Isaiah Flint, Mandy Brown and Bailey Nichols (left to right), of Moab, held up handmade worry dolls during Community Art Night on Tuesday, Aug. 14, at Seekhaven Family Crisis and Resource Center. Seekhaven partnered with the Moab Valley Multicultural Center (MVMC) to host the event and provide craft supplies. About 20 participants created worry dolls from yarn, wooden clothespins, pieces of fabric and hot glue and stories about the Guatemalan
origin of the worry dolls was shared. According to one legend, people whisper their worries to the doll before they go to sleep at night and then place the doll under their pillow. The doll is said to promote peaceful sleep by taking away a person’s nightmares and worries. [Photo by Murice D. Miller / Moab Sun News]