bring luck, opportunity and fortune to your plans. The assistance and support of others may bring sudden change to your home.

About Victoria...

The passion I have for Astrology began when I was twenty-four. I had been traveling in Europe for months and was becoming more and more curious about the letters my mom was sending me. They were waiting for



me in each city or town I went to and it was as if she had a spy following me. She seemed to know my every move. Then she started to give me advice about what was coming up and what to watch out for. Coming home, I was horrified to learn that both she and my dad (LT. Colonel in the Air Force) were involved in Astrology. I asked them how two well-educated and intelligent people could possibly believe a superstitious myth that was so lacking in any proof of its claims. My dad said he had no belief in it. It worked, so he used it, much like electricity – we don't believe in it, don't know exactly how it works, but are happy to turn on the lights with it.

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

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

You can get in touch with Victoria at 435-259-9417 or vfugit@ctv.net

Jan. 21 - Feb. 18



Aquarius – If you find yourself adding another brilliant idea or invention to the long list already tried, this may be your time to bring it to fruition or market. The stars are lining up to support innovative thinking, strategies for improving already useful technologies, projects having beneficial effects on multiple entities. Opportunities can come through networking, friendships turned into partnerships, dreams, intuition, daydreaming or unexpected meetings with older friend. Pay attention to dreams especially those that seem a bit scary. They are showing the way out of any rut you may be deepening.

Feb. 19 - Mar. 20



Pisces – The August 21st Solar Eclipse falls across the 6th to the 12th houses, emphasizing work and health. Pay attention to any heart irregularities. You may imagine that you are under- appreciated at work, but nothing could be further from the truth. The women and children in your life bring strength, stability and nurturance to you this month. Toward the end of the month they will require more patience and understanding and become a little erratic. There is also erratic energy around money this month especially in the last third of the month. Maintain boundaries quietly yet firmly.

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PET HAPPENINGS

Your Dog Needs Supplements Too

By Kaye DAVIS
owner of the Moab BARKery

Many people mistakenly believe that if they feed their dogs a commercial dog food that all the essential nutrients are there in the food, and as such they do not have to give any vitamins or other supplements to their dogs. After all, commercial dog food is supposed to be “complete and balanced”.

The fact is, sadly, commercial pet food is depleted of a lot of essential nutrients, either due to poor quality, or because of the way the food is being processed. As you know, many nutrients are unstable when exposed to air and/or heat, and can easily be destroyed during food processing. For example, digestive enzymes and vitamins can be destroyed by heat. When the food is cooked or processed to over 118°F, enzymes are destroyed. Fatty acids can become rancid. In addition, fatty acids in commercial food tend to be high in Omega-6’s and low in Omega-3’s.



Like humans, a dog’s diet needs vitamins and nutrients to help them live the most active, healthy life. Supplements ensure your dog lives a full, enriching lifestyle. Just as we humans take supplements to avoid disease and ensure good health, it is important that natural supplements are included as part of the dog’s daily dietary routine, don’t wait until your dog is sick before you give them supplements.

Factors such as your dog’s age, breed, activity level, environment and genetics will determine what types of supplements can and should be used for them. Dogs and humans alike need a balanced diet with proteins, carbohydrates, fats and water. In addition, supplements contingent on the size and predisposed medical conditions of your dog can help them live life to the fullest.

A larger breed dog has special health needs as their bones and joints undergo more stress than a smaller dog, requiring vitamins and nutrients to make up for what your dog is lacking from their daily food. Senior dogs with painful arthritis greatly benefit from nutrients to relieve inflammation and sore joints.

Puppies, overweight or inactive dogs, active and working dogs, pets under stress, pregnant or nursing dogs, pets on restricted diets, fighting illness, recovering from surgery, or on medication may all need additional nutrients. Certain breeds of dogs are prone to health issues and deficiencies and will need health supplements to lead a full and active life.

Nutritional dog food is the start to good health, but vitamins & minerals are also needed to let them live the most active lifestyle. As every pet is different, from weight, to size, to breed and activity level, so are the nutritional needs of your dog.

A food supplement can be used in addition to their regular diet. These supplements can help improve their health and energy levels and help them overcome disease or infections. When humans have a strong immune system we are better equipped to fight disease and the same can be said for your dog. Nupro All Natural Supplements have two food supplements; Nupro Supplement is a totally holistic product that provides your dog with the full range of vitamins, minerals, enzymes, amino acids, probiotics and essential omega fatty acids.

Nupro Joint and Immunity uses the All Natural Health Supplement as a base and adds glucosamine complex, MSM, especially for the active and/or senior animal to support normal joint structure, function and flexibility as well as Norwegian kelp, organic cold-milled whole ground flaxseed, nutritional yeast cultures, desiccated liver, amino acids and enzymes, garlic, calcium citrate, lecithin and Lactobacillus acidophilus to promote optimal overall health and well-being.



Further elevate the health of your pet with nutrient rich raw goat milk. Known as the universal milk the vitamins, minerals, electrolytes, trace elements, enzymes, protein and fatty acids in raw goat milk are easily absorbed by dogs. Primal Raw Goat Milk uses milk from free ranged goats that are ethically raised

without antibiotics or hormones and is appropriate for dogs of all ages; you can find it in our raw freezer. If you need something shelf stable the Honest Kitchen has instant goat milk with probiotic powder that can be pre-mixed or used as needed, great for digestive and immune health.

If you are feeding a kibble diet and know there are benefits of raw food, but do not want to deal with the handling or cost of switching your dog to a raw diet, you can simply enhance their diet. Steve’s Real Food line of supplements are freeze dried goat milk packed full of superfoods that are designed to alleviate specific health issues.



Steve’s Cannagurt enhancement takes raw goat milk and infuses it with cbd oil and hemp protein. Cannagurt is designed to help dogs with seizures, anxiety, pain, cancer, cognitive disorders and a suppressed appetite. Hemp protein is also high in omega-3; omega-6 fatty acids and high in fiber which helps prevent blood sugar spikes and maintains energy.

Steve’s DogNog takes raw goat milk and infuses it with whole freeze dried eggs; they then add turmeric and yucca to heighten the anti-inflammatory powers making it ideal for pets with mobility issues, allergies or inflammatory diseases such as IBD. It also supports the urinary tract by providing high levels of Vitamin C coming from yucca and cranberries, which makes it great for dogs or cats to add healthy nutrients that help with UTI and crystals barkery.

Carnaforage is Steve’s version of a super green smoothie, perfect for dogs with digestive issues. It is packed with a wide variety of greens that provide essential amino acids to ease the symptoms of IBD, diarrhea, and leaky gut. The raw goat milk is complimented with dandelion, milk thistle, cilantro and spirulina that strengthen and protect the liver from toxins, making it perfect for dog with a sensitive stomach, chronic indigestion, pancreatitis or GI tract inflammation.

Every owner wants to see their dog healthy and happy. When given the option, dog owners would want to help prevent their dog from having any type of pain, discomfort or nutritional deficiency and supplements are a great way to do just that. If you do a little research, consult with your veterinarian and know the ingredients in your dog’s food, you’ll be able to select the supplement(s) that will best fill the nutritional void in their diet and meet their health needs as well.



Humane Society of Moab Valley
435-259-4862 • www.moabpets.org

August 2017 Events

- Aug 5** - Cat Adoption Day at the Moab BARKery from 11am - 1pm
- Aug 12** - Dog Adoption Day at City Market from 10am - noon
- Aug 19** - Cat Adoption Day at the Moab BARKery from 11am - 1pm
- Aug 26** - Dog Adoption Day at City Market from 10am - noon

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

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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