

The Springdale Sun

A local newspaper in Springdale, UT
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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. Truth is mandatory.

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Especially for Hikers

The Remarkable Evolution of the Human Foot

Staff Report (research assistance by AI)



The human foot is an extraordinary piece of engineering, made up of 26 bones, 33 joints, and over 100 muscles, tendons, and ligaments working together to support your entire body. It acts as both a rigid lever for pushing off the ground and a flexible shock absorber when you walk or run.

Remarkably, about a quarter of all the bones in your body are located in your feet alone. They can withstand forces several times your body weight during movement, and their arches function like springs, storing and releasing energy with each step. Even more fascinating, your feet contain thousands of nerve endings, making them highly sensitive to touch, pressure, and balance—helping your brain constantly adjust posture and movement without you even realizing it.

Despite the marvel which is the human foot, it is so familiar that it's easy to overlook just how extraordinary it is. Yet the structure beneath us is the result of millions of years of evolutionary change, transforming from a grasping

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appendage into a finely tuned system that allows humans to walk, run, and stand upright with efficiency and balance.

Early primates, our distant ancestors, had feet designed primarily for life in the trees. Their big toes were opposable, much like thumbs, enabling them to grip branches securely. This grasping ability was essential for climbing and navigating complex forest canopies. However, as some primate species began spending more time on the ground, natural selection began reshaping the foot for a very different purpose: locomotion across land.

One of the most significant changes in human evolution was the shift to bipedalism—walking on two legs. This transition required a complete reworking of the foot's structure. The opposable big toe gradually aligned with the other toes, forming a stable platform for pushing off the ground. This change alone marked a dramatic shift from grasping to weight-bearing.

Equally important was the development of the foot's arches. Humans have both longitudinal and transverse arches, which act like springs and shock absorbers. These arches store energy when the foot strikes the ground and release it during push-off, making walking and running far more efficient. Without them, each step would require significantly more energy, and the impact on joints would be much greater.

The heel bone, or calcaneus, also enlarged over time, providing a sturdy base to absorb the forces of upright walking. Meanwhile, shorter toes evolved to reduce the risk of injury and improve stability during forward motion. Together, these changes created a foot capable of supporting the entire body's weight while maintaining balance and propulsion.



Another often-overlooked feature is the Achilles tendon, which works in concert with the foot's structure to enable powerful forward movement. This tendon acts like a coiled spring, contributing to the efficiency of walking and especially running—an ability that likely played a key role in early human survival, whether for hunting or avoiding predators.

The evolution of the foot did more than just improve mobility; it helped shape what it means to be human. Efficient walking freed the hands for tool use, carrying objects, and eventually complex tasks that contributed to cultural and technological development.

Today, every step we take reflects this long evolutionary journey. The human foot is not just a means of getting from one place to another—it is a testament to adaptation, resilience, and the intricate processes that have shaped our species over millions of years.

I Hope You Dance

By Julie Weed and Melissa Kirsch

How fascinating to read this week about the A.I.-generated travel influencers that are taking gigs away from real-life, flesh-and-blood influencers. People whose job it is to take trips to far-flung locales and post about it on social media fear they're being elbowed out by computer-created personae that can do the job for much less. For those of us who are still in awe that "travel influencer" is a job that exists, for which one might be paid $100,000 or more for a single post about a vacation, the news that this relatively newfangled position may be endangered by artificial intelligence is sort of dizzying. We were just getting accustomed to the fact that we are being "influenced" at all, and now the robots are taking over the task?

Ponder this strange screen-born economy long enough and you start craving the real world, a world in which influence comes from the things and people you encounter as your body moves and acts and reacts in space. Thank goodness for an equally intriguing recent story in The Times, by Margaret Fuhrer, about the uninhibited way that children dance. It delivered just the reminder I, and maybe you, needed that there's excessive delight to be found on the physical plane.

Babies and toddlers are un-self-conscious when they dance. They're spontaneous, present,

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unconcerned with who's watching them. This approach "brings us back to our own intelligent bodies, our own basic understanding of what it is to be alive," a movement therapist told Margaret. "Babies don't perform movement — they discover it."

Do adults perform movement when they dance? They do. We do. We have no choice — we've done it before, so each time we dance we're re-enacting the remnants of every time we've danced previously. We try and fail and try again to catch the rhythm; we think about how we're being perceived. But what a privilege it is to move, even if it's awkward, to be embodied and expressing and trying to be responsive to a beat, to be more subject and less object.

Social media is, we all know, pure performance — whether you're an influencer or not. But it's etheric, as in taking place in the ether. An Instagram post is a conceptual performance, projected images of real action. And the whole point of a social media post is the audience: Who's looking, who's watching, what do they think of us? Our posting selves are the very opposite of a child dancing; we're a million miles away from the grounded reality of "our own intelligent bodies."

The last time I wrote about dancing, I wondered why we don't dance more and made a commitment to do so. It's been two years since then, and I've half-kept my promise. I've tried to "go out dancing" whenever I've found willing accomplices — maybe three times in two years. I dance in my building's elevator at the end of most days; I always have headphones on, and I like the final exertion of energy before arriving and winding down.

But it wasn't until I read Margaret's story, and watched adults try to follow the unscripted moves of a baby, that I remembered why I'd wanted to dance more in the first place.

So much of our movement is just using our bodies like reliable vehicles to get ourselves from one place to another. Dancing is an act of remembering that, once, when we were small, everything was new. Once, we moved our bodies primarily in order to play, express and discover. The more online we become, the farther we drift from what Margaret calls "our earliest soundtrack," the rhythm that's in us before we're born, "the basslike thump-thump of our mother's heartbeat and the oontz-oontz of her circulating blood."

There's an old PBS interview with Kurt Vonnegut in which he says: "The moral of the story is, we're here on Earth to fart around. And, of course, the computers will do us out of that. And what the computer people don't realize — or they don't care — is we're dancing animals. You know, we love to move around." Do many suppose dancing is unserious or frivolous? Let's do it anyway. Let's remind the "computer people," which is really all people, ourselves included, that we're dancing animals, and shake our tail feathers accordingly.

<https://www.youtube.com/watch?v=RV-Z1YwaOiw>

The Future Town Council Meeting

This Wednesday, April 8, CCC, 5PM

Some of the more interesting items on the agenda include:

Zion Fiber Presentation. It appears fiber optics is coming to Zion National Park.

The purchasing report is presented.

Whether to join the Utah Community Clean Energy Program is on the agenda. Town Council is expected to have very little discussion about joining the Utah Community Clean Energy Program because they have already shown support for it. The program would slightly increase electricity bills—about $4 per month—for anyone who does not choose to opt out.

This extra cost helps fund renewable energy projects in Utah, with the goal of moving to 100% renewable energy sources (like wind and geothermal) by 2030. If you believe this goal is realistic and worthwhile, the small increase in your bill could be seen as a good investment. If you are unsure or do not think the goal is achievable, you have the option to opt out and avoid the added cost. If you believe the town should not get involved in this project, you could write a letter but it is unlikely to have any effect on the outcome.

Another item on the agenda worth noting is the hiring of a third-party to conduct a community engagement effort regarding potentially adding trails in Springdale. One can hope that the hiring of Bike Utah to ascertain the community's wants does not mean more bike trails.

There is a dynamic biking community in the canyon corridor (Virgin) and Springdale does not need to encourage visitation to our town. ZNP already brings us 5 million visitors — to make it a biker's destination as well would be overkill and detrimental to the robust dog-walking and hiking community thriving and entrenched here. The needs of those currently here should take priority over the wants of those who might be lured here.

To access the entire agenda for the meeting and council members' reports and specifics and information about all agenda items: < https://www.springdaletown.com/AgendaCenter/ViewFile/Agenda/_04082026-1045?html=true>

As always, I encourage all to comment especially with opposing opinions.

The Past Town Council Work Meeting
Last Friday, April 3, CCC, noon op ed by E cutler

Ever gone sailing? it is a wonderful feeling to use the wind to propel you forward, and with clever adjustments you can go the direction you want regardless the direction of the wind. But… when the wind has been knocked out of your sails, when you hit the doldrums (what an expressive word for that despondent listlessness that results when there's no wind at all) you can do nothing, go nowhere, just sit in a slump of depression. Best hope you have an oar.

I was so happy that Town Council was going to revisit their procedures and protocols for meetings. My hopes were high. My thoughts sailed along on the winds of optimism. Then I watched the meeting.

Perhaps I was so much of a Pollyanna that when my expectations were not met, I deduced more negative than there was. But perhaps it **was** as 'us vs them-ish' as I perceived.

I am hoping that at least some of you will watch the meeting, the first hour should be plenty. I am hoping it was not as depressing as I found it to be. I want to be proven wrong. I am considering throwing that oar away. What's the point?

There will be more on this next issue, hopefully with the better perspective of other viewpoints. Maybe even someone on Council will convince me they do consider citizens of Springdale as compatriots, even friends, not simply annoyances to be dealt with as we try to ask them gotcha questions, ask for stupid things to be put in the minutes, and ask questions they can't possibly be asked to know on the spot.

To view the meeting: <https://www.youtube.com/@SpringdaleTownPublicMeetings> then click on 04/03/2026 Town Council Work Meeting

For some reason, this song, *Us and Them,* by Pink Floyd came to mind:

https://www.youtube.com › watch?v=nDbeqj-1XOo

Last Week's Planning Commission Meeting Recap by Jim Cutler

The first meeting of the month is a work meeting. Today, there were two topics to discuss then advance to further analytical study or final form for the city council to vote upon.

The staff, Niall Connolly and Tom Dansie, presented four potential options in revising the town's ordinance(s) that would better reduce stormwater runoff and pollution runoff coming from new construction, especially in erosion hazardous areas.

After reviewing of the choices, the commission preferred option number three which takes a proactive approach by editing the definition of "land disturbance:"

"Stormwater Management Permits are Required for the following activities:

A. *Construction of buildings or other structures that are larger than 500 square feet in area.B*
B. *Construction of new subdivisions, utilities (other than utility service to a single residence), roadways or bridges.*
C. *Mining activities*
D. *Any earthwork such as filling, grading, excavation or contouring land that would require a grading permit, as per section 10-15B of this Title.*

Notwithstanding, the following activities do not require a stormwater management permit: Preparing a small garden."

The commission, nonetheless, asked the staff to return to the next meeting with added language to option three that will

1. indicate the size of a "small garden;"
2. eliminate the washout from premixed concrete

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3. require proper installation and removal of any sanitary facility (port-a-potty) during construction.
4. limit the use of pesticides, herbicides and other harmful chemicals
5. define what and how much/many plants and trees may be removed
6. state distance of construction from the major waterways (the river) and ravines.
7. require the developer to indicate which form of “best management practices” (BMP) has been chosen

The second issue the staff presented to the commission was the ongoing concern of inadequate parking within the town. Commission members quickly decided that they did not have sufficient data. They requested the staff to return to the next meeting with a proposed method to correctly analyze if Springdale truly has a parking problem that is its responsibility to resolve and that would point to one or more possible methods to rectify it.

A representative from the national park, Matt Zink, cautioned that there will never be enough parking to satisfy the number of patrons. Tom Dansie agreed with this assessment from his own experiences and by bringing to the commission’s mind the California freeways that soon become congested even after further lanes have been added.

Is Anything as Enigmatic as … Nothing?

The Springdale Sun gives you, ta da, poems about nothing

Thinking About Nothing

(Inspired by the last words of Abélard, which were, “I don’t know.”)

Something is better than nothing

But how would you know?

Something isn’t nothing; it’s something.

Better is something too.

Nothing is nothing.

Maybe nothing is better.

But you don’t know.

Thinking About Nothing

(inspired by the last words of Héloïse, which were, “In death at last let me rest with Abélard.”)

Something is better than nothing.
I state that as provable fact.
At least, indeed, for most things,
Those things for which I’ve known lack.
Some food is better than none.
Certainly all would agree?
Some friends, some beauty, some wisdom,
some kindness, some challenge, some fun,
some shelter, some money, some clothing,
. . .
Surpass their reciprocal nudity.

My fear of moving stairs is escalating.

I went along to the local Kleptomaniacs Anonymous meeting, but all the seats were taken.

I just wrote a book on reverse psychology – don’t buy it!

Does refusing to go to the gym count as resistance training?

Without a doubt, my favorite Robin Williams movie is Mrs. Fire.



“Small Moves, Big Impact: The Secret to All-Day Energy”

by Debi Keys

Micro-Moments of Movement
How 2–3 Minutes of Activity Throughout the Day Boosts Energy and Mood

In today’s busy world, the idea of finding time for a full workout can feel overwhelming. Between work, family, and daily responsibilities, carving out 30–60 minutes for exercise isn’t always realistic. But what if improving your energy, mood, and overall health didn’t require a full hour at the gym?

Enter the power of micro-moments of movement—short bursts of activity lasting just 2 to 3 minutes, sprinkled throughout your day.

Why Small Movement Matters

It’s easy to think that if a workout isn’t long or intense, it doesn’t “count.” But research and real-life experience tell a different story. Even brief periods of movement can:

- Increase blood flow and oxygen to the brain
- Boost energy levels naturally
- Improve mood and reduce stress
- Support metabolism and joint mobility

In fact, these small bursts can be especially helpful during midlife, when energy fluctuations, stress, and hormonal changes can make long workouts feel more draining than energizing.

The Energy Connection

Have you ever noticed that sitting for long periods can leave you feeling more tired—not less?

That’s because prolonged sitting slows circulation and can lead to stiffness, fatigue, and mental fog. A quick movement break—even just a couple of minutes—can “reset” your system.

Simple actions like standing up, stretching, or walking around the room can:

- Wake up your body
- Improve focus
- Help you feel more alert and productive

Think of these moments as mini energy boosts built into your day.

Movement and Mood: A Natural Lift

Physical activity doesn’t just benefit your body—it has a powerful impact on your mind.

Short bursts of movement can help release feel-good chemicals in the brain, supporting a more positive mood and reducing feelings of stress or overwhelm. You don’t need a long workout to feel the shift—sometimes just moving your body for a minute or two is enough to change your mental state.

What Counts as a Micro-Moment?

The beauty of this approach is its simplicity. You don’t need special equipment, workout clothes, or a schedule. It’s about using the moments you already have.

Here are a few easy ideas:

- March in place while waiting for your coffee
- Do a few squats during a TV commercial
- Stretch your arms and shoulders between tasks
- Take a quick walk around your home or office
- Stand up and move every hour

These moments may seem small, but they add up quickly—and your body feels the difference.

Making It Work for You

The key is consistency, not perfection. Start by choosing 2–3 times during your day to add a short movement break. As it becomes a habit, you can build from there. Many people find it helpful to pair movement with something they already do—like standing up during phone calls or stretching after checking email.

Over time, these micro-moments create a ripple effect of

- More energy throughout the day
- Improved mood and resilience
- A stronger, more responsive body

A New Way to Think About Fitness

Movement doesn’t have to be all-or-nothing. It doesn’t have to be long, intense, or perfectly planned to be effective.

Sometimes, the most powerful changes come from the smallest steps. So the next time you feel tired, stiff, or stuck, try this: Stand up. Move for two minutes.

Your body—and your mind—will thank you,
Debs~

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St. George to Springdale

Stop	AM Times					PM Times						
1670 S 120 E (Dixie Center) St. George	5:40	7:00	8:00	10:00	11:00	12:00	1:00	2:00	4:00	5:00	6:00	7:30
Red Cliffs Mall (Barnes & Noble)	5:49	7:09	8:09	10:09	11:09	12:09	1:09	2:09	4:09	5:09	6:09	7:39
Buena Vista (Boiler Park) Washington	5:58	7:18	8:18	10:18	11:18	12:18	1:18	2:18	4:18	5:18	6:18	7:48
5300 W Regional Park Rd (DMV) Hurricane	6:09	7:29	8:29	10:29	11:29	12:29	1:29	2:29	4:29	5:29	6:29	7:59
3400 W Hurricane (Walmart)	6:15	7:35	8:35	10:35	11:35	12:35	1:35	2:35	4:35	5:35	6:35	8:05
700 W State St Hurricane	6:24	7:44	8:44	10:44	11:44	12:44	1:44	2:44	4:44	5:44	6:44	8:14
300 N State St LaVerkin	6:30	7:50	8:50	10:50	11:50	12:50	1:50	2:50	4:50	5:50	6:50	8:20
Zion White Bison Resort Park and Ride	6:39	7:59	8:59	10:59	11:59	12:59	1:59	2:59	4:59	5:59	6:59	8:29
Kolob Terrace Rd Virgin	6:41	8:01	9:01	11:01	12:01	1:01	2:01	3:01	5:01	6:01	7:01	8:31
1130 Zion Park Blvd (Hampton) Springdale	6:57	8:17	9:17	11:17	12:17	1:17	2:17	3:17	5:17	6:17	7:17	8:47
Lion Blvd Springdale (Arrive)	7:02	8:22	9:22	11:22	12:22	1:22	2:22	3:22	5:22	6:22	7:22	8:52

Spingdale to St.George

Stop	AM Times				PM Times							
Lion Blvd Springdale (Depart)	7:20	8:40	9:40	11:40	12:40	1:40	2:40	3:40	5:40	6:40	7:40	9:10
1210 Zion Park Blvd (Bit & Spur) Springdale	7:23	8:43	9:43	11:43	12:43	1:43	2:43	3:43	5:43	6:43	7:43	9:13
Kolob Terrace Rd Virgin	7:37	8:57	9:57	11:57	12:57	1:57	2:57	3:57	5:57	6:57	7:57	9:27
Zion White Bison Resort Park and Ride	7:40	9:00	10:00	12:00	1:00	2:00	3:00	4:00	6:00	7:00	8:00	9:30
300 N State St LaVerkin	7:51	9:11	10:11	12:11	1:11	2:11	3:11	4:11	6:11	7:11	8:11	9:41
700 W State St Hurricane	7:57	9:17	10:17	12:17	1:17	2:17	3:17	4:17	6:17	7:17	8:17	9:47
3400 W Hurricane (Walmart)	8:03	9:23	10:23	12:23	1:23	2:23	3:23	4:23	6:23	7:23	8:23	9:53
5300 W Regional Park Rd (DMV) Hurricane	8:11	9:31	10:31	12:31	1:31	2:31	3:31	4:31	6:31	7:31	8:31	10:01
Buena Vista (Boiler Park) Washington	8:20	9:40	10:40	12:40	1:40	2:40	3:40	4:40	6:40	7:40	8:40	10:10
Red Cliffs Mall (Barnes & Noble)	8:29	9:49	10:49	12:49	1:49	2:49	3:49	4:49	6:49	7:49	8:49	10:19
1670 S 120 E (Dixie Center) St. George	8:40	10:00	11:00	1:00	2:00	3:00	4:00	5:00	7:00	8:00	9:00	10:30

TIMES POSTED ARE DEPARTURE TIMES. TIMES ARE APPROXIMATE. PLEASE BE 5 MINUTES EARLY.

ZION ROUTE INFORMATION

SunTran bus service has a new public transit route connecting St. George to Zion National Park! The 42-mile route, with stops in St. George, Washington, Hurricane, La Verkin, Virgin, and Springdale, aims to reduce traffic congestion while providing an affordable and convenient travel option.

Buses operate Monday through Saturday from 5:40 a.m. to 10:30 p.m.

Fares cost $5 for each one-way trip, with an unlimited monthly pass available for $100 ALTHOUGH PARKING AT THE 'PARK AND RIDE' IN VIRGIN IS FREE according to Mayor Bruno.

Riders are encouraged to be at stops at least 5 minutes early. Stop schedules may fluctuate a minute or two ahead or behind the listed stop time, depending on traffic.

Never Bored in Springdale

CHECK OUT THE APRIL TOWN NEWSLETTER!!!
<https://www.springdaletown.com/ArchiveCenter/ViewFile/Item/252>

TAKE A GANDER AT THE FLYERS AND INFORMATION AT THE END OF THIS ISSUE FOR DETAILS AND CONTACT INFORMATION WHEN APPROPRIATE

REGULARLY SCHEDULED EVENTS:

Sundays:

8:30am, CCC, Catholic Service, every Sunday, enter from the back

Mondays:

10am, free outdoor exercise class, by the gazebo, may shortly be moving to 9am as heat increases

5-7 pm, Organized Pickleball play, Pickleball Courts, social after, weekly, free

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Tuesdays:

8am, High Fitness, CCC, weekly, cost

10am, Yoga, CCC, weekly, cost

2-4pm, Craft Group, CCC, bring what you're working on and enjoy time with like-minded crafters, weekly

Wednesdays:

10:30am, Storytime, Library, weekly

11:30 am, Adult Book Group, Library, monthly, the 2nd Wednesday, discussing *Lady Tan's Circle of Women* by Lisa See for April

4 pm, Teen Time, library, weekly, but the first Wed is arts/crafts, the second, D&D, the third, group games, and the 4th, book club, discussing *The Ogress and the Orphans* by Barnhill, for March

5 pm, Planning Commission Meetings, CCC, twice monthly, the first Wed is a work meeting, the 3rd is a regular meeting

5 pm, Town Council Regular Meeting, CCC, monthly, the 2nd Wed

Thursdays:

4pm, After School Club, library, weekly, but the first Th is activities, the second is a movie, the third is crafts, the fourth science projects

3-4:30 pm, Sketchers (still rather new), CCC, weekly, anyone interested in joining to sketch and/or watercolor, non-instructional, bring your own supplies

5 pm, D&D Club, library, monthly, every second Thursday

Fridays:

6-7pm, Crystal Sound Bath Meditation, CCC, weekly, cost

Saturdays:

2-4 pm, Adult Beginner Pickleball Lessons, Pickleball courts, weekly, cost

OTHER SPECIAL EVENTS

April 8, Wednesday, Town Council Regular Meeting, 5 pm, CCC

April 9, Thursday, 6-9pm, Karaoke, Bumbleberry Theater, can order food and drink at Porters

April 11, Saturday, 6:30-8:30, Govind Das, Nama-Stay Retreat Village

April 17, Friday, 11 am - 1 pm, shred what needs to be shredded, Town Hall

Apr 18, 19, Saturday & Sunday, Zion Chalk & Earth Fest, Springdale Field, 10am - 8pm

April 18, Saturday, 7pm, Bumbleberry Theater, Wild and Scenic Film Festival "The American Southwest" for more info, see: < https://www.zarts.org/event-details/best-of-fest-wild-scenic-film-festival-2026-04-18-11-00>

April 20, Monday, 6 pm, Free Community Concert by The Navy Band, OC Tanner Theater

April 23, Thursday, 6-9pm, Karaoke, Bumbleberry Theater, can order food and drink at Porters

Apr 24, Friday, 6pm, Concert in the Park, at the Gazebo,

TO ACCESS GENERAL INFORMATION

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

For Lion's Club: https://www.springdaletown.com/290/Zion-Canyon-Lions-Club

For Zion Animal Lovers (ZAL): https://www.springdaletown.com/310/Zion-Animal-Lovers-ZAL

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

Information about Wellness and Fitness Classes: <https://www.springdaletown.com/458/Wellness-Fitness-Classes>

Events at Bumbleberry Theater: <https://bumbleberry.com/springdale-utah-theater/>



Looking Ahead

May 15, Friday, 7pm, Bumbleberry, Jason "Gordo" Gordon, musician

May 22, Friday, 7 pm, Bumbleberry Theater, Harold W. Poole Bataan Death March and POW survivor, presented by Stan Poole.

May 23, Saturday, 7 pm, Bumbleberry Theater, Improv Group: Scriptless in Seattle.

Police Blotter for Rockville and Springdale for February 2026

2026 FEBRUARY STATS

SPRINGDALE STATS

CITATIONS

Speed	11
Registration-Failed to/Expired	4
Fail to Yield-Merge	1
Driver License Never Obtained	3
Driver License Expired	1
Unsafe Movement from Stopped	1
Improper Pass-No pass Zone	2
TOTAL CITATIONS	23
WARNING ON CITES	4

ARRESTS

Use Hand Held Device to write/send/read Date While Operating Vehicle	1
Driver License Denied-Non Drug/Alcohol	2
Speed-School Zone	2
Driver License Suspended/Revoked/Denied w/ Prior	1
TOTAL ARRESTS	6

ROCKVILLE STATS

CITATIONS

Speed	12
Registration-Failed to/Expired	1
TOTAL CITATIONS	13
WARNING ON CITES	1

ARRESTS

TOTAL ARRESTS	0

SPRINGDALE INCIDENTS

911 Hang Up	0	Overdose	0
Abandoned Vehicle	0	Panic Alarm	0
Agency Assist	4	Paraphernalia	0
Alcohol Offense	0	Park Security Check	50
Animal Bite	2	Parking Problem	2
Animal Emergency	0	PD Accident	0
Animal Problem	2	Person Down	0
Assault	0	PI Accident	0
Attempt to Locate	2	Property Damage	0
Attended Death	0	Protective Order Violation	0
Bike Patrol	0	Prowler	0
Brush Fire	0	Psychiatric	0
Business Alarm	2	Public Urination	0
Business Burglary	0	Residence Burglary	0
Business Checks	34	Resident Vacation Check	22
Camping Problem	1	Residential Alarm	3
Child Abuse Neglect	0	Retail Theft	0
Choking	0	School Zone Enforcement	38
Citizen Assist	5	Sex Offender Registry	0
Citizen Contact	8	Sex Offense	0
Citizen Dispute	0	Stalking	0
Civil	0	Structure Fire	0
Community Oriented Policing	3	Suicidal	1
Construction Site Checks	0	Suspicious Other	1
Counterfeiting	0	Suspicious Person	1
Criminal Mischief	0	Suspicious Vehicle	2
Crosswalk Enforcement	1	Telematic Alarm	0
Curfew	0	Telephone Harassment	0
Disorderly	0	Theft	1
Drugs	0	Threatening	0
DUI	0	Traffic Hazard	4
DV Assault	0	Traffic Offense	1
DV Criminal Mischief	0	Traffic Stop Warning	11
DV Unlawful Detention	0	Traumatic	0
Evading	0	Trespassing	1
Extra Patrol	118	Unattended Death	0
Family Fight	0	Unconcious	0
Felony Theft	0	Unsecured Premise	0
Fire	0	Utility Problem	0
Fireworks	0	Vagrancy	0
Follow up	4	Vehicle Burglary	0
Found Child	0	Vehicle Fire	0
Found Property	4	Vehicle Theft	0
Fraud	0	VIN Inspection	3
Gas Theft	0	Wanted Person	0
Graffiti	0	Weapon Offense	0
Harassment	0	Welfare Check	0
Hit and Run	1	Wildlife/Poaching	0
Hitchhiking	0	0	0
Illegal Burning	0	0	0
Impound	0	0	0
Intoxication	0	0	0
Jail Release	0	0	0
Juvenile Problem	0	0	0
Keep the Peace	0	0	0
Lewdness	0	0	0
Littering	0	0	0
Lockout	1	0	0
Lost Property	1	0	0
Medical Assist	2	0	0
Missing Person	2	0	0
Motorist Assist	1	0	0
Noise Complaint	0	0	0
Nuisance	0	0	0
Other	0	0	0

TOTAL SPRINGDALE INCIDENTS **339**

ROCKVILLE INCIDENTS

911 Hang Up	0	Overdose	0
Abandoned Vehicle	0	Panic Alarm	0
Agency Assist	0	Paraphernalia	0
Alcohol Offense	0	Park Security Check	16
Animal Bite	0	Parking Problem	1
Animal Emergency	0	PD Accident	0
Animal Problem	1	Person Down	0
Assault	0	PI Accident	0
Attempt to Locate	0	Property Damage	0
Attended Death	0	Protective Order Violation	0
Bike Patrol	0	Prowler	0
Brush Fire	0	Psychiatric	0
Business Alarm	0	Public Urination	0
Business Burglary	0	Residence Burglary	0
Business Checks	0	Resident Vacation Check	0
Camping Problem	0	Residential Alarm	0
Child Abuse Neglect	0	Retail Theft	0
Choking	0	School Zone Enforcement	28
Citizen Assist	5	Sex Offender Registry	1
Citizen Contact	1	Sex Offense	0
Citizen Dispute	0	Stalking	0
Civil	0	Structure Fire	0
Community Oriented Policing	3	Suicidal	0
Construction Site Checks	0	Suspicious Other	0
Counterfeiting	0	Suspicious Person	0
Criminal Mischief	0	Suspicious Vehicle	0
Crosswalk Enforcement	0	Telematic Alarm	0
Curfew	0	Telephone Harassment	0
Disorderly	0	Theft	0
Drugs	1	Threatening	0
DUI	0	Traffic Hazard	1
DV Assault	0	Traffic Offense	0
DV Criminal Mischief	0	Traffic Stop Warning	7
DV Unlawful Detention	0	Traumatic	0
Evading	0	Trespassing	0
Extra Patrol	35	Unattended Death	0
Family Fight	0	Unconcious	0
Felony Theft	0	Unsecured Premise	0
Fire	0	Utility Problem	0
Fireworks	0	Vagrancy	0
Follow up	0	Vehicle Burglary	0
Found Child	0	Vehicle Fire	0
Found Property	0	Vehicle Theft	0
Fraud	0	VIN Inspection	3
Gas Theft	0	Wanted Person	0
Graffiti	0	Weapon Offense	0
Harassment	0	Welfare Check	0
Hit and Run	0	Wildlife/Poaching	0
Hitchhiking	0	0	0
Illegal Burning	0	0	0
Impound	0	0	0
Intoxication	0	0	0
Jail Release	0	0	0
Juvenile Problem	0	0	0
Keep the Peace	0	0	0
Lewdness	0		0
Littering	0		0
Lockout	0		0
Lost Property	0		0
Medical Assist	0		0
Missing Person	0		0
Motorist Assist	0		0
Noise Complaint	0		0
Nuisance	0		0
Other	0		0

TOTAL ROCKVILLE INCIDENTS **103**

TOTAL INCIDENTS **442**



Join us for a special evening of Kirtan with **Govind Das** on Sat April 11 at NamaStay Retreat Village in Springdale.
The first stop on his way to his Kirtan Tour in conjunction with promoting awareness of the Grand Valley Yoga Fest.
Govind Das i a Kirtan leader and teacher in the path of Bhakti Yoga. His inspiring Kirtan and teachings encourage the opening of the heart and developing a personal and intimate connection with Source.
Govind Das believes that ancient practice of Kirtan is a great tool in our modern age to heal humanity because chanting together fosters the spirit of love, unity and connection.
He leads programs of Kirtan, bhakti yoga workshops, and transformational retreats throughout the world.
Come sing, dance, and enjoy spiritual community!
*Please park in town and walk over as there is no parking at NamaStay.
**Please arrive 30 minutes early
Pre-Register as space will fill up!
https://www.nama-stay.com/.../kirtan-govind-das-zion-nama...



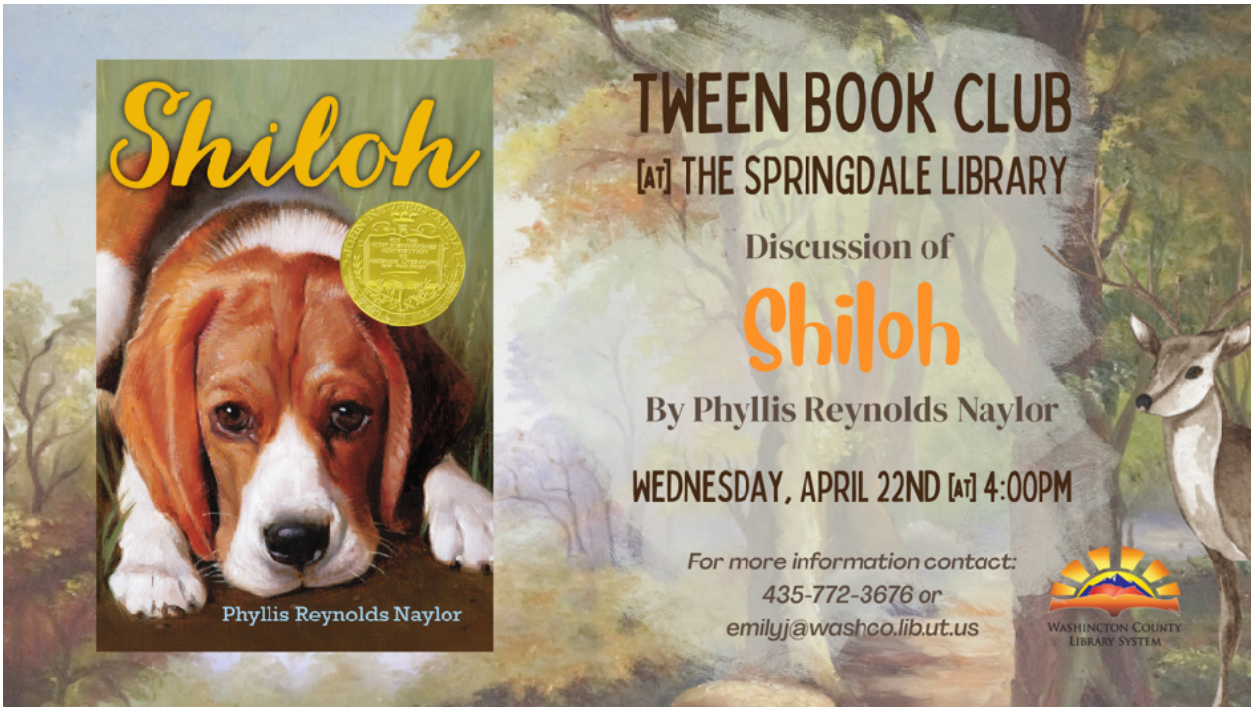
Cover To Cover

Spring Reading Challenge

Children between the ages of 4 and 12 are invited to participate
Sign-up at the Library before starting to get credit for reading
Depending on age and reading level, read 5 books or 300 minutes
Award: a gift card for a free hamburger or cheeseburger at In-N-Out
Each child may earn up to 3 awards

Saturday, March 7th through
Saturday, April 18th

Washington County Library System





Check out the new sketching group in Springdale.
Meeting in the small reading room
at the CCC. Join them on the first field trip, check out the transit system to the mall or just meet group there. Open to all levels.
Started March 5.
If you have paper and pencil
you're good to go!
For more info
text Regina 435 773 3637
or Jan 907 382 2912



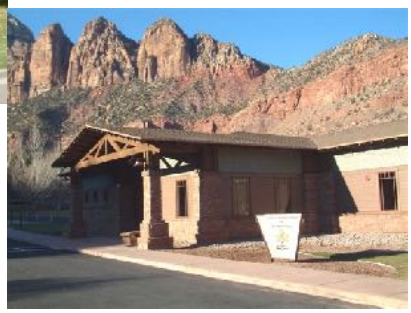

THE ADVENTURE CONTINUES...
TEEN D&D CLUB
@ THE SPRINGDALE LIBRARY
~ DRAGON OF ICESPIRE PEAK CAMPAIGN ~
EVERY SECOND THURSDAY
5:00PM-7:00PM
PARENTS ARE ALWAYS WELCOME, BUT NOT REQUIRED
NEW PLAYERS WELCOME
FOR MORE INFO CALL: (435) 772-3676
OR EMAIL: EMILYJ@WASHCO.UTAH.GOV


Laugh, Craft & Play with Friends
SPRINGDALE LIBRARY
TEEN TIME
EVERY WEDNESDAY @ 4:00PM
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)

Hey, Locals, did you know there's a free outdoor exercise class every **Monday at 10 am** by the gazebo? [I you're looking at the library, the gazebo is to the left., but then again, if you're a local, you probably know that.] The time will shift to 9 am and may have already. Someone let me know, please. Bring hand-held weights, yoga mat, bands, water, and yourself — and maybe a friend. Enjoy a warm up, cardio, and stretching, thanks to Jane












SPRINGDALE TOWN IS NOT RESPONSIBLE FOR ANY COSTS OR EXPENSES INCURRED BY PARTICIPANTS DURING THE SOCIAL GATHERING AFTER THE ROUND ROBIN/LADDER PLAY.
Springdale Pickleball
Round Robin / Ladder Play & Social
FREE!
Springdale Pickleball Courts
126 Lion Blvd., Springdale
Scan the QR Code for more information & sign a waiver
Pickleball Information
New Time
MONDAYS 5PM to 7PM
Social Gathering immediately following Round Robin/Ladder Play

PICKLEBALL CLASSES

BEGINNER ADULT CLASSES
SATURDAYS 2PM TO 4PM

SKIPPING MARCH 28

SPRINGDALE PICKLEBALL COURTS

126 LION BLVD., SPRINGDALE UT, 84787





PICKLEBALLS AND LOANER PADDLES PROVIDED.
BRING WATER, WEAR COURT SHOES & USE EYE PROTECTION

5 CLASS PUNCH PASS $20
10 CLASS PUNCH PASS $40
$5 DROP-IN FEE

SCAN THE QR CODE FOR MORE INFORMATION, PURCHASE A PASS & SIGN A WAIVER

pickleball information

INSTRUCTOR: ROBYN CHANCEY, PPR CERTIFIED COACH

LIBRARY Craft Night

Please join us to learn how to make and decorate a window decoration

Thursday, April 23rd
@ 5:00 PM



Washington County Library System

This free event is open to all patrons 18 and older.
All materials are provided, but space is limited.
Please register in advance (435) 772-3676
or karen.crawford@washco.utah.gov




EARTH WITHOUT 'ART' IS JUST 'EH'
2026
Zion Chalk & Earth Fest.
SATURDAY, APRIL 18TH &
SUNDAY, APRIL 19TH, 2026
10AM-8PM
SPRINGDALE FIELD
126 LION BLVD, SPRINGDALE
CABLE MOUNTAIN LODGE
AMERICA 250 UTAH
EVENT HIGHLIGHTS
• LIVE ENTERTAINMENT 2PM-8PM
• FOOD
• BEER GARDEN
• VENDORS 10AM-5PM
• WILD & SENIC FILM FEST. SHOWINGS 4/17 & 4/18 AT THE BUMBLEBERRY THEATRE
• & SPECTACULAR CHALK ART
Zion Chalk & Earth Fest.
VISIT OUR WEBPAGE FOR MORE INFO HTTPS://BIT.LY/ZCEF26


AMERICA 250
UTAH
SPRINGDALE TOWN
CONCERT IN THE PARK
FEATURING
ERIC DODGE
Free Event!
Bring your own seat
Park along Lion Blvd.
Friday, April 24th
@ 6PM
Springdale Gazebo Park
126 Lion Blvd., Springdale
Utah Division of
Arts & Museums
Freedom 250
NATIONAL ENDOWMENT for the ARTS



Jason “Gordo” Gordon

May 15th, Friday, 7pm at Bumbleberry Theater

Jason “Gordo” Gordon is a nationally touring, award-winning solo looping artist based seasonally in Phoenix, Arizona. Performing at venues and events across the country, he has earned a reputation as one of the most engaging live looping performers in the United States. His unique show delivers the energy and sound of a full band — all created live by one performer.

A true multi-instrumentalist, Gordo performs drums, bass, rhythm and lead guitar, piano/keys, harmonica, and vocals — building each song live on stage, piece by piece. Using a custom-built performance setup, he records each instrument in real time and layers them together to create a dynamic, full-band sound right before the audience’s eyes. Every note is performed live with no pre-recorded tracks, making each show a one-of-a-kind musical experience that’s both visually impressive and highly interactive.

Gordo’s versatile repertoire spans Classic Rock, Blues, Country, Folk, Motown, and more — with a focus on the timeless hits audiences know and love from the ’60s, ’70s, and ’80s. His high-energy performances are designed to keep audiences engaged, entertained, and singing along.

With more than 20 years of professional experience, Gordo has performed nationwide at a wide variety of venues and events, including festivals, concert series, private events, RV resorts, 55+ communities, and country clubs. He has opened for numerous national touring acts including Bad Company, Foreigner, and The Byrds, and has performed multiple times at the legendary Whisky A Go Go in Hollywood.

Gordo was voted Phoenix Magazine’s “Best of the Valley”, and has been featured in multiple newspapers, magazines, and radio programs around the country. He brings a show that you’ve truly got to see to believe!

Harold W. Poole Bataan Death March and POW survivor:
Presented by Stan Poole
May 22nd, Friday, 7pm at Bumbleberry Theater



Harold Poole (1918 – 2010) was a Bataan Death March survivor and 3 ½ year POW survivor during World War II. Surviving the horrors and unimaginable difficulty of these events involved miracles, an incredible spirit and will to live. Harold is my dad. I grew up listening to his stories and sat at the feet of many of his survivor friends. Included is a brief description of the Bataan Death March, many of the POW experiences, the power of forgiveness and the incredible miracles of faith. Actual video footage of Harold and some of his survivor buddies telling their experiences in their own words brings these incredible stories to life.

Free Admission

Improv Group: Scriptless in Seattle

May 23rd, Saturday, 7pm at Bumbleberry Theater



In early-2019 a group of three comedy performers were on deck for a small talent show fundraiser in Cuyahoga Falls, Ohio. Just a few minutes before taking the stage, the emcees approached them asking what they wanted to be called. After discussing briefly and tossing around a few joke suggestions, the three settled on a movie pun, tipping their hat to Meg Ryan and Tom Hanks. Not five minutes later, the emcees introduced for the first time anywhere, Scriptless in Seattle.

Today, years later, Scriptless in Seattle is touring the world… and still flying by the seats of their pants! Come enjoy a show that has not yet been written and even get the chance to steer its direction! With opportunities to come up on stage and be a part of the show, the script is YOU.