

The Springdale Sun

A local newspaper in Springdale, UT, September 16, 2025, Issue 11

Mission Statement: ***The Springdale Sun*** strives to inform, enlighten, illuminate, listen to, amuse, and encourage Springdale citizens, while also providing analysis, clarification, and an honest forum in order to increase the sense of community and well being in Springdale.

IN THIS ISSUE

Gratitude Again, page 1
Is Stress Always Bad?, page 2
Town Council Meeting Summary, page 2
As Promised, page 3
When Public Clamor and Open Discussion Succeed, page 4
Court of the Week, page 5
Never Bored in Springdale, page 6
Meetings, TC and PC, page 7
Book Review: *The Great Gatsby,* pages 7,8
Is Springdale Safe?, pages 8, 9

Chief cook and bottle washer: Elizabeth Cutler
Editing, Proofing: Lorette Bayle, Jim Cutler
Masthead Photograph: Patsy Chaffin

Gratitude Again

Gratitude is powerful. So many self help tasks are only effective when "done right." Affirmations will do no good if the whole time you're doing them, you're complaining about how dumb they are. Forcing mindful gratitude, making gratitude lists, etc. have a significant positive impact on mental health and happiness even if one grumbles while doing it.

I certainly don't want to force the issue, or increase any grumbling in town, but in a few months ***The Springdale Sun*** will be publishing gratitude lists, hopefully contributed by you. Just hit reply to any issue and share that for which you are grateful. You can do it multiple times. Lists of things for which people are grateful cannot be too long. (Well, they probably could but this won't be.)

I would encourage you to start now and maintain some kind of gratitude journal, even if done sporadically. It will have a *gratifying* effect on you personally. As individuals are uplifted, so goes the community.

I am typically not a fan of anonymous contributions but, for something like this, if you prefer to remain anonymous, no problem.

I'll start with this one: I am grateful for Debi Keys (whom I do not know personally) and her article in a recent issue about gratitude which started me going down this gratitude path — again.

Every few years, it seems, something happens, sometimes awful, sometimes lovely, and I get re-motivated to inject life into a gratitude journal which I had been neglecting — again.

Gratitude journals don't judge. They wait patiently for any contribution and help your emotional health journey a drop at a time, maybe even with a gusher now and then. The small amount of time spent doing this has absolutely no downside.

So as you contribute to your well being by gratitude journaling, you get to contribute to ***The Springdale Sun***, and to the well being of our entire community.

TSS would be so grateful.

Is Stress Always Bad?

by Debi Keys

🌿 Can Stress Be Good for You?

When most of us think of stress, we imagine headaches, sleepless nights, and racing thoughts. But here's the truth—**not all stress is bad**. In fact, short bursts of stress can be good for you!

That "fight or flight" response is what helps you meet deadlines, perform well under pressure, and even push through a tough workout. This kind of stress can sharpen your focus, boost your energy, and motivate you to get things done.

The problem comes when stress doesn't let up. Chronic stress puts your body on high alert 24/7, leading to health challenges like high blood pressure, high cholesterol, weight gain, and burnout.

So, how do you keep stress in the "good" zone? Try these simple strategies:

💡 **5 Ways to Tame Harmful Stress**

1. **Breathe with Intention** – Just 5 deep breaths can calm your nervous system.
2. **Move Daily** – Gentle walks, stretching, or dance breaks release stress and boost endorphins.
3. **Limit the Scroll** – Take a social media break. Your mind will thank you.
4. **Stay Connected** – A quick chat with a friend can ease tension and lift your mood.
5. **Fuel Your Body Right** – Nutrition plays a huge role in how you handle stress.

Remember, not all stress is bad—but letting it run your life is. By adding simple daily habits, a little self-care, and smart tools, you can turn stress into strength instead of struggle.

Here's to being a calmer, healthier, and happier you!

Town Council Meeting Summary

Wednesday, September 10, 2025, the Town Council discussed whether to revoke the business license of Philip Heaton. They were persuaded by the many who spoke to Mr. Heaton's character, his lack of intent to err on his taxes and his immediate response to the accusation of so doing by immediately paying all back taxes and penalties, etc. They decided not to pursue the issue any further.

They also discussed the need to define what constitutes removal of a building, an issue brought up by extensive removal of rot at a remodel project at 517 Watchman Dr. The definition of "removal" of a building was referred to Planning Commission and the project was allowed to continue.

The Springdale Town Council Adopted the Updated Corridor Management Plan for the Zion Scenic Byway. This corridor management plan's purpose is to ensure SR 9's sustainable future.

In discussion as to whether to go ahead with Switchpoint Community Resource to begin taking steps to develop the parcel at the end of Trapper Circle with Multi-Family Workforce housing, the decision was made to learn more about Switchpoint before proceeding.

Fireworks were banned until Jan 15, 2026 and open fires banned until October 15, 2025.

Q: Why can't Congress ever be vegan?
A: Because all the turkeys playing chicken in a beef over pork is pretty fishy.

September is suicide prevention month. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

As Promised

Recap
-Issue 9: Introduced 10 reasons to question whether Town Council can always be trusted to act in Springdale's best interest.
-Issue 10: Took a closer look at the first of those reasons—the workforce housing overlay zone change.
-Issue 11 (this issue): Examines the second item on that list: the land-swap proposal for a medical clinic, which many felt threatened too much of Springdale's character.
Too much detail risks losing the reader; too little makes the effort meaningless. TSS is aiming here for the right balance.

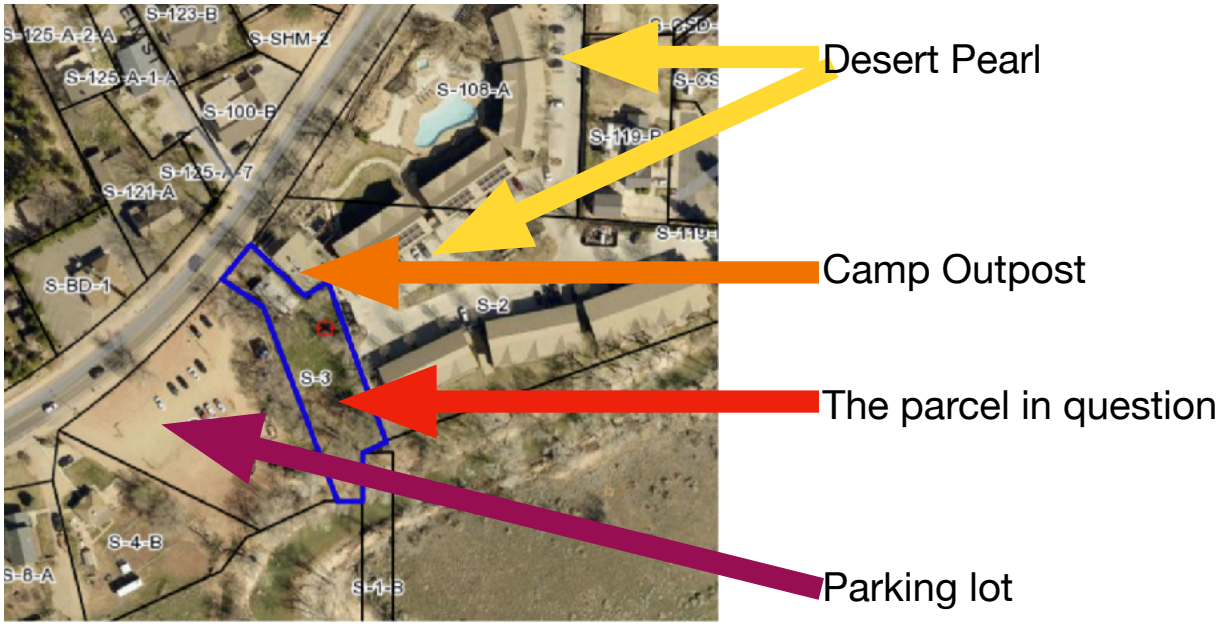
When Helen and Mike McMahon prepared to retire from running their medical clinic in Springdale, the community grew concerned—after all, having a clinic in town is not a luxury, it's convenient, beneficial, and valuable. The Mayor connected with FamilyHealth, an organization willing to take over operations. However, the small building near Town Hall was deemed inadequate, and attention turned to a parcel of land on SR-9 owned by Mike Marriott. The Town offered to grant him increased development density on other properties if he donated that land for a new clinic.

Many residents strongly opposed the arrangement. They argued that the Town was giving up far more than it was gaining. The old clinic building could still be used; the deal was entangled with earlier settlements; the proposed site—a narrow strip of land with limited SR-9 access that occasionally clogs with traffic to Zion National Park—might not even work well for a clinic. Additionally, 1) the Town would shoulder construction costs, 2) alternative sites were never fully explored, and 3) the increased density threatened Springdale's small-village character.

To read what Planning Commission was told, go to page 3 of:
<https://www.springdaletown.com/AgendaCenter/ViewFile/Item/1541?fileID=6887>

The following is a brief summary of what you would read there and basically skippable:

Zion Park Land proposes transferring parcel S-3 to Springdale for a future medical clinic and building up to four employee housing units on parcel S-15-A-1-A. In exchange, they seek to shift S-3's seven development units to S-15-A-1-A for transient lodging, transfer up to six unused Holiday Inn Express units, and develop a clubhouse with up to 22 units plus amenities. The agreement would also amend the 2010 settlement to allow flexible development on Parcel 3, clarify permeable paver use, and permit a pedestrian bridge. If the Town does not build a clinic on S-3 within ten years, Zion Park Land could repurchase it. Staff finds the proposed density increase on Parcel 3 (from 17 to 34 units) within code limits and proportionate to public benefits. The proposal supports healthcare access and employee housing but may impact Springdale's character with added traffic and activity. The Commission must weigh these tradeoffs and advise Town Council on approval.



When Public Clamor and Open Discussion Succeed

a case study by Dean Elger

In March of 2023 there was a contentious Town Council meeting where public clamor and open debate prevailed in deciding to expand the pickle ball courts in the Town Park. The discussion that night started by Ryan Gubler explaining the research that was done to back up the need for additional courts. The proposal was to replace the tennis court with two additional pickleball courts. Suzanne Elger made a motion to move forward with The project and Jack Burns seconded the motion. Very little discussion was had when Lisa Zumpf called the question, effectively stopping discussion and forcing a vote. The motion failed 3-2. Zumpf, Aton, and Bruno opposed, Elger and Burns in support.

Not being daunted, Elger and Burns said the item still needed to be discussed. There were many people in attendance in support of the project and many more sent in letters of support.

(From the Minutes):

Mr. Burns said the people attending meetings were asking for a decision to solve the pickleball issue. He was concerned the Council was not listening to this majority given only a small minority of people were playing tennis. There was an idle tennis court, and pickleball was running rampant locally and beyond. The community of pickleball players had been playing for eight years. Ms. Elger said the Council was not listening to them or giving them what they asked for which was an improved pickleball court system to support the growing number of players.

• Mr. Aton understood data would show more people played pickleball. His point was to be sure the Council served both the majority and minority communities. Council members should be Cautious not to make decisions based on "public clamor"

"Public clamor" — this is often the excuse that council members use to ignore public support and input. The phrase itself is usually received in a negative manner.

(Also from the minutes):

Mr. Burns felt the Council had a responsibility to listen to those who took the time to attend meetings, write letters, and voice their desires. Ms. Elger understood the Council could not please everyone. The pickleball group had been patient for eight years, and she suggested it was time for the tennis players to be patient.

Mr. Aton said this was the type of discussion that should have taken place before the motion and vote.

He acknowledged he had flipped back and forth on the topic. Mayor Bruno said she had done the same.

• Mr. Burns felt the data and input showed there was an active, growing pickleball community and a dwindling tennis community which should inform the decision. If the interest was there, there was an opportunity to add more courts at the proposed recreation center facility.

Motion made by Suzanne Elger to replace the tennis court with two new pickleball courts as described in the quote for $41,225.00 from Stilson's Pickleball and Tennis Courts and Big T Recreation. Seconded by Jack Burns.

Aton: Aye
Zumpft: No
Bruno: Aye
Elger: Aye
Burns: Aye

That decision, while being initially voted down before transparently discussing the issue in front of the public, passed and the project was completed on time and on budget. And today there are approximately 30 people who use the courts on a regular basis, some 4-5 times a week and who collected approximately $8,000 to provide covered benches.

Springdale gets to boast about having one of the 10 best places to play in the nation per this month's issue of Pickleball magazine (with over 100,000 subscribers) and was the Court of the week in the Pickleball Clinic newsletter with over 100,000 followers on Facebook. (see next page for Pickleball Clinic Newsletter's write up.)

Court of the Week

"We know you like pickleball, but do you like natural beauty? What about national parks? If so, then it won't get much better than playing on the pickleball courts of Springdale Community Park, right next to Zion National Park in Springdale, Utah.
Evidently, the giant red rock cliffs surrounding the courts glow in the sunlight and echo the sounds of the ball. So try not to get distracted by the truly awesome surroundings of these four public courts. But if you do, we'll forgive you."









Who's that woman standing in the middle of the pickle ball court?
Annette



Like the dog walkers highlighted last week, these intrepid pickle ballers are another homegrown community within a community.

(Thank you to Robyn Chancy and Suzette Benson for the pictures.)

Never Bored in Springdale

SPRINGDALE LIBRARY PROGRAMS IN SEPTEMBER: ["If you don't like to read, you haven't found the right book." -JK Rowling}

Story Time - Every Wednesday @ 10:30AM
Tween Book Club - Fourth Wednesday @ 4:00PM, Sept. 24, **The Bluest Sky**, by C. D. Gonzalez
Adult Craft Night - Fourth Thursday @ 5:00PM, Sept. 25, Paint Night, free, but register at 435 772 3676

To access the Town's September newsletter with lots of information about Town happenings: <https://www.springdaletown.com/ArchiveCenter/ViewFile/Item/217> (copy & paste) Link to the town's community events calendar: <https://www.springdaletown.com/calendar.aspx?CID=23>

Añu Restaurant at Hotel De Novo in Springdale is now offering locals a 10% discount. Still pricey, but beats a sharp stick in the eye and the food is pretty awesome.

The **Kayenta trail** is closed for the month of September for trail maintenance.

September 16 Tuesday
Mel Soul – Zion Canyon Brew Pub – 4:00 Free

Karaoke September 18
At the Bumbleverry Theater Thursday, 6 - 9 pm. Admission is free. Come join your neighbors and have some fun. You don't have to sing if you don't want to. You can sit and enjoy or order food and/or drinks from Porters or the bakery.

September 18
Free Emergency Preparedness Fair**,** family friendly, this Thursday, 4-6 pm, town ball field. There'll be food trucks.

September 19 Friday
Charlie Olgrady – Zion Canyon Brew Pub – 4:00 Free

September 22 Monday
G & T + Kira - St. George, UT - Classic Rock, Hits, R&B - Bit N Spur 6:00 Free

September 23 Tuesday
Mark Boggs – Zion Canyon Brew Pub – 4:00 Free

Community Development is providing a:
TWO-CENT STROLL
on Wednesday, **Sept. 24th**
when all residents can come and give their opinion about all things in which Community Development is involved, like planning and zoning. Meet at **9 am** at the **Town Hall** for a walking meeting where all will head to the Town Plaza, and then off to historical sites like the irrigation ditch, jail, and pioneer cemetery, talking as they go and ending back at Town Hall. All are welcome to join and comment, question, congratulate and commiserate! Now is your chance to give them your two-cent's worth.



September 25 Thursday
Karaoke - Bumbleberry 6:00 to 9:00pm Free

September 26 Friday
Z-Arts Artist Talk/Reception for Lanell Dike and Liz Byer- Canyon Community Center 4:00 to 6:00 Free

September 26 & 27
Bit n Spur Zion Canyon Music Festival If you are a resident or worker of Springdale including ZNP, you can get a free Friday night ticket to the Music festival. Go to the front desk at the Springdale Town Office to redeem your ticket. Bring proof of residence or employment.

September 27 Saturday
Charlie Olgrady – Zion Canyon Brew Pub – 4:00 Free

September 29
Groovonix - St. George, UT - Classic Rock, 80s, Hits - Bit N Spur 6:00 Free. Charlie Olgrady – Zion Canyon Brew Pub – 4:00 Free

Z-Arts
Zion Canyon Arts and Crafts Fair will be back Friday, Nov. 28, 2025 from 10 am to 6:30 pm. when we transform the CCC into a delightful artisan market filled with creative wares made by our talented local artists!

Meetings, TC Special and PC Regular

There is a special Town Council meeting today, September 16, at 10 am to discuss a possible partnership with Switchpoint Community Resources to develop Parcel S-100-C as multi-family residential rental housing targeted to Springdale workforce.

Tomorrow, September 17 at 5 pm is a regular meeting of the Planning Commission to wrap up their discussion of portable signs, to start discussions relating to the repair and refurbishment of noncomplying buildings, and an update to the Planning Commission on the progress being made by the Virgin River Management Plan implementation subcommittee.



The Great Gatsby by F. Scott Fitzgerald

a book review by Dan Mabbutt

Never having read any Fitzgerald, I gave myself a quick biographical tour. His life was a sad Greek tragedy, and a poor introduction to a book that so many have called The Great American Novel. With Fitzgerald's life in mind, turning to the first page seemed like walking through the door to a play that had commanded a high ticket price but then only achieved dismal reviews.

It wasn't bad! Perhaps the reviews were wrong.

The book is a consummate, unapologetic plagiarism of Fitzgerald's real life. The characters are real people with only the names changed. Fitzgerald was one of them. Many dramatic events are real. The locations are real locations with new names. Reviews of the book quote Daisy/Zelda from a real letter that Zelda, his real-life wife, wrote about their own daughter when she was born, "I'm glad it's a girl. And I hope she'll be a fool — that's the best thing a girl can be in this world, a beautiful little fool." It's a great quote. But I wonder if people in 1925 knew he was just copying life? The 1925 *Time Magazine* review didn't seem to know. It was short, caustic, and got at least one detail wrong. The critic might not have read the book.

After only a few pages, a controversial racist book written by a man named "Goddard" prompts a discussion among the characters. "Goddard" was a real person who wrote a book with the same title used in the novel just five years earlier, but his real name was "Stoddard". It's a typical example of the whole book. You can learn a lot about what was happening in 1925 by reading this book.

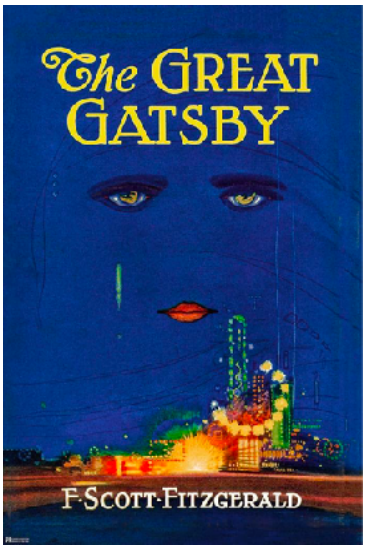
Some people are attracted to *The Great Gatsby* by the mysterious symbolism found throughout the book.



The "eyes of TJ Eckleburg" is actually an optician advertisement in the "valley of ashes". I decided that it is Fitzgerald's stand-in for a watchful, but impotent God.

The "green light" at the end of Tom and Daisy's boat dock is probably the most symbolic element of the book, even though it's only repeated three times – at the beginning, middle, and end of the book. It helps to understand the book's foundation to know that the light represents unreachable desire.

Compared to his first two books, *The Great Gatsby* was not the success he needed to maintain the lifestyle of Zelda, who married him primarily because his first novel did sell so well. But after a pause due to Fitzgerald's personal implosion at the end of his life, it has steadily gained in stature. The book now lives in the Valhalla of Great Books. It's worth asking how it achieved such a triumph.



The success that *The Great Gatsby* was able to achieve is probably due to three things.

The first is one of the greatest book covers ever created. It made people pick up the book up and look at it. A Spanish graphic designer

(cont'd on next page)

named Francis Cugat painted it. People stop and stare when they first see it. I did. This one painting kept Cugat from being an unknown today.

Once hooked, enough people in 1925 read the book to encourage Fitzgerald. The writing style is clever and engaging. But a lot of books have that quality. This one gave the readers a sensual kick of the new age of hedonism, combined with a covering moralistic guilt so they can really enjoy it. There is even a whiff of homosexuality like faded old cigarette smoke. The first-person narrator, Nick, tosses off a statement as though it's obvious, "Dishonesty in a woman is a thing you never blame deeply." A few paragraphs further on, Nick calls himself one of the few honest people.

Hypocrisy was the American way in 1925. Alcohol was prohibited from 1920 to 1933, yet drinking is the main activity of most of the characters, most of the time. Fitzgerald died from alcoholism when he was only 44.

After detailing the outrageous wealth of Gatsby, the book turned 'soap opera' so quickly that it caught me by surprise. In one chapter, Gatsby is touring room after room after room in his fabulous palace. In the next, Gatsby is sniping with Tom, the husband of the wife that Gatsby covets, in a hot hotel room. (No air conditioning in 1925. Who knew?) As the world turned, and the edge of night grew near, Gatsby learned he had only one life to live.

The book's most gripping feature was the voyeurism of watching the idle rich rise and fall. It filled an aching hole in the lives of the many who were not rich.

These features kept the book in print while a new reputation as an important and historic picture of a fascinating age emerged. Today, that has created a wholly new and delightful property. I have long believed that reading a book with the Internet – the hive mind of our species – as a reading companion is the very best way to do it.

When I read a book, a thousand questions pop into mind. Any question can be answered by the Internet. Especially since colleges have started to require papers about the book from students whose minds are elsewhere, there are a dozen web pages that list and describe all the characters and explain any obscure phrase. Do you want to know why the philosopher Kant would stare at a church steeple? The Internet has the answer. Curious about the "secret of Castle Rackrent"? It's in a book that was popular at the time, and the Internet will tell you all about it.

Readers today see the roaring 20's through a kaleidoscopic lens created by The Great Gatsby. But it's like seeing famine victims on television. We read it and we think we understand.

But it's a great read anyway.

Postscript:
I didn't see it even mentioned in any of the dozens of web pages devoted to Fitzgerald, but his tombstone reveals an interesting detail. I always wondered why he styled himself as "**F.**" Scott Fitzgerald. His tombstone has it as "Francis Scott Key Fitzgerald". The "Find a Grave" website states that he was a distant cousin, but it doesn't say anything about why he changed it.

SPRINGDALE AUGUST 2025 STATS			
CITATIONS		ARRESTS	
Speed	35	Speed - School Zone	3
Driver License Never Obtained	4	Drug Possession	1
Registration-Failed to/Expired	2	Paraphernalia Possession	1
Follow Too Close	2	Warrant	3
Improper Pass - No Pass Zone	4	Public Intoxication	1
Insurance - No Proof Of	4	Disorderly - Fight, Violent, Threaten	1
Drive Across Median or Divider	1	Operate Vehicle w/o License/Registration	1
Windshield - Reduced Visibility	1		
Improper Pass - On Right	1		
TOTAL CITATIONS	54	TOTAL ARRESTS	11
WARNING ON CITES	9		

SPRINGDALE INCIDENTS

NATURE	SPRINGDALE		
911 Hang Up	2	Overdose	0
Abandoned Vehicle	0	Panic Alarm	0
Agency Assist	16	Paraphernalia	0
Alcohol Offense	0	Park Security Check	50
Animal Bite	0	Parking Problem	10
Animal Emergency	1	PD Accident	4
Animal Problem	8	Person Down	0
Assault	0	PI Accident	0
Attempt to Locate	4	Property Damage	0
Attended Death	0	Protective Order Violation	0
Bike Patrol	0	Prowler	0
Brush Fire	0	Psychiatric	0
Business Alarm	3	Public Urination	0
Business Burglary	0	Residence Burglary	0
Business Checks	29	Resident Vacation Check	15
Camping Problem	5	Residential Alarm	0
Child Abuse Neglect	0	Retail Theft	0
Choking	0	School Zone Enforcement	24
Citizen Assist	6	Sex Offender Registry	2
Citizen Contact	9	Sex Offense	0
Citizen Dispute	0	Stalking	0
Civil	1	Structure Fire	1
Community Oriented Policing	3	Suicidal	0
Construction Site Checks	0	Suspicious Other	1
Counterfeiting	0	Suspicious Person	1
Criminal Mischief	1	Suspicious Vehicle	6
Crosswalk Enforcement	21	Telematic Alarm	0
Curfew	0	Telephone Harassment	1
Disorderly	0	Theft	0
Drugs	1	Threatening	0
DUI	0	Traffic Hazard	5
DV Assault	0	Traffic Offense	3
DV Criminal Mischief	0	Traffic Stop Warning	41
DV Unlawful Detention	0	Traumatic	0
Evading	0	Trespassing	2
Extra Patrol	118	Unattended Death	0
Family Fight	0	Unconcious	0
Felony Theft	0	Unsecured Premise	0
Fire	1	Utility Problem	0
Fireworks	0	Vagrancy	1
Follow up	8	Vehicle Fire	0
Found Property	18	Vehicle Theft	0
Fraud	1	VIN Inspection	0
Gas Theft	0	Wanted Person	1
Graffiti	0	Weapon Offense	0
Harassment	1	Welfare Check	5
Hit and Run	2	Wildlife/Poaching	0
Hitchhiking	0		0
Illegal Burning	0		0
Impound	0		0
Intoxication	0		0
Jail Release	0		0
Juvenile Problem	0		0
Keep the Peace	0		0
Lewdness	0		0
Littering	0		0
Lockout	5		0
Lost Property	3		0
Medical Assist	2		0
Missing Person	1		0
Motorist Assist	3		0
Noise Complaint	1		0
Nuisance	0		0
Other	0		0

TOTAL SPRINGDALE INCIDENTS **447**