

The Springdale Sun

A local newspaper in Springdale, UT,

October 28, 2025, Issue 17

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Chief cook and bottle washer: Elizabeth Cutler
Editing, Proofing: Jim Cutler
Masthead Photo: Robyn Chancey

Correction It has come to my attention that the land next to Barker River Park was purchased in 2021, prior to Mayor Bruno's tenure. Still happy the town purchased that property. Sincere apologies for misrepresenting that purchase date and saying the overpayment was on Mayor Bruno. Thank you to those residents who help keep me honest.
Publishing once a week rather than every other week has won by a landslide, 6 to 2. (You know you're in a small town when 4 people is a landslide.)

VOTE !

Remember, your ballot has to be there by November 4, not simply postmarked by then.

If you would like to watch, or rewatch the Candidate's question and answer to inform your vote, you may access it here: < https://www.youtube.com/@springdalecommunityforum>
Another sincere thank you to the Springdale Community Forum for this exceptional event and the wise forethought evidenced by being able to continually access it.



O sweet spontaneous

BY E. E. CUMMINGS

O sweet spontaneous
earth how often have
the
doting

fingers of
prurient philosophers pinched
and
poked

thee
,has the naughty thumb
of science prodded
thy

beauty how
often have religions taken
thee upon their scraggy knees
squeezing and

buffeting thee that thou mightest
conceive
gods
(but
true

to the incomparable
couch of death thy
rhythmic
lover

thou answerest

them only with

spring)

Falling Back

by Debi Keys

Subject: "Falling Back Without Falling Apart – How to Reset Your Rhythm This Season"

As the clocks prepare to "fall back" on November 2nd, many of us look forward to an extra hour of sleep. But the truth is—our bodies don't always adjust as easily as our clocks do. The time change, coupled with shorter days and cooler weather, can disrupt your **circadian rhythm**—your body's natural internal clock that regulates sleep, mood, and even metabolism.

When our rhythm is off, we may feel sluggish, moody, or crave more sugar and caffeine just to get through the day. So how can we prepare and stay balanced as the season shifts?

Here are a few simple ways to ease the transition:

1. **Start adjusting early.** Go to bed and wake up 10–15 minutes earlier each day in the week leading up to the time change. Small shifts help your body adapt naturally.
2. **Soak up the morning sun.** Natural light in the early hours helps reset your internal clock, improves mood, and signals your body that it's time to be alert.
3. **Cut the late-night screen time.** Blue light from phones and TVs interferes with melatonin, the hormone that tells your body it's time to rest.
4. **Stay consistent.** Even after the time change, try to maintain regular sleep, exercise, and meal times to help your body stay in sync.
5. **Move and nourish.** Exercise boosts energy and improves sleep quality, while whole foods rich in magnesium, vitamin D, and omega-3s support mood and resilience.

Remember—your body thrives on rhythm. With a little planning, you can welcome the darker months with energy and ease instead of fatigue and frustration.

Debi Keys, CHHC, CPT
Certified Holistic Health Coach
Advanced Sports Nutritional Advisor
Certified Pilates Instructor & Personal Fitness Trainer
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Blue Collar vs White Collar in Small-Town Politics

editorial by Pat Campbell

In many towns, voters face a familiar choice between two very different kinds of mayoral candidates: one with a white-collar, business-oriented background, and another whose roots lie in blue-collar community service. Both paths bring experience and perspective, yet the contrast between them often reflects deeper questions about what leadership truly means in small-town governance.

The white-collar incumbent typically enters politics from the world of management and enterprise. Years spent running operations, handling budgets, and cultivating networks with influential figures have honed a strategic, top-down view of governance. Such a candidate may speak of partnerships secured, grants obtained, and projects completed during their tenure—achievements often presented as hallmarks of steady leadership. Yet in reality, these successes are rarely the product of one person's vision alone. They emerge from the collective efforts of staff, committees, and contractors, each contributing specialized knowledge and labor. The incumbent's role, though important, can become one step removed from the daily lives of constituents.

In contrast, a blue-collar candidate—a retired police officer, tradesperson, or first responder—tends to see civic duty through the lens of hands-on service. Yet this background also brings formidable administrative and leadership depth. After more than thirty years in law enforcement, such a candidate has managed staff schedules, coordinated inter-agency operations, worked within complex budgets, and exercised accountability for public funds and outcomes. The same skills a business executive uses to balance budgets or cultivate strategic networks are second nature to experienced police supervisors accustomed to managing both crises and communities. Their networks may not be filled with lobbyists or executives, but with citizens, department heads, and regional partners whose trust has been earned through consistent service and integrity.

Blue-collar leadership often resonates because it feels personal and authentic. These candidates don't lead from spreadsheets—they lead from participation. Years of public service instill a deep understanding of how policies touch daily life: how a zoning change affects a homeowner, how a new traffic pattern influences safety, or how infrastructure improvements alter a community's character. Their credibility comes not from who they know in other offices, but from who knows them in town. That familiarity builds trust, especially in smaller communities where residents value accessibility over polish.

None of this diminishes what white-collar professionals can bring to public office. Strategic thinking, administrative skill, and established contacts can open valuable opportunities. But if the heart of local governance lies in the strength of human connection, then the blue-collar candidate embodies that spirit more closely. Having lived and worked alongside constituents, they understand both the burdens and the pride of community life. Their leadership is neighborly rather than distant, practical rather than procedural, and rooted in shared experience.

Ultimately, the choice between blue-collar and white-collar leadership is a choice between two models of public service—one shaped by managerial oversight, the other by lived relationships. For towns built on cooperation and trust, the voice that speaks from the shop floor, patrol car, or council chamber may carry the ring of something rare in politics today: a sense of genuine belonging — where people feel seen, heard, and valued.

When a small-town city council member brought up the idea of a new street, a dozen different people volunteered to name it after their grandparents. The plan was immediately put on hold.

A Letter to the Editor

Subject: Springdale Residents Demand Accountability Ahead of Nov. 4 Election

Dear Editor,

Springdale's employees, residents, and business owners cherish our town's integrity and fairness. Yet, many Town Hall employees fear retaliation for raising workplace concerns. With the November 4, 2025, election approaching, we urge residents to demand accountability and transparency in Town Hall.

Concerns include senior managers targeting staff who question decisions, nepotism in hiring and promotions, favoritism eroding trust, arbitrary standards and enforcement, and mid-level managers hesitating to act due to fear of reprisal. As state-system workers, employees lack safe channels to report issues, risking professional consequences across Utah. Based on current operations, many employees, residents, and business owners fear retaliation and cannot participate in government-sponsored solutions.

We propose a Resident-Led Accountability Committee, managed by a neutral third party, to:

- Collect and review confidential tips about hiring, harassment, arbitrary standards, and management practices.
- Share anonymized findings with the public and, if necessary, refer issues to authorities.
- Engage officials to clarify their positions and ensure accountability.

We urge current leaders—Mayor Barbara Bruno and Council Members Randy Aton, Jack Burns, and Kyla Topham—to support this initiative. We call on all candidates in the November 4 election, including mayoral candidate Pat Campbell and council candidates Noel Benson, Randy Aton, and Tom Kenaston, to share plans to address harassment, nepotism, and whistleblower protections. Residents can ask: "How will you ensure fair hiring and protect employees who speak out?"

Join us in building a system where everyone can speak freely. Within the next month, we will launch a secure, anonymous forum, managed by a trusted community organization to ensure impartiality. To participate or comment, (mail to: Springdale_UT@protonmail.com) (not affiliated with the Town of Springdale or any government agency). Urge officials and candidates to respond via email, social media, or town meetings. Springdale thrives when accountability is shared.

Sincerely,

Concerned Employees, Residents, and Business Owners of Springdale

Disclaimer: *The Springdale Sun* has no knowledge of any of the preceding. Dawn Breck, town treasurer and human resources person, assures me there are steps any employee can take with grievances. It sounded accessible and standard. In any case, the idea of a Resident-led Accountability Committee sounds like an excellent idea. *TSS* can only assume if this is an issue of importance to Springdale citizens, particularly those employed by the Town, it will take on a life of its own. If not, it will wither on the vine. *TSS* urges all Springdalians who might have information or opinions about this to share. The above Letter to the Editor gives their contact information in blue.

Consider This

editorial by E Cutler

Thank you to Liz Byer for her recent Facebook post about the need for civility in politics with a link to an article I have read, and reread, and from which I will be quoting extensively. It was written by Quinn Mecham in the Daily Herald, a newspaper covering Utah County. Mr. Mecham is a candidate for Orem City Council.
He states unhealthy negative campaigning might use the following tactics:

- "Cite "facts" that seem plausible but are untrue.
- Take things out of context by omitting timelines, people, or places that are relevant to interpreting an event.
- Falsely infer negative motivations instead of seeking to understand true motives.
- Omit sharing available contradictory evidence or the perspective of those targeted.
- Scattershot as many attacks as possible to see what might stick.
- Frame the attack as a defense of common people against self-serving elites.
- Tie the attack to national partisan issues that are irrelevant to local decisions.
- Repeat, repeat, repeat, until it sounds like it must be true."

I can honestly say I have never been aware of doing any of those things when writing articles. However, I do recall times when I inferred motivations. I can stop doing that. Help me out here. Contribute.

I have stated before that I am new to this and welcome advice, even criticism, that would help TSS be better. And I would really plead for others to be willing to have their opinions published in *The Springdale Sun*. Any article I don't write is a delight. Open, honest, **un-**attacking dialogue can only help. Those of you who have written articles for TSS, I thank you from the bottom of my heart. You will never know how much that helps.

But, know this, not everything appropriate to be brought to light is going to make everyone happy. I expect Mayor Bruno and Randy Aton are not my biggest fans. Their animus saddens me. I have no such feelings for them. I just think, am convinced, (know????) they are not the best choice for Springdale Council at this time. They have chosen to disengage from TSS — that's their decision — but the door is always open.

Mr Mecham also stated that the following were things we **could** do:
"

- When you hear or read a political attack, ask yourself the following: Is this designed to trigger fear or doubt? Does it depend on assumptions and inferences instead of verifiable facts? Is it designed to create political advantage? Does it contradict common sense?
- Ask leaders, organizations, or candidates what they believe about any topic before believing representations about them, particularly if the presenter has some advantage to be gained by misrepresentation.
- Seek out information that presents all sides of any story and tries to present that information fairly by giving everyone a chance to share their perspective.
- Use positive and constructive language to share what matters to you, rather than turning first to criticism of others.
- Ask questions out of curiosity, speaking with respect and generosity, recognizing that you probably don't have the full story."

Comments? Corrections? If anyone believes I have not done the third one almost to the point of groveling, you have not read TSS consistently. And, of course, you have not read, nor known, the many emails I have sent to candidates requesting their input. If it hasn't appeared in TSS, it's because they offered anything to print.

A newspaper is healthy for Springdale. I state that as a fact. If I am not doing it well enough to reap those benefits, I will help anyone who would start one or wants to take over this one. I mean, let's face it, The Springdale Sun is a good name. I do think I kinda nailed that.

But please, don't disengage just because you disagree with me. Surely you still enjoy the human interest stories? Surely you care enough about Springdale to want a local newspaper — and maybe even read it — half an hour a week?

(continued on next page)

I honestly want every citizen of Springdale to be on the subscriber list. Oh, my goodness, now that's a place Barbara Bruno would be amazing. I bet if she got on board, everyone in Springdale would be a subscriber within a month. As someone recently told me, he could envision situations where Barbara's "skills would fit like a key in a lock." Helping with *The Springdale Sun* might be such a situation. I'd gladly step back or collaborate — whatever it takes — as long as it remains a space for all citizens' voices.

I close quoting Mr. Mecham, "I want to live in a city with leaders who elevate others, celebrate all contributions, bring people together, and resolve disputes as peacemakers. I believe that is what the large majority of our residents want, and that together we can make this aspiration a reality."

A local newspaper will help make that happen — if we let it. When we choose to engage instead of dismiss, to participate instead of tune out, we move a little closer to the kind of community we all want to live in.

The Goal

The goal of *The Springdale Sun* is to live up to the following anonymous contribution:

"A local newspaper is one of the most valuable assets a small town can have — even if it doesn't always get the appreciation it deserves. Its importance goes far beyond just sharing news. Here are some key reasons why it matters:

🗞️ **1. It builds community connection.**

A local paper keeps people informed about what's happening right around them — not just national headlines, but the decisions, events, and stories that shape daily life. It reminds residents they're part of something shared and local.

👀 **2. It provides transparency and accountability.**

Town councils, planning commissions, and other local bodies make decisions that directly affect citizens. A local newspaper acts as a watchdog — reporting on meetings, budgets, and policies so residents can understand and hold leaders accountable.

🗣️ **3. It gives everyone a voice.**

Letters to the editor, opinion pieces, and community submissions let people share ideas, concerns, and celebrations. That kind of dialogue builds trust and mutual understanding — even when people disagree.

🎉 **4. It celebrates local life.**

A small-town paper highlights the good stuff — student achievements, local heroes, business openings, events, and milestones. These stories strengthen pride and belonging.

💡 **5. It preserves local history.**

Over time, local newspapers become the town's memory. They record the people, places, and events that define the community, serving as an irreplaceable historical archive.

❤️ **6. It encourages civic engagement.**

When people know what's happening, they're more likely to show up — to vote, volunteer, attend meetings, and take part in shaping their town's future."

Never Bored in Springdale

AT THE LIBRARY: ["Books are the mirrors of the soul." Virginia Woolf]
Story Time - Every Wednesday @ 10:30AM

To access the Town's October newsletter with lots of information about Town happenings: https://www.springdaletown.com/ArchiveCenter/ViewFile/Item/222 (might need to copy and paste)

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

Oct 28, Tuesday, 2pm, CCC
knitting, crochet, craft group

Oct 29, Wednesday, 10:30, Library
Story Time

Oct 28, Tuesday, 4pm, Zion Canyon Brew Pub, Runaway Fire, free

Oct 28, Tuesday, 6 pm, Cliffrose, Dave Tate, free

Oct 29, Wednesday, 6 pm, Cliffrose, Dave Tate, free

Oct 29, Wednesday, start date, 4pm, Library
Teen Time, every Wed, see page 9

Oct 30, Thursday, 6pm, Cliffrose, Dave Tate, free

Oct 31, Friday 4pm, Zion Canyon Brew Pub, Shangalu, free

Oct 31, Friday, 9:30pm, Big & Spur, Kombucha, $20 at door, 21+ with ID

Oct 31, Friday, 6-8 pm, Heritage Town Square, Virgin, Trunk or Treat, Movie, Food, Fun, Prizes, see page 12

Nov 2, Sunday, 8:30 am, CCC
Catholic Service, every Sunday

Nov 2, Sunday, 7-8:30pm, Virgin Town Hall, Desert Birthright, a Midwife's Memoir, with Lori Wrankle, see page 11

Nov 3, Monday, 3-5:30pm, CCC, Make Art/Live to be 100, see page 13

Nov 3, Monday, 6:30 pm, CCC
Alcoholics Anonymous

Nov 4, Tuesday, 2pm, CCC
knitting, crochet, craft group

Nov 4, Tuesday, 4pm, Zion Canyon Brew Pub, Dylan Gavin, free

Nov 8, Saturday, 9~11am, Springdale
Butch Cassidy 10k/5k, more info here:
< https://www.springdaletown.com/Calendar.aspx?EID=5540&month=10&year=2025&day=22&calType=0>

Nov 12, **Wednesday,** 11:30 am, library
Adult Book Club, discussing *Howl's Moving Castle* by D. W. Jones

Nov 13, Thursday, start date, 4pm, After School Club, see page 9

Nov 13, Thursday, 5pm, every 2nd Thursday, Jr D&D Club, see page 10

Nov 19, Wednesday, 4pm, Library, Tween Book Club discussing *Wink* by Rob Harrell

Nov 20, Thursday, 5pm, Library, Crafting with Karen, free but register 435 772 3676, page 10

Z-Arts upcoming events: https://www.zarts.org/event-list

For a great listing of community events with links to greater details:
<https://www.springdaletown.com/calendar.aspx>

Interested in learning pickleball? Text 803 215 9966 if you're interested in free lessons. See page 12



Why don't mummies have friends? Because they're too wrapped up in themselves.

What kind of horse do ghosts ride? A night-mare.

What do you get when you cross a vampire and a snowman? Frostbite.

What do you call a witch's garage? A broom closet.

SPRINGDALE SEPTEMBER STATS

CITATIONS		ARRESTS	
Improper Pass- No Pass Zone	2	Use handheld Device to View/Record Video While Driving	1
Improper Parking-Improper Position	1	Warrant	1
Windshield- Reduced Visibility	1	Driver License- Drive on Suspended/Revoked	1
Window Tint Violation	1	Failure to Wear Seatbelt	1
Fail to Yield to Pedestrian	1	Speed- School Zone	1
No Tail Light Reflector	1		
Speed	23		
TOTAL CITATIONS	30	TOTAL ARRESTS	5
WARNING ON CITES	12		

SPRINGDALE INCIDENTS

911 Hang Up	4	Panic Alarm	0
Abandoned Vehicle	0	Paraphernalia	0
Agency Assist	6	Park Security Check	60
Alcohol Offense	0	Parking Problem	9
Animal Bite	0	PD Accident	3
Animal Emergency	2	Person Down	0
Animal Problem	5	PI Accident	0
Assault	0	Property Damage	0
Attempt to Locate	2	Protective Order Violation	0
Attended Death	0	Prowler	0
Bike Patrol	0	Psychiatric	0
Brush Fire	0	Public Urination	0
Business Alarm	3	Residence Burglary	0
Business Burglary	0	Resident Vacation Check	19
Business Checks	56	Residential Alarm	2
Camping Problem	8	Retail Theft	0
Child Abuse Neglect	2	School Zone Enforcement	34
Choking	0	Sex Offender Registry	1
Citizen Assist	11	Sex Offense	0
Citizen Contact	13	Stalking	0
Citizen Dispute	1	Structure Fire	0
Civil	0	Suicidal	1
Community Oriented Policing	10	Suspicious Other	0
Construction Site Checks	0	Suspicious Person	4
Counterfeiting	1	Suspicious Vehicle	1
Criminal Mischief	0	Telematic Alarm	1
Crosswalk Enforcement	6	Telephone Harassment	0
Curfew	0	Theft	0
Disorderly	0	Threatening	0
Drugs	0	Traffic Hazard	2
DUI	0	Traffic Offense	0
DV Assault	0	Traffic Stop Warning	41
DV Criminal Mischief	0	Traumatic	0
DV Unlawful Detention	0	Trespassing	3
Evading	0	Unattended Death	0
Extra Patrol	128	Unconcious	0
Family Fight	2	Unsecured Premise	0
Felony Theft	0	Utility Problem	2
Fire	0	Vagrancy	0
Fireworks	0	Vehicle Fire	0
Follow up	10	Vehicle Theft	0
Found Property	11	VIN Inspection	1
Fraud	0	Wanted Person	1
Gas Theft	0	Weapon Offense	0
Graffiti	1	Welfare Check	3
Harassment	0	Wildlife/Poaching	0
Hit and Run	3		0
Hitchhiking	0		0
Illegal Burning	0		0
Impound	0		0
Intoxication	1		0
Jail Release	0		0
Juvenile Problem	0		0
Keep the Peace	0		0
Lewdness	1		0
Littering	0		0
Lockout	5		0
Lost Property	1		0
Medical Assist	1		0
Missing Person	0		0
Motorist Assist	3		0
Noise Complaint	3		0
Nuisance	0		0
Other	0		0
Overdose	0		0
TOTAL SPRINGDALE INCIDENTS	488		


SPRINGDALE LIBRARY &
CANYON COMMUNITY CENTER
AFTER SCHOOL CLUB
Starting November 13th!
Kids' Crafts, Movies & Games
Something awesome is coming after school! The Springdale Library and Canyon Community Center are teaming up to bring you a brand-new After School Club - where fun, friends, and fantastic activities come together every week!
Thursdays @ 4:00PM
What we have planned
• Once-a-month movie
• Crafts & Painting
• Fun Group Games
• Science Activities
CANYON COMMUNITY CENTER
(435) 772-3676
emilyj@washco.utah.gov
WASHINGTON COUNTY LIBRARY SYSTEM


Let's Laugh, Craft & Play with Friends
SPRINGDALE LIBRARY
TEEN TIME
EVERY WEDNESDAY @ 4:00PM:
STARTING OCTOBER 29th
FIRST WEDNESDAY: ART/CRAFTS
SECOND WEDNESDAY: D&D
*THIRD WEDNESDAY: GROUP GAMES
*FOURTH WEDNESDAY: BOOK CLUB
FOR MORE INFORMATION CONTACT:
EMILYJ@WASHCO.UTAH.GOV
OR (435) 772-3676
(*SCHEDULE MAY CHANGE ON MONTHS WITH HOLIDAYS)


JR. D&D CLUB
@ THE SPRINGDALE LIBRARY
EVERY SECOND
THURSDAY @ 5
FOR MORE INFO CALL: (435) 772-3676
OR EMAIL: EMILYJ@WASHCO.LIB.UT.US
PARENTS ARE ALWAYS WELCOME,
BUT NOT REQUIRED


Deco Mesh
Christmas
Topiary
CraftsnCoffee.com
Washington County
Library System
Crafting with Karen
Create Your Very Own
Topiary Tree
Thursday, November 20, 2025
At the Springdale Library @ 5 pm
This FREE event is open to all patrons 18 and older. All
materials are provided, but space is limited, so please register
in advance at 435.772.3676.

Z-ARTS ZION CANYON ARTS & HUMANITIES COUNCIL

PERFORMING ARTS | FILM | LITERARY ARTS | HUMANITIES | VISUAL ARTS

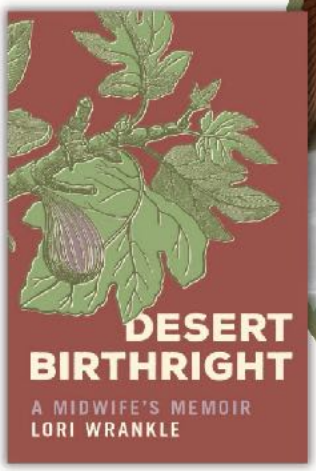
Z-ARTS PROUDLY PRESENTS:

LORI WRANKLE

DESERT BIRTHRIGHT

A MIDWIFE'S MEMOIR





Sunday

Nov 2, 2025

7:00 pm

Heritage Town Square, 114 S Mill St. Virgin, Utah

The coming-of-age memoir of a homebirth midwife in the Southwest

Lori Wrankle was sixteen when she helped deliver her first baby. "I witnessed the entire universe unfold at my feet," she writes in *"Desert Birthright"*. A deeply personal story of life, death, and modern womanhood in the rural Southwest, and of one midwife's journey of faith, self-discovery, and liberation in the face of adversity.

Book reading/Signing session
Books will be available for purchase

FREE EVENT

Calling all Pickleball Beginners!

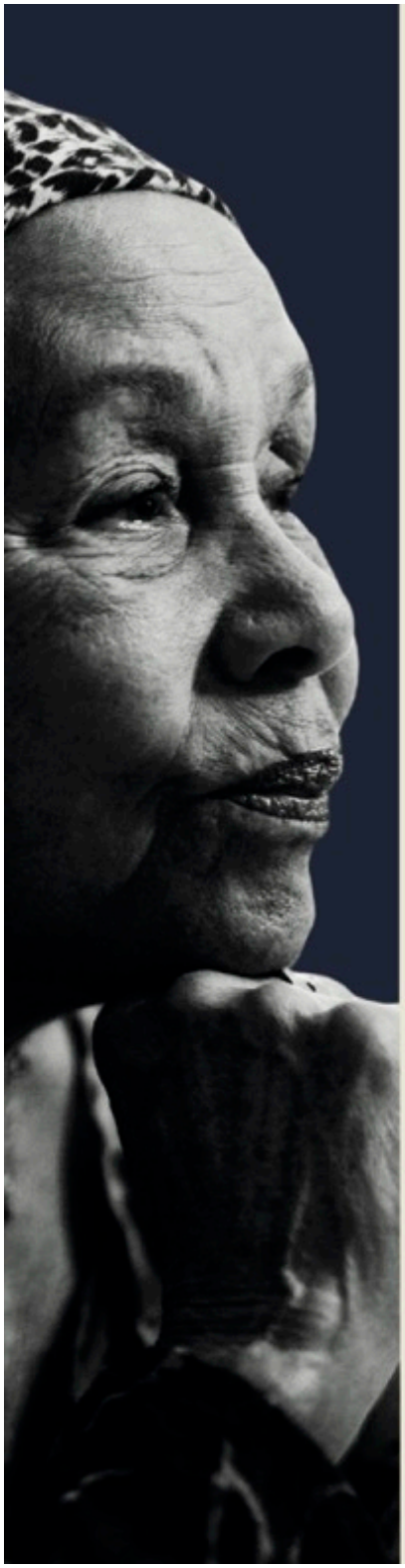
What is all the pickleball fuss about? Come find out. We're offering a free beginners' clinic at the Springdale Courts on Lion Blvd.
We will have paddles, balls, and coaches.

Let us know if you're interested by responding via text to

803 215 9966







8 WEEKS WITH ARTISTS WHO NEVER RETIRED

MAKE ART LIVE TO BE 100

OPEN STUDIO SESSIONS & ARTIST INSPIRATION

Mondays
3 to 5:30 pm
at the Canyon Community Center

Oct 6 - Yayoi Kusama
Oct 13 - Alex Katz
Oct 20 - Suzanne Jackson
Oct 27 - David Hockney
Nov 3 - Elizabeth Catlett
Nov 10 - Bridget Riley
Nov 17 - Betye Saar
Nov 24 - Gerhard Richter

Art classes for Adults. All experience levels welcome. Fun and friendly atmosphere.
Work on your own projects or experiment with our art supplies. Doodle, draw, paint, collage, chat and connect with your neighbors. Each session starts with a 30 minute art talk about an inspiring artist who proves that creativity has no expiration date. Join us!
RSVP contact Lanell @ 435-414-0279
or email: lanell@listendelicious.art

$6 each class with an art class pass
$10 single class drop-in
Purchase at the Springdale Town Office