The Springdale Sun

Special
Thanksgiving Edition






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Happy Thanksgiving

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"Gratitude can transform any situation. It alters your vibration, moving you from negative energy to positive. It's the quickest, easiest, most powerful way to effect change in your life—this I know for sure." Oprah Winfrey

"She could go on asking herself why roses had thorns or she could be thankful that thorns had roses," Ella Griffin



"In the modern world, we are surrounded by so much abundance that we cannot see it," Chris Matakas

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." A.A. Milne

"The only thing you should feel entitled to is gratitude," J.S. Mason



"What an astonishment to breathe on this breathing planet. What a blessing to be Earth loving Earth," John Green

"Gratitude is the closest thing to beauty manifested in an emotion." Mindy Kaling

"My body is a garden rooted in gratitude. Thank you is the biggest poem I've got inside of me," Sabrina Benaim

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack." Germany Kent

"'Enough' is a feast." Buddhist Proverb



"Enjoy the little things, for one day you may look back and realize they were the big things," Robert Brault

"So it is not happiness that makes us grateful. It's gratefulness that makes us happy," David Steindl-Rast

Enjoy *It's a Wonderful World* (Louis Armstrong) <https://www.youtube.com/watch?v=rBrd_3VMC3c&list=RDrBrd_3VMC3c&start_radio=1>



Thanksgiving Food - For Thought

by Debi Keys

🍁 Navigating Thanksgiving With Gratitude, Warmth… and a Little Balance

Thanksgiving is one of those magical holidays that invites us to slow down, reconnect, and savor the small things — a cozy kitchen, familiar faces, and a table full of tradition. But let's be honest: alongside the gratitude and gathering comes the stuffing… the pies… the casseroles… and the "just one more bite" moments that can leave us feeling less than thankful the next day.

This season doesn't have to be about restriction — nor does it need to be a free-for-all. With a little mindfulness, a few smart swaps, and a heart full of intention, Thanksgiving can nourish your body as much as your spirit.

✨ Why Thanksgiving Feels So Big (Besides the Portions)

Holidays bring a mix of excitement, nostalgia, and sometimes stress. And when emotions run high, food can quickly become comfort, distraction, celebration, or all three. Recognizing this doesn't take the joy out of the season — it helps us approach it more consciously.

This year, instead of "surviving" Thanksgiving, we can choose to savor it.

🍂 A More Mindful Thanksgiving

Here are a few gentle reminders to help you enjoy the holiday without the post-meal regret:

• **Start with gratitude.**
A moment of appreciation — for health, for family, for the small wins — changes how we approach the whole meal.

• **Choose your favorites (not everything).**
There's no prize for trying all 16 dishes. Pick what you truly enjoy and pass on the filler foods.

• **Balance your plate.**
Protein + veggies + a few carbs + a treat = satisfaction without the slump.

• **Take a pause between servings.**
Give your body a chance to say, "Hey… I think we're good."

• **Go for a walk after dinner.**
Great for digestion, mood, and a little extra movement.

🍽️ Seasonal Recipes to Add to Your Table

🥕 Maple Roasted Carrots with Thyme

Ingredients:

- 2 lbs carrots, peeled and sliced
- 2 tbsp olive oil
- 1–2 tbsp pure maple syrup
- 1 tsp fresh or dried thyme
- Salt & pepper

Directions:
Toss carrots with oil, maple syrup, and seasoning. Roast at **400°F for 25–30 minutes**, stirring once. Sweet, savory, simple.

🍏 Cranberry–Apple Relish (No Cook!)

Ingredients:

- 1 bag fresh cranberries
- 1 large apple, chopped
- 1 orange, peeled and segmented
- ¼–½ cup honey or maple syrup
- Pinch of cinnamon

Directions:
Pulse everything in a food processor until finely chopped. Chill for at least 30 minutes. Fresh, bright, and a lighter alternative to canned sauces.

🍠 Lightened Sweet Potato Mash

Ingredients:

- 3 large sweet potatoes
- 2 tbsp butter or coconut oil
- ¼ cup unsweetened almond milk
- 1 tsp vanilla
- Cinnamon to taste

Directions:
Boil, mash, then mix everything together. Warm, comforting, and not overloaded with sugar.

🍐 Spiced Pear Sparkler (Alcohol-Free Option)

Ingredients:

- 1 cup pear juice
- 1 tbsp lemon juice
- Sparkling water
- Dash of cinnamon or nutmeg

Directions:
Stir pear + lemon juice, pour over ice, top with sparkling water, sprinkle with spice. Refreshing and festive.

🧡 A Thanksgiving Thought to Carry With You

This season, remember:
You don't need a perfect plate to have a meaningful holiday.
What makes Thanksgiving memorable is connection — not consumption.
May your table be full, your heart be light, and your choices reflect how you want to feel long after the dishes are done.

Here's To The Best Of The Holiday Season,

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

A 1923 Thanksgiving Day proclamation by President Calvin Coolidge

The American people, from their earliest days, have observed the wise custom of acknowledging each year the bounty with which divine Providence has favored them. In the beginnings, this acknowledgment was a voluntary return of thanks by the community for the fruitfulness of the harvest. Though our mode of life has greatly changed, this custom has always survived. It has made Thanksgiving Day not only one of the oldest but one of the most characteristic observances of our country. On that day, in home and church, in family and in public gatherings, the whole nation has for generations paid the tribute due from grateful hearts for blessings bestowed.

To center our thought in this way upon the favor which we have been shown has been altogether wise and desirable. It has given opportunity justly to balance the good and the evil which we have experienced. In that we have never failed to find reasons for being grateful to God for a generous preponderance of the good. Even in the least propitious times, a broad contemplation of our whole position has never failed to disclose overwhelming reasons for thankfulness. Thus viewing our situation, we have found warrant for a more hopeful and confident attitude toward the future.

In this current year, we now approach the time which has been accepted by custom as most fitting for the calm survey of our estate and the return of thanks. We shall the more keenly realize our good fortune, if we will, in deep sincerity, give to it due thought, and more especially, if we will compare it with that of any other community in the world.

The year has brought … the unparalleled disaster to the friendly people of Japan. [the Great Kanto Earthquake which killed over 100,000 people] This called forth from the people of the United States a demonstration of deep and humane feeling. It was wrought into the substance of good works. It created new evidences of our international friendship, which is a guarantee of world peace. It replenished the charitable impulse of the country.

By experiences, such as these, men and nations are tested and refined. We have been blessed with much of material prosperity. We shall be better able to appreciate it if we remember the privations others have suffered, and we shall be the more worthy of it if we use it for their relief. We will do well then to render thanks for the good that has come to us, and show by our actions that we have become stronger, wiser, and truer by the chastenings which have been imposed upon us. We will thus prepare ourselves for the part we must take in a world which forever needs the full measure of service. We have been a most favored people. We ought to be a most generous people. We have been a most blessed people. We ought to be a most thankful people.

WHEREFORE, I, Calvin Coolidge, President of the United States, do hereby fix and designate Thursday, the twenty-ninth day of November, as Thanksgiving Day, and recommend its general observance throughout the land. It is urged that the people, gathering in their homes and their usual places of Worship, give expression to their gratitude for the benefits and blessings that a gracious Providence has bestowed upon them, and seek the guidance of Almighty God, that they may deserve a continuance of His favor.

"There's nothing nicer than unexpected appreciation. If you're grateful, get a pen," Helen Ellis

"When I read the importance of gratitude, I resolve to be more grateful. When I listen to great music, I immediately am grateful. " Anonymous



"Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good." Maya Angelou

The Value of Little Things

by William Cutter

What if the little rain should say,
"So small a drop as I
Can ne'er refresh the thirsty earth,
I'll tarry in the sky!"

What if a shining beam of noon
Should in its fountain stay,
Because its feeble light alone
Is not enough for day!

Doth not each rain-drop help to form
The cool refreshing shower?
And every ray of light to warm
And beautify the flower?

Enjoy: *For the Beauty of the Earth* (John Rutter) <https://www.youtube.com/watch?v=xlBkpAm3fhw&list=RDxlBkpAm3fhw&index=2>



"If you attain fame and fortune, and do not attain gratitude along with it, the chances are that you will not enjoy that fame or that fortune,"
Napoleon Hill

"Gratitude and attitude are not challenges; they are choices." Robert Braathe



"Gratitude is not only the greatest of virtues, but the parent of all others." Marcus Tullius Cicero



"The number one joy indicator, the one thing that will predict whether someone feels joy in their life or not, is the practice of gratitude."
John O'Leary

"I lie in bed at night, after ending my prayers with the words 'Ich danke dir für all das Gute und Liebe und Schöne.' (Thank you, God, for all that is good and dear and beautiful.)" Anne Frank

"O Lord that lends me life, lend me a heart replete with thankfulness."
William Shakespeare



"Joy is the net of love by which we can capture souls. God loves the person who gives with joy. Whoever gives with joy gives more. The best way to show our gratitude to God and to people is to accept with joy," Mother Teresa

The Rhodora

by Ralph Waldo Emerson
1803 –1882



In May, when sea-winds pierced our solitudes,
I found the fresh Rhodora in the woods,
Spreading its leafless blooms in a damp nook,
To please the desert and the sluggish brook.
The purple petals fallen in the pool
Made the black water with their beauty gay;
Here might the red-bird come his plumes to cool,
And court the flower that cheapens his array.
Rhodora! if the sages ask thee why
This charm is wasted on the earth and sky,
Tell them, dear, that, if eyes were made for seeing,
Then beauty is its own excuse for Being;
Why thou wert there, O rival of the rose!
I never thought to ask; I never knew;
But in my simple ignorance suppose
The self-same power that brought me there,
brought you.

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well." Voltaire

"Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation." John Ortberg



The Pumpkin

BY JOHN GREENLEAF WHITTIER



Oh, greenly and fair in the lands of the sun,
The vines of the gourd and the rich melon run,
And the rock and the tree and the cottage enfold,
With broad leaves all greenness and blossoms all gold,
Like that which o'er Nineveh's prophet once grew,
While he waited to know that his warning was true,
And longed for the storm-cloud, and listened in vain
For the rush of the whirlwind and red fire-rain.



On the banks of the Xenil the dark Spanish maiden
Comes up with the fruit of the tangled vine laden;
And the Creole of Cuba laughs out to behold
Through orange-leaves shining the broad spheres of gold;
Yet with dearer delight from his home in the North,
On the fields of his harvest the Yankee looks forth,
Where crook-necks are coiling and yellow fruit shines,
And the sun of September melts down on his vines.



Ah! on Thanksgiving day, when from East and from West,
From North and from South come the pilgrim and guest,
When the gray-haired New Englander sees round his board
The old broken links of affection restored,
When the care-wearied man seeks his mother once more,
And the worn matron smiles where the girl smiled before,
What moistens the lip and what brightens the eye?
What calls back the past, like the rich Pumpkin pie?



Oh, fruit loved of boyhood! the old days recalling,
When wood-grapes were purpling and brown nuts were falling!
When wild, ugly faces we carved in its skin,
Glaring out through the dark with a candle within!
When we laughed round the corn-heap, with hearts all in tune,
Our chair a broad pumpkin,—our lantern the moon,
Telling tales of the fairy who travelled like steam,
In a pumpkin-shell coach, with two rats for her team!



Then thanks for thy present! none sweeter or better
E'er smoked from an oven or circled a platter!
Fairer hands never wrought at a pastry more fine,
Brighter eyes never watched o'er its baking, than thine!
And the prayer, which my mouth is too full to express,
Swells my heart that thy shadow may never be less,
That the days of thy lot may be lengthened below,
And the fame of thy worth like a pumpkin-vine grow,
And thy life be as sweet, and its last sunset sky
Golden-tinted and fair as thy own Pumpkin pie!

2025 OCTOBER SPRINGDALE STATS

CITATIONS

Speed	10
Improper Pass- No Pass Zone	2
Driver License Never Obtained	1
Registration-Failed to/Expired	1
Follow Too Close	1
TOTAL CITATIONS	15
WARNING ON CITES	9

ARRESTS

Theft-Under $500	2
Operating Vehicle	1
Fail to Obey Flashing Amber/Red School Bus Lights	1
TOTAL ARRESTS	4

SPRINGDALE INCIDENTS

911 Hang Up	1	Panic Alarm	0
Abandoned Vehicle	0	Paraphernalia	0
Agency Assist	7	Park Security Check	54
Alcohol Offense	0	Parking Problem	13
Animal Bite	0	PD Accident	4
Animal Emergency	1	Person Down	0
Animal Problem	1	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	1	Public Urination	0
Business Alarm	2	Residence Burglary	0
Business Burglary	0	Resident Vacation Check	10
Business Checks	48	Residential Alarm	0
Camping Problem	10	Retail Theft	3
Child Abuse Neglect	0	School Zone Enforcement	35
Choking	0	Sex Offender Registry	0
Citizen Assist	12	Sex Offense	1
Citizen Contact	9	Stalking	0
Citizen Dispute	0	Structure Fire	0
Civil	0	Suicidal	1
Community Oriented Policing	5	Suspicious Other	2
Construction Site Checks	1	Suspicious Person	3
Counterfeiting	0	Suspicious Vehicle	6
Criminal Mischief	0	Telematic Alarm	0
Crosswalk Enforcement	8	Telephone Harassment	0
Curfew	0	Theft	0
Disorderly	1	Threatening	1
Drugs	2	Traffic Hazard	2
DUI	0	Traffic Offense	1
DV Assault	0	Traffic Stop Warning	39
DV Criminal Mischief	0	Traumatic	1
DV Unlawful Detention	0	Trespassing	2
Evading	0	Unattended Death	0
Extra Patrol	134	Unconcious	0
Family Fight	1	Unsecured Premise	0
Felony Theft	0	Utility Problem	1
Fire	0	Vagrancy	0
Fireworks	0	Vehicle Fire	0
Follow up	18	Vehicle Theft	0
Found Property	14	VIN Inspection	1
Fraud	0	Wanted Person	0
Gas Theft	0	Weapon Offense	0
Graffiti	0	Welfare Check	2
Harassment	0	Wildlife/Poaching	0
Hit and Run	3		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	3		0
Lost Property	2		0
Medical Assist	2		0
Missing Person	1		0
Motorist Assist	1		0
Noise Complaint	1		0
Nuisance	0		0
Other	2		0
Overdose	0		0

TOTAL SPRINGDALE INCIDENTS	475

A Community Oversight Committee Just Makes Sense

Springdale: A Community Oversight Committee – Just Makes Sense

The mayor has agreed to place my request for an Independent Community Oversight Committee on a future Town Council agenda (date still pending). The full, unchanged proposal is at the bottom.

Utah's Protection of Public Employees Act was written so no one has to choose between speaking up about waste, favoritism, harassment, or rule-breaking and experiencing retaliation. Most comparable Utah towns have already created local, anonymous, protected channels. Springdale has not.

Below are six straightforward **hypothetical** questions any engaged resident might ask:

1. When an employee or resident brings good-faith concerns about senior town staff directly to the mayor, Utah's whistleblower law expects confidentiality. Under what circumstances—if any—would the mayor believe it is appropriate to share those details with the very managers being questioned?
2. If someone simply asks whether town purchasing rules (like bidding thresholds for events) are being followed, what is the healthiest leadership response: quietly check and fix any oversight, or shift the conversation and focus onto the employee?
3. If people ask for an anonymous, retaliation-protected reporting channel and are told they must first provide names and specifics, how does that request align with the entire purpose of Utah's whistleblower protections?
4. The Utah State Auditor reports that the top reason legitimate issues go unreported in small towns is the absence of a trusted local mechanism. When other gateway communities like Moab and Park City solved this years ago with low-cost citizen committees, why has Springdale chosen to remain an outlier?
5. If the town continues to say "no" to any protected local option, what realistic choices does that leave a concerned employee or resident: stay silent, file a formal state or federal complaint that becomes public record, launch a lawsuit everyone pays for, or talk to reporters who cover Utah local-government accountability? Which of those outcomes actually helps Springdale's reputation, economy and quality of life?
6. If the council votes down (or simply tables indefinitely) this modest, volunteer-run oversight committee, the public record will be unambiguous for years to come. How confident are we that state investigators, the Lieutenant Governor's office, or journalists who specialize in small-town whistleblower cases won't eventually ask to see that record?

This can still be resolved quietly, cheaply, and permanently with one vote—right here in Springdale—before anyone outside our town ever needs to get involved. I sincerely hope that is the choice the council makes

Jeff McKee
Springdale resident and town employee

(Full original proposal follows unchanged below…)

The Town of Springdale Utah Town Council Request for Agenda

Topic/Proposal:

Request to discuss and consider a resolution directing the Town Clerk to initiate the formation of an independent Community Oversight Committee (COC) for the Town of Springdale, as authorized under Utah's open government and whistleblower protection frameworks (Utah Code Ann. § 67-21 et seq. and § 52-4, Open and Public Meetings Act). The COC would consist of 5-7 volunteer residents, selected via public application and lottery to ensure broad representation, with a charter granting authority

(continued on next page)

to: (1) receive anonymous reports of potential waste, mismanagement, ethical concerns, or violations of law by town staff or officials; (2) conduct confidential preliminary reviews and recommend independent investigations; (3) issue advisory subpoenas for records (per Utah Code Ann. § 77-22-2, administrative subpoena powers for oversight entities); and (4) report findings publicly, excluding protected whistleblower identities, to promote accountability without fear of retaliation. The committee would operate with a modest annual budget of (TBD ~ $5,000-$10,000) from the general fund, meeting quarterly or as needed, and dissolving after three years unless renewed. This structure mirrors successful models in other Utah municipalities (e.g., citizen advisory boards in Park City and Moab) and aligns with state incentives for local entities to enhance whistleblower safeguards, ensuring fair, anonymous reporting channels that build resident confidence in town governance.

Community Relevance:

Springdale's unique position as the gateway to Zion National Park relies on a reputation for ethical, transparent leadership to sustain our tourism-driven economy (over 4.5 million annual visitors) and small-town trust among 500+ residents. Recent state audits highlight that 70% of Utah local governments face whistleblower concerns annually, often due to limited anonymous reporting options, leading to unreported issues like resource misuse or procedural inequities that erode public faith (Utah Office of the State Auditor, 2024 Hotline Report). Forming a COC addresses this by empowering residents to safeguard town resources—such as equitable code enforcement, vendor bidding for events, and staff hiring practices—without burdening the Council or risking internal biases. It fosters proactive ethics, reduces litigation risks (e.g., under Utah's Whistleblower Protection Act, which prohibits retaliation for good-faith reports), and positions Springdale as a model for rural Utah communities. This initiative directly benefits families, businesses, and visitors by ensuring decisions prioritize community welfare, preventing small issues from escalating into costly controversies that could harm our park-adjacent identity.

Supporting Material:

Utah Protection of Public Employees Act (Utah Code Ann. § 67-21-1 et seq.): Outlines state protections for anonymous reporting of waste, abuse, or ethical violations in local government; supports local mechanisms like COCs to enable compliance without direct Council involvement. (Available at: le.utah.gov/xcode/Title67/Chapter21/67-21.html)

Open and Public Meetings Act (Utah Code Ann. § 52-4-101 et seq.): Encourages citizen participation in oversight bodies to enhance transparency; relevant for chartering a COC with public reporting requirements. (Available at: le.utah.gov/xcode/Title52/Chapter4/52-4.html)

Utah Office of the State Auditor Hotline FAQs (2024): Notes that anonymous complaints invoke limited protections but recommends local supplements like advisory committees for thorough, community-led reviews. (Available at: auditor.utah.gov/hotline/hotline-faqs/)

Sample Charter from Park City Municipal Oversight Board: A Utah example of a resident-led committee with subpoena-like record access powers, adopted in 2022 to address similar ethics concerns (reference: parkcity.org/departments/city-clerk/boards-commissions).

Local Economic Data: Springdale Tourism Report (2023), showing $150M+ annual visitor spend reliant on governance trust (springdaletown.com/economic-development).

Knock, Knock.
Who's there?
Norma Lee.
Norma Lee who?
Norma Lee I don't eat this much.





What did the ocean say when it saw the Mayflower crossing? Nothing. It just waved.