

The Springdale Sun

A local newspaper in Springdale, UT,

September 30, 2025, Issue 13

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.

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Springdale Community Forum Created

As Springdale approaches the 2025 municipal elections, a group of residents has come together to create the Springdale Community Forum—a volunteer, nonpartisan organization dedicated to fostering fair and open civic dialogue.

The idea grew from a simple observation: while elections are vital to democracy, opportunities for constructive, community-wide conversations are often limited. Candidates and voters alike benefit from a space where questions can be asked, ideas shared, and differences discussed respectfully.

The forum is not affiliated with any political party, candidate, or advocacy group. It is organized by volunteers who share a common goal: ensuring residents have access to reliable information and a welcoming environment to engage with the issues that matter most.

Planned activities for the 2025 election season include a moderated Meet the Candidates Night on October 16 from 6:00–8:30 p.m. at the Canyon Community Center.

Residents may submit questions for the candidates at springdalecommunityforum@gmail.com. Organizers emphasize that fairness and transparency will guide every step of the process.

In a town as close-knit as Springdale, organizers believe that creating a respectful space for civic dialogue is one of the best ways to strengthen community ties.

The forum welcomes participation from all residents. Those interested in volunteering, submitting questions, or attending events are encouraged to get involved. For updates, follow the Springdale Community Forum Facebook page.

In the months ahead, organizers hope the forum will serve as a model of what happens when neighbors come together in the spirit of democracy—not as opponents, but as community members working toward a shared future.

MEET THE CANDIDATES

FOR MAYOR AND TOWN COUNCIL

Hosted by the Springdale Community Forum

THURSDAY, OCTOBER 16TH, 6PM-8:30PM

CANYON COMMUNITY CENTER
126 LION BLVD., SPRINGDALE, UT

- **COMMUNITY-DRIVEN QUESTIONS****
- **RESPECTFUL, NON-PARTISAN SETTING**
- **INDEPENDENT MODERATOR-LED PROGRAM**

BE INFORMED.
BE ENGAGED.
VOTE.

Listen to your candidates express their positions and discuss issues important to Springdale.

****Submit candidate questions to**

springdalecommunityforum@gmail.com

The Springdale Community Forum is a volunteer, nonpartisan group created to provide an open space for civic dialogue during the 2025 town election cycle. The goal is to provide residents with the opportunity to hear directly from candidates and discuss key community issues.

As Promised - by Elizabeth Cutler

Recap:

Issue 9: Article about potential reasons to not always trust Town Council's ability to do what is best for Springdale, giving ten reasons for that uncertainty

Issue 10: addressed in more detail the first of those ten reasons: the workforce housing overlay zone change

Issue 11, addressed item 2: The land-swap proposal for a medical clinic

Issue 12, addressed items 5, 6, and 7 (skipping 3 and 4 for now). These three items all have to do with the George A. Barker Springdale River Park.

Issue 13, this one, addressing item 9: transparency.

"The only issues that can be discussed in a closed meeting are (1) specific personnel discussions, (2) discussions regarding security personnel, devices or systems, (3) pending or imminent litigation, and (4) strategy sessions to discuss the purchase, exchange, lease, or sale of real property. It should be noted that the decision to close a meeting to the public is always discretionary and not mandatory. The law does not require any meeting to be closed." (by Barbara Bruno)

Some causes for concern about transparency include but are not limited to the following:

The town does discuss the aforementioned things in closed meetings but could choose to be more transparent about them. The town recently lost a lawsuit about which we know nothing. TSS would appreciate more information in these cases.

More transparency concerning the 1.4 million dollar land purchase is desirable. Was it purchased knowing it was going to have to be paid for by floating a bond? A bond is just a clever way of taking out a loan which must be paid back with interest so it's hard to say how much that land will end up costing the town. There are probably estimates about the projected actual cost which are not easily available, if at all.

The Government Records and Management Act (GRAMA) is Utah's version of the FOIA. Anything that can be gotten with a GRAMA request can be made available without having to go through that process if the agency in question is willing. Every month TSS has to make a GRAMA request for the police information it publishes. It would be appreciated if transparency were simpler. Other requests have had to be made for information the Town could just provide without requiring a formal request.

Did you know the Town Council made an exhaustive request from the USPS for a new Post Office? A GRAMA request was necessary to access that request the details of which did not always accord with reality.

Having said that, Town Staff does an excellent job with the GRAMA request process. It's simple, responded to quickly, and, so far, free.

There are places where the Town is probably aware they are not being totally transparent, but other situations where it just sort of happens. I expect, since they publish budget reports responsibly and regularly, they feel they are being transparent about the town's finances. Really understanding those budgets is extremely challenging. With some effort, those could be made more citizen friendly — transparency without having to elbow grease away the film.

The Town stated (as was reported last issue) that funding is being sought for the Barker River Park expansion. What does that look like? Sought from where? Will the town have to put up matching funds? Just how much will it cost and how much might get funded and how much can the town afford (without floating a loan)? I think the Town Council probably knows the transparency on this is murky at best.

The evolution of what is now the new Town Plaza is a bit unclear. Was the reason we ultimately could not build the historical center because the town neglected to get the agreement in writing that the center could use the next door hotel's parking lot? We do have $400,000 bathrooms on a charmingly done little parcel with tourist amenities. One citizen told TSS that the there was a potential to get it paid for by a developer but it was never initiated. I know the Town Council was sincere in its efforts to provide a truly wonderful historical center and was faced with one challenge after another. TSS wishes it could provide greater certainty in these details.

As Mayor Bruno stated in her September town newsletter article, the transparency we do enjoy is mandated by law.

A vulture boards a plane carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."

Jack Burns as Artist

Jack Burns: When the Land Speaks Through Paint

There's a hush that comes just after sunrise in Springdale, Utah—when the air is still crisp, and light is just beginning to creep up canyon walls. It is in those moments that **Jack Burns** steps into his studio or walks toward the cliffs with his paints and brushes, ready to translate the landscape that has become his voice.

Early Years & Path to Springdale

Jack Burns was born in Minnesota, far from the red rock canyons he now calls home. As a younger man, he lived in Tucson, Arizona, where his work first found a place in a gallery. Then in 1982, he came to Springdale with a seasonal job at Zion Lodge. A year later, he joined the National Park Service as a park ranger. Over time, that role would solidify into a nearly four-decade connection to Zion—serving, observing, living the patterns of its seasons and people.

Jack Burns Fine Art

The land around Zion changed him. Not instantly, but gradually. The light in the canyons. The sweep of storms. The play of shadow on slickrock. He began painting not just what he saw, but what he felt.

Art, Style, and the Creative Process

Jack paints landscapes of the American Southwest. His style walks a line between realism and abstraction: capturing recognizable terrain—canyons, rock faces, sky—but in a way that emphasizes mood, contour, color, and the intangible sense of place. He speaks about letting a painting pull itself in the direction it wants to go. When that happens, he believes, the spirit of the artwork reveals itself.



His materials are traditional—oil on canvas—yet his sense of vision is always alive to the surprise in a shifting sunset, the storm-cloud gathering in Kolob Canyon, or the way light skims off a slick rock in midday. He travels often: remote roads, backroads, sometimes setting off into quiet corners of Utah, Arizona, and Nevada, seeking solitude—or the unexpected interruption of light or weather that becomes a painting.

A Life Between Two Worlds: Ranger & Artist

For thirty-six years, Jack worked as a park ranger with the National Park Service. In that job he was a guardian of the land, a guide for visitors, a witness to both the grandeur and fragility of Zion. That role shaped him in ways art alone could not. It forced patience, observation, respect for natural limits, for weather, for seasons. He learned what it means to follow a trail, to wait for the light, and sometimes, to yield to the chance that a moment might not come—as a ranger, you see not just beauty but change, erosion, the effects of people, of climate, of time.

In retiring from the service, Jack did not leave behind his love for Zion; instead, he turned full attention to making art. His ranger-history continues to inform his paintings—not just in subject matter but in discipline, awareness, restraint, in knowing when to push color, when to hold back, when to let abstraction creep into realism.

Role in Springdale & Community

Jack isn't just an artist in Springdale; he's part of the fabric. He lives there, paints the views from his own backyard, exhibits in local galleries (Worthington Gallery among them), and opens his studio by appointment.

His work is collected in the U.S. and Europe—private collections, people who travel to Zion, and people who write letters saying how a particular painting made them feel grounded, or like they experienced something of the desert even if they'd never been there. For many, his paintings evoke more than landscape—they evoke memory, longing, peace.

Moments that Matter

There are certain pieces Jack has painted that seem to capture more than rock and sky—they capture time. For example:

- *End of Day – Tropic, Utah* — a painting sized 24" x 36", where the last light spills over mesas and sage, softening everything, turning jagged edges into a golden warmth.
- *In the Light – Zion* — larger scale, bold color, the contrast between glowing cliff and deep canyon shadow. This piece seems to hold both awe and stillness.

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These works reflect Jack's persistent effort to balance the visible and the invisible: what you see, and what you sense.

Challenges & Inspirations

Working where the land is so dramatic comes with its difficulties. Weather can change quickly. Trails can be remote. Light windows are brief. To paint Zion means contending with crowds, with the echoes of tourism, with both preserving access and preserving wilderness. Jack's background with the National Park Service means he carries within him an awareness of the thin balance between sharing beauty and overusing it.

Artistically, there is the challenge of staying fresh. To keep pushing beyond the postcard-version of Utah that sells. To find new angles, new compositions, to keep seeing when you've already seen so much. As an artist, he seems driven less by novelty and more by depth: revisiting places, reimagining them, trying out color relationships, sometimes letting a painting wander off in unexpected ways.

Reflection & Legacy

Jack Burns has lived a life of dual service—to the land—as ranger, and to the inner world—as painter. For visitors to Zion, for the people of Springdale, for those who collect his paintings, his art offers more than sunlight on sandstone; it offers connection. A reminder that in stone and sky, in long shadows and soft dawns, there is still something wild, something that asks us to slow down.

His paintings are not just images—they are invitations: to pause, to breathe in, to notice how color shifts in the canyon, how light plays on faces and cliffs, how silence in landscapes can feel loud.

If there's one thing Jack seems to want, it's that people leave his art with something they didn't have before: a moment recognized, a memory stirred, or a longing for quiet places. He paints not just what he sees, but what he hopes others might feel.

(Generated by AI and reprinted with permission from Jack Burns. The painting on the masthead is by Jack and entitled *In the Light - Zion* and can be seen at Worthington Gallery.)

Letter to the Editor

Appeal From Your Neighbor

I'm reading the tragic news on Sunday afternoon about someone who attacked an LDS Church in Michigan. I could have been a victim if that had happened here. My friends and neighbors could have been victims. I can't imagine the grief overtaking Michigan families and friends. The attack in Michigan took place at about 10:30. At 10:30 here in Springdale, I was singing with the choir during sacrament meeting. I'm guessing that the attacker in Michigan picked the same time there to maximize LDS casualties.

The thing is, I'm not LDS. I just like to sing in the choir and spend time with my friends and neighbors. I've been in different choirs all my life. I have performed music that is sacred to Catholics in other choirs. "Ave Maria" is one of my favorites. For me, beautiful music is beautiful music. I was invited to be part of the LDS Virgin River choir, and I've been doing it for years. If the attack had taken place here, at least one victim might not have been an intended target.

Just a few days earlier In Dallas, someone decided to shoot at an ICE office. The only people he hit were detained by ICE and were not ICE agents.

Violence has become an epidemic, especially in America. I could quote statistics, but you've heard it before. It doesn't become real for many people until it becomes personal. Violence isn't the answer. Don't make it personal. It doesn't work.

From Dan Mabbutt

The road around Toquerville has been completed for about 3 weeks now. It's awesome. If you're headed to St. George, that's the way to go.

Never Bored in Springdale

SPRINGDALE LIBRARY PROGRAMS IN OCTOBER: ["Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read." Groucho Marx]
Story Time - Every Wednesday @ 10:30AM

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>

Aug 25 - Oct 14, Discounted registration for the Butch Cassidy 10k/5k. Register here: < https://www.raceentry.com/races/butch-cassidy-10k-5k-/2025/register>

Sept 22 - Oct 24
Gallery Exhibition. See "Still Processing", page 8

Oct 1 - Nov 8, 10 am - 7 pm
Plein Air Art Invitational, First Look for artwork at Worthington Gallery. https://www.zionpark.org/pages/artinvitational https://www.zionpark.org/pages/artinvitational#eventschedule

Sept 30, Tuesday, 4 pm Zion Canyon Brew Pub
Austin Mariano, Free

Oct 1, **Wednesday**, 10:30 am, library
Story time for tots

Oct 2, Thursday, 7 pm, CCC
California Condor Presentation. Pete Gorzalski tells everything you wanted to know about Condors in ZNP and surrounding areas: their history, their challenges, etc. Free, See page 7

Oct 3, Friday, 4 pm, CCC
Z arts, Art Talk (4-5pm) & Reception Free, (5-6pm) see Art Talk & Reception, see page 9

Oct 3, Friday, 4 pm, Zion Canyon Brew Pub
Mark Boggs, Free

Oct 6, Monday, 3-5:30 pm with Yayoi Kusama Open Studio Sessions, see Make Art/Live to be 100, page 10

Oct 6, Monday, 1pm, Pickleball courts, Lion Bl. Calling all maybe, beginner, kinda, sorta, considering possibly becoming one of the pickleballers! Coaches, balls, paddles provided. Just bring your shy, comfy-sneakered self and water. Text 803 215 9966 if coming. See page 8

Oct 6, Monday, 5 pm, Bit 'n Spur Cantina Farmers Market and Bazaar

Oct 6, Monday, 6 pm, Bit 'n Spur
Juniper's Garden, Psychedelic Folk, Groove, Free

Oct. 6-7, Monday, Tuesday, nighttime, sky
Harvest "Super" moon

Oct 7, Tuesday, 4 pm, Zion Canyon Brew Pub
Dylan Gavin, Free

Oct 8, **Wednesday,** 11:30 am, library
Adult Book Club, discussing The Last of the Mohicans by J. F. Cooper

Oct 10, Friday, 4 pm, Zion Canyon Brew Pub
Shangalu, Free

Oct 11, **Saturday,** 1-5 pm, CCC
Needle Felting Funky Chicken workshop with Sue Kenaston, see Tickets: https://tinyurl.com/funkychickenworkshop or page 10

Oct 13, **Monday,** 3-5:30 pm, with Alex Katz Open Studio Sessions, see Make Art/Live to be 100, page 10

Oct 13, Monday, 6 pm, Big 'n Spur
Electric Witness, Blues, Free

OCTOBER 16TH THURSDAY, 6 PM, CANYON COMMUNITY CENTER, MEET THE CANDIDATES NIGHT. ALL ENCOURAGED TO SUBMIT QUESTIONS AND ATTEND.

Oct 21, Tuesday, Nighttime, sky
Comet Lemmon's closest approach to earth coinciding with Orionid meteor shower and new moon, creating remarkable viewing for observers.

October 22, Wednesday, 4 pm, library
Tween Book Club discussion of Coraline by Neil Gaiman.

The Planning Commission has a work meeting tomorrow evening, October 1, 2025, 5 pm, at the Canyon Community Center to discuss buffering on commercial properties when next to residential properties, and to review and clarify town code relating to repair on noncompliant properties.

Protein, Please

by Debi Keys

"The Protein Gap: Are You Getting Enough?"
Why this essential nutrient may be the missing link to your
energy, strength, and healthy aging.

Are You Getting Enough Protein?

When it comes to healthy living, we often hear about the importance of cutting sugar, eating more vegetables, and drinking plenty of water. But one nutrient often overlooked is protein — and it's essential for far more than just building muscle.

Protein is the foundation of every cell in your body. It supports your metabolism, helps balance blood sugar, keeps you fuller longer, and even strengthens hair, skin, and nails. Without enough, you may feel fatigued, struggle to lose weight, or notice slower recovery after exercise.

How much protein do you really need?

While exact needs vary by age, activity level, and health goals, a general guideline is 0.36 grams per pound of body weight. For example, a 150-pound person would need about 55 grams daily — though many experts suggest aiming higher, especially if you're active, over 40, or working on weight management.

Signs you might not be getting enough protein:

- You're often hungry, even after meals.
- You're losing muscle or strength.
- You have low energy or brain fog.
- You notice brittle nails, thinning hair, or weak skin tone.

Easy ways to boost your protein:

- Add eggs or Greek yogurt to breakfast.
- Choose lean meats, fish, or poultry at meals.
- Incorporate beans, lentils, and quinoa for plant-based power.
- Use protein-rich snacks like nuts, seeds, or protein shakes.

Prioritizing protein is one of the simplest shifts you can make for better energy, stronger muscles, and healthier aging. Take a moment today to check — are you getting enough?

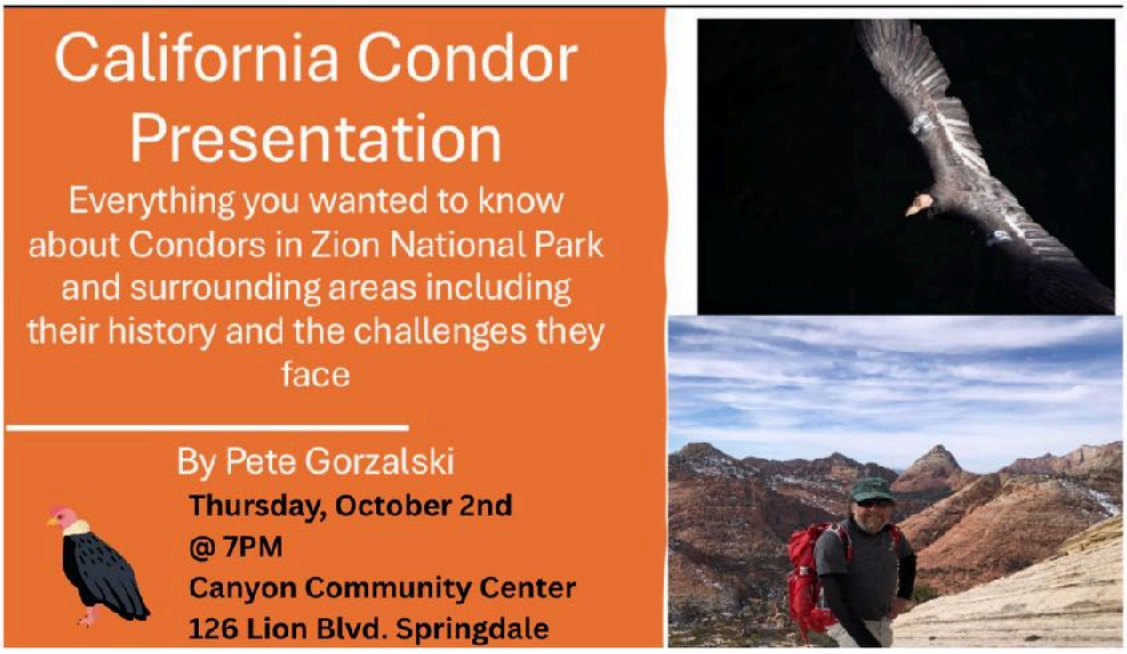
Bottom Line: Protein isn't just for athletes — it's the foundation of energy, healthy weight, and long-term vitality. If you're not paying attention to your intake, you could be holding yourself back from feeling your best.

Make protein a priority starting today. Your future self — stronger, healthier, and more energized — will thank you.

To your best health,

Debi Keys, CHHC, CPT
Certified Holistic Health Coach
Advanced Sports Nutritional Advisor
Certified Pilates Instructor & Personal Fitness Trainer

www.yourkeys2health.com
www.getfit21now.com
Mobile: 951-452-1311



GALLERY EXHIBITION
SEPTEMBER 22 THRU OCTOBER 24, 2025
CANYON COMMUNITY CENTER
126 LION BLVD, SPRINGDALE, UT

STILL PROCESSING

A Joint Exhibition by

LIZ BYER & LANELL DIKE





LIZ BYER
MIXED MEDIA ART

Liz's work lingers in the ebb and flow of human experience, tracing pathways of reflection and growth in a world that is always unfolding. Her pieces invite viewers to pause with life's shifting textures, noticing how becoming and change continually reveal themselves—in the world around us and within ourselves.

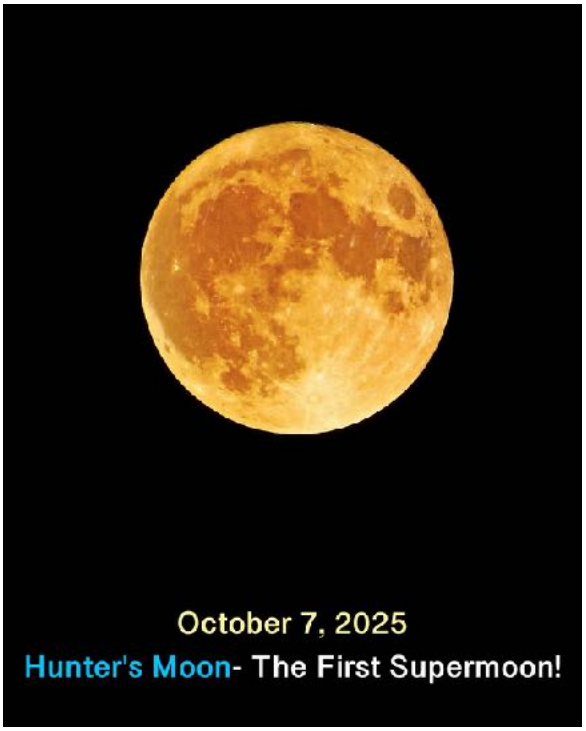
LANELL DIKE
PHOTOGRAPHY

Lanell presents "to hold dear" a photography series on caregiving. The photos are intimate portraits of a husband caring for his wife as she endures cognitive decline due to Alzheimer's.

FRIDAY, OCTOBER 3, 2025
ART TALK: 4:00 TO 5:00PM
RECEPTION: 5:00 TO 6:00PM

Gallery Hours
Mon-Thurs 10am-7pm
Friday 10am-5pm
Sat Noon - 5pm

ZARTS





Calling all Pickleball Beginners!

This Monday, October 6, 1 - 3 pm we're offering a free beginners' clinic at the Springdale Courts on Lion Blvd. We will have paddles, balls, and coaches. Just come with your sneakers, comfortable clothes and plenty of water. Let us know you're coming by responding via text to 803 215 9966



COMMUNITY

HALLOWEEN CHILI COOK-OFF

OCTOBER 25, 2025 | ROCKVILLE COMMUNITY CENTER

HELP US KICK OFF WHAT WE HOPE WILL BE A YEARLY FAVORITE! HELD AS PART OF THE HALLOWEEN CARNIVAL, TASTE A VARIETY OF HOMEMADE CHILI, VOTE FOR YOUR FAVORITE, AND STICK AROUND FOR CARNIVAL GAMES, PRIZES, AND HALLOWEEN FUN FOR THE WHOLE FAMILY! 3:30 PM TO 5:30 PM

ADMISSION

- **SPOOKY SAMPLER $10**
  INCLUDES 1 CHILI TASTING PUNCH CARD (10 - 2 OZ SAMPLES) + 1 VOTE
- **FAMILY FEAST $25**
  INCLUDES 2 CHILI TASTING PUNCH CARDS + 2 BOWLS + 2 VOTES
- **FAMILY FEAST UPGRADE $30**
  (FOR FAMILIES ONLY)
  INCLUDES 4 CHILI TASTING PUNCH CARDS + 4 VOTES

HUNGRY FOR MORE?



$5 EACH

FULL BOWL OF CHILI (8-10 OZ)
CORNBREAD & DRINK COMBO $3
DESSERTS $2-3 EACH

WHO WILL BE CROWNED PEOPLE'S CHOICE? TOP 3 WINNERS RECEIVE PRIZES— BRAGGING RIGHTS INCLUDED!

WANT TO COMPETE?

FREE ENTRY FOR COOKS!
LIMITED TO 15 CHILI CHEFS. FIRST COME, FIRST SERVED!
EACH COOK SHOULD BRING ONE LARGE CROCKPOT OR SIMILAR SIZE STOCKPOT OF CHILI.
TABLES, SAMPLE CUPS, SPOONS, AND LADLES PROVIDED. IF COOKS PREFER THEIR CHILI BE SERVED WITH ANY KIND OF TOPPING, THEY WILL NEED TO PROVIDE THEIR OWN TOPPINGS.
SIGN UP DEADLINE: OCTOBER 12
CONTACT ASHLEY SMITH VIA TEXT AT 801-875-3480

COOK-OFF WITH A CAUSE! ALL PROCEEDS SUPPORT SPRINGDALE ELEMENTARY.





Time & Location
Oct 11, 2025, 1:00 PM – 5:00 PM
Canyon Community Center, 126 Lion Blvd, Springdale, UT 84767, USA
About the event
Tickets: https://tinyurl.com/funkychickenworkshopZ-Arts
Members - $15
Nonmembers - $20
LIMITED TO 10 STUDENTS
ALL MATERIALS INCLUDED
In this workshop, you'll create a small chicken (approx. 4 x 4 inches) and can choose to include feet or not. If you opt for feet, you'll learn how to balance the chicken and work around the embedded feet. You'll explore needle felting fundamentals, such as shaping and compacting. After completing the body,