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Journeys Never Truly End

Local gym owner and trainer encourages everyone to 'embrace the now'



“Don’t feel bad if people remember you only when they need you. Feel privileged that you are like a candle that comes to their mind when there is darkness.”

- Anonymous



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Our Vision is in Our Name

By James L. Davis

If you don't have a vision for where you are going, you are sure to never get there.

When Chris Baird, owner and publisher of this publication, took a leap of faith 10 years ago and started the community newspaper called Serve Daily, he put his vision right in the nameplate: Serve Daily.

Give back through service, in whatever form it might take. It doesn't have to be herculean in nature, sometimes a simple smile, kind word, or nod of a head can make someone's day.

That was his vision and why Serve Daily exists. That is this newspaper's vision statement in two simple words. Our mission statement is to meet that vision by informing the communities we serve, from Springville to Nephi, and everywhere in-between.

While everything you want to know is available with a few taps of

your fingers, we endeavor to provide the information that may just brighten your day and give inspiration for tomorrow. We are unabashedly a Good News Newspaper. If you are interested in bad news, it is available and at your fingertips.

We want to celebrate the good news of South Utah County, whatever it might be.

We are Old School Social Media, and not ashamed in the least.

We want to share your stories with the communities where you live. Your triumphs and your heartaches, your goals and your challenges. It is all news to us, and we want to help you share every story. Send us your stories at servedaily.com/forms and we'll spread the word.

To do so, and in keeping with the newspaper founder's vision to Serve Daily, beginning with this issue we have formatted the newspaper into more concrete sections.

The first is Focus, and that is where we will focus on the vision of

service. People or organizations giving back, big or small or anywhere in between. In this section you will also find news of upcoming events or past events that you may not find anywhere else.

The second section is Life!, because we all want one. Inside of this section you will find a multitude of other sections, including Health & Fitness, Animal Health, Financial Tips, Book and Movie Reviews, Recipes, Outdoor Life, Local School News, etc.

The third section will be Home, Garden & Garage, and will feature everything from gardening tips, do-it-yourself-projects, lawn care, and restoration tips.

The fourth section is Local Business. We will focus on features and news articles on what new services are coming to your community, give tips on opening your own business, and give you a hint on what might be coming to your community.

The fifth section is Tributes. This

section is devoted to a sampling of those we have lost in the community in the preceding month. A condensed version of their official obituary.

But within the Tributes section there is a possibility of a subsection called Reflections.

Reflections would not be reflections on the recently passed, but reflections on those who impacted you most. I will start off the Reflections section with one of my own. But I would much rather share yours than mine.

The last section is Viewpoint, and will include editorials, letters to the editor, and opinion or humor columns.

If you have a Good News story you want to share, we would love to help you share it as your Old School Social Media Source.

The vision of Serve Daily may never be completed, because there will always be a need for service. But the destination is not nearly as important in the end as the journey.

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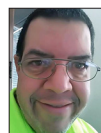
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Your Community Voice!

Content Submissions

Serve Daily loves to share your stories! Articles on service of any kind are always welcome, as well as the Good News of events, places, and people of South Utah County. Deadlines for submission are the 22nd of the month prior to publication. Make your submissions at servedaily.com/submit.

Advertising

To advertise in Serve Daily contact Chris Baird or Colleen Davis.

Feedback

We are the Good News Newspaper for South Utah County. If you have story ideas or suggestions on how we can better serve the community, please contact us!

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Local Artist Making a Name for Himself

By Kelly Martinez

It seems appropriate that artist Quintin McCann would choose to settle in Springville, the Art City, where he could practice doing what the city's nickname denotes.

Art, it seems, is something that's in McCann's DNA as his mom and oldest brother have above-average art skills. McCann first became aware of his love for drawing as a young child.

"Being a lot younger than them," he said, "I tried hard to be as good as them. That helped me to challenge myself and develop drawing skills at a young age."

Though he didn't take his art skills seriously as a child, he was keenly aware that he enjoyed art, that it was fun and entertaining to him. In high school he realized that there could be a future in his art.

In college, after changing majors several times, he decided to major in art, though still not sure how it would fit into his future.

"At that time, I didn't know any professional artists personally, but it was what I was most

interested in, so I decided to pursue it," he said.

As graduation got closer, he decided to seek out professional artists for advice. In the process he realized that others were making a living doing art, so he could, too.

McCann's current day job is teaching art at Westlake High School in Saratoga Springs, a job he enjoys because it affords him the opportunity to help kids develop their art skills. In addition, he teaches part-time at Sentient Academy, a Utah-based company that provides online art education at a professional level.

Drawing, painting, and sculpting are McCann's favorite types of art. He switches back and forth between each in an attempt to find connections between them.

"I find that as my drawing skills improve, it helps my painting skills," he said. "They all interconnect in different ways, so I continue to develop each of them."

All this led to the creation of Quintin McCann Art in 2016, a venture that's sometimes more financially beneficial than his teaching salary. Even if his art business can someday help him make a living, he loves teaching so much that he doesn't ever want to step away from the classroom.

At first, his business' commissions came through Facebook from friends and family, but eventually led to commissions from people he didn't know.

McCann is pretty busy with his personal art projects, so he's not currently seeking commissions, but when he does, he does it through Instagram (quintin.mccann). Because he loves doing portraits, he always accepts simple portrait



Courtesy photos

Springville artist Quintin McCann honing his craft.



Sculptures by Springville artist Quintin McCann.

commissions.

McCann has participated in four sculpting competitions, two in Utah, one in New York, and one in South Carolina. These events involve competitive sculpting, next to other sculptors.

The teacher in McCann is quick to advise young artists: "You're never too young to start developing your (art) skills. There are ways to make a viable career with your artwork. The sooner you start, the better."



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Responding to a Growing Need

Community Action Services looks to expand number of food pantries in area

By Jennifer Durrant

In 2021, generous donors gave Community Action Services more than 3.925 million pounds of food, 9 percent of which came from food drives.

We turned around and distributed more than 3.441 million pounds of that to people in need in our community. Distributing food to people in need via our food pantries is an essential part of our mission, which is to ultimately end poverty in our community.

This year, we plan to better reach the people who don't have access to enough food – 11.5 percent of people in Utah County, 11 percent in Wasatch County, and 10.4 percent in Summit County.

Here's how we're going to do it. Open More Pantries.

We already operate food pantries in Provo, Springville, Heber, and Coalville and smaller pantries in schools around the area. It's time

to expand to serve more people.

Our goal this year is to open additional pantries so that people in need don't need to travel too far from home for help. First on our list is getting a new pantry opened in Orem's Friendship Center.

After that, we're looking at forming more partnerships to bring food to other area schools.

These partnerships have provided critical support to these school efforts to feed Utah County children who might be facing food insecurity. While we operate our larger community pantries, we also work with community partners to open smaller pantries.

At partner pantries, we help stock the shelves but don't operate them. Most partner pantries are in schools and are only open during hours set by the school.

These pantries are incredible and help students and families. The limited hours, though, mean that people can't

always rely on the pantry being open when they need it.

"We're trying to open more pantries that will be open five days a week and help more students beyond those that go there," said Lisa Thomas, community food programs manager. "You can get more things at a community pantry than a partner pantry."

Going to a food pantry can be an intimidating experience because it can be hard to admit that you need help. One of the ways we want to help clients feel better at our pantries is to make the experience feel more like grocery shopping. Once they've filled out the paperwork, people will go to the pantry and shop. They'll be able to choose what they need and want, though we will limit eggs, butter, and meat based on family size.

We'll also have hygiene items in Ziplock bags so they can quickly grab what they need.

Community Action Services faces the same

barriers for food pantries and food banks that people are facing all over the country. One of the biggest hurdles now is having a reliable food supply. Many items are hard to find because of supply chain issues, and prices are increasing.

For example, we get donations from the Bishops' Storehouse, but they recently ran out of items. Our goal is to get the word out to the community about specific needs to serve our clients better.

We are currently in need of canned fruit like

mandarin oranges and pineapple, canned pasta sauce and baked beans, chili and pork and beans. We also need healthier items, gluten-free foods, diapers, and sanitary products.

Another issue is finding volunteers who want to donate their time on a regular basis.

When we don't have a consistent volunteer force, our staff members must work at pantries, taking them away from their other responsibilities. We're focused on finding people who want to donate the time con-

sistently so that we can count on them to help us staff our food pantries.

Our target is to help end poverty, and food pantries are an essential part of that mission.

This year, our goal is to better serve people in need in our community by opening more pantries, making them more client-friendly, and looking for solutions to our pantry challenges.

If you want to join us or donate, check our list of ways to help at communityactionprovo.org/how-to-help/. (Serve Daily submission)

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Amy Ellis
Transformational Coach

Director Looks to Take Spanish Fork Library to New Heights

By Kelly Martinez

Spanish Fork Library Director Scott Aylett's association with the city started in 2013 as an intern while working on a Master of Public Administration degree at Brigham Young University.

Following graduation in 2014, his career path led him to work for Zions Bank for four years doing consulting for municipalities, then back to Spanish Fork as public information officer in 2018. He filled that position for two years before taking on the library director position in June 2020.

"As our previous library director was retiring," Aylett said, "I was asked to move from the public information officer role over to the library director role to help take the library in a new direction."

Prior to filling his current position as library director, Aylett had no library employment or management experience, so it's been a learning experience from day one on the job.

Though he didn't grow up in Spanish Fork, or Utah County, Aylett has a special affinity for the city due to his mom living there during her childhood. He grew up in Sandy, but his family regular-



Scott Aylett

ly attended Spanish Fork's Fiesta Days.

"Spanish Fork was part of my family growing up, even though I didn't live here," he said. "It wasn't until I worked here as an intern, and then as an employee, that I started living here."

For those who live in Spanish Fork, it's no surprise that the city is building a new library across the street from the current one. Crews broke ground on the new building in March 2021 and the expected completion date is in early 2023. Several delays have slowed the construction's progress, including a six-month slowdown due to a steel production shortage.

"It wasn't until the end of November or beginning of December that the structural steel arrived and construction moved forward," he said.

In the first week of March, a topping-off ceremony took place, which included the installation of the final steel beam in the building.

Library patrons and employees got to sign the beam before its placement. This event was a monumental moment in the building's construction.

In under two years as library director, Aylett has overseen projects that are preparing the library for its new location.

Among these projects is one that involves adding a new radio frequency identification system and converting more than 70,000 items to the new system.

The seventh of 10 children in his family, Aylett and his wife have two sons, a 4-year-old and a 2-year-old.

In spite of the gradual leaning by the reading community toward e-books and audiobooks, Aylett doesn't see print books ever going away.

"I don't ever see that happening," he said. "On average, of all the materials checked out from our library in any given year, only about 20 percent is digital content. That means that 80 percent of everything that gets checked out is through our front and back doors. Most of that is driven by our children's collection."

This is sure to be good news to bibliophiles. (Martinez is a *Serve Daily* contributor.)

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Screenings Key to Colorectal Prevent Cancer

March is National Colorectal Cancer Awareness Month. Not including skin cancer, colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer deaths in American men and women combined.

Unfortunately, according to the American Cancer Society, about one in three people in the U.S. who should get tested for colorectal cancer have never been screened. It can be an uncomfortable topic to discuss, but it's important to talk to your loved ones about colorectal cancer and the importance of getting screened.

Some modifiable life-

style factors can increase the risk of developing colorectal cancer, including:

Diets high in meat and low in fruits, vegetables, and whole grains

- Excessive drinking
- Obesity
- Physical inactivity
- Smoking

Other uncontrollable factors, such as having a strong family or personal history of colon cancer, rectal cancer and adenomatous polyps, may also put someone at greater risk.

In most cases, colorectal cancer can occur in adults without any detectable symptoms, making expert diagnoses even more critical to your health and wellbeing. Never-

theless, there are some symptoms or warning signs of colorectal cancer that every adult should know:

Bright red, black, or tarry blood in stool

Consistent fatigue feelings

Constipation, diarrhea, or a feeling of having an unemptied bowel

Discomfort in the abdominal area, including:

- Bloating
- Cramps
- Frequent gas pains
- Unexpected weight loss
- Unusually narrow stools

“Colorectal cancer typically has no symptoms until the disease has progressed and is

much more difficult to treat,” said Dr. Chad Kawa, gastroenterologist at Mountain View Hospital. “If stage one colorectal cancer is caught early, it has a 90 percent survival rate after five years. Colonoscopy has been shown to be a highly effective way to both screen for cancer and reduce the incidence of colorectal cancer. It's important for everyone to understand the benefits of preventative screening and to have screening tests done at an appropriate age.”

Sarah Cannon, the Cancer Institute of HCA Healthcare, and other organizations, including the American Cancer Society, rec-



Courtesy photo

March is National Colorectal Cancer Awareness Month.

ommend screening for men and women with average risks, as early as 45 years old with either a:

Flexible sigmoidoscopy every five years

Colonoscopy every 10 years

Colorectal screening is considered a free preventative measure under most insurance providers and is typically

covered at no cost to the patient. Come learn more about screening, prevention, and treatment of colorectal cancer from Dr. Kawa at MountainStar Healthcare's free Healthy Conversations event on March 9, 5:30 p.m. Details can be found at healthyutahcounty.com. (Courtesy of MountainStar Healthcare.)

Stop, Challenge, Choose, Secret to a Healthy You

By Amy Ellis

Do you find that you are arguing with yourself? “I want to be healthy, but I also want that cookie!” First off, relax! You are just like everyone else! We have two competing sides of our brains at play:

Survival Brain: The main objective is to keep us alive, seek pleasure, and avoid pain. This results in wanting to eat large quantities of high fat, high sugar foods which will clearly sustain us in a famine or a war! This is great if we are in an actual famine or war. ;)

Logical Brain:

The main objective of this part of the brain is to set and achieve goals. This is where we want to be healthy, live longer, and create good things in our lives.

So, what do I do when Survival is trying to run the show? First off, thank your brain! Hello, it is keeping you alive! Becoming more mindful of thoughts



File photo

and which part of the brain it is originating from is key! Use a technique from Dr. A's Habits of Health book called, “Stop. Challenge. Choose.” Stop: Where is this thought coming from? Take a deep breath and create space between the thought and reaction. Challenge: Ask yourself, “Is this thought/impending action bring-

ing me closer to my goals? What do I really want to create in my life?” Choose: Choose actions based on your logical thoughts (what really matters most)!

Creating the space between your triggers and your reaction is where your power lies to live a healthier life.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” – Viktor E Frankl. (*Ellis is a certified Independent Optavia Health Coach.*)

Journeys Never Truly End

Owner of Sports Performance Academy encourages everyone to 'embrace the now'

By James L. Davis

If fitness is less a destination and more a journey, then Kjell Crowe of Spanish Fork has been on her fitness journey for most of her life.

As with any journey, hardships await, and inspiration is key.

For Crowe, inspiration started with her father and grew to encom-

pass much of her life.

"I've become involved in sports because of my dad. He was a high school football, basketball, and softball coach. He was also my weightlifting coach my freshman year in high school. I grew to love lifting weights. I really appreciated how these activities kept me healthy and strong. I loved the way they made me feel. Working out is medicine for me. Other people turn to pharmaceuticals, I turn to the gym."

Growing up, the mother of four played on high school basketball, softball, and volleyball teams, and basketball at the collegiate level for two years. When she paused her education to serve a full-time mission for The Church of Jesus Christ of Latter-Day Saints, her fitness journey didn't necessarily stumble, but faced some hardships.

"I wasn't able to be as active as I used to be. That was challenging, and of course, I gained some pounds. Too many Polish pierogi and not enough exercise. I realized then how important it was and made sure that after I returned to continue with my fitness journey."

In college, Crowe pursued a degree in exercise and sports science with



Photos by James L. Davis

Kjell Crowe (right), owner of Sports Performance Academy in Spanish Fork, talks with academy member Ashley Sorenson after a morning workout.

an emphasis on health and wellness and achieved her master's degree in human movement and sports conditioning.

And the journey continued.

While on one journey, she found another when she married her husband, JC. They eventually had four children, Kasia (13), Ryu (10), Kaleia (6), and Revan (4). Six and a half years ago the Crowe family moved from Orem to Spanish Fork, and there she continued her fitness journey.

Crowe started working as a trainer at Sports Performance Academy in Spanish Fork in 2020. The academy specializes in boxing and sports training. She loves the work, and it shows with an almost constant and infectious smile.

She loves the work so much so, in fact, that in September she became the owner of Sports Performance Academy. And that was when she started to exercise a different set of muscles she wasn't even sure she possessed: being an entrepreneur.

"I have wanted to own a gym for years but never thought I had the business savvy. It is an unknown and uncomfortable," Crowe said. After taking ownership, she asked

a friend who also owns a business how long it took to grow comfortable in the task and was told four or five years. So, she has that to look forward to.

But, just as any journey, inspiration is key, and for Crowe, she draws her inspiration from those who visit her gym, and why they choose to do so. It's what keeps the smile on her face. They have given her a vision of what she wants Sports Performance Academy to become.

"I want this to be a safe place for everyone," she said. "A place for families to come and work out. Boxing is a great way to work out."

With a large variety of weights and fitness machines, she has a devoted fellowship of gym members who seem to appreciate the family atmosphere she is creating. A young man steps through the doorway pushing a stroller, and a young woman steps off the workout floor wiping sweat from her brow. Crowe smiles and says, "trading off?" and the man smiles, letting his wife recover from her work out and take over parenting duties while he prepares for his workout.

While it might be considered a



Ashley Oleo (left) and Jordan Cottman take on a team approach to a brutal burpee, with a smile.



Members of Performance Sports Academy's morning Bootcamp workout, from left to right: Top row: Abigail Andrews, Bethany Andrews, Ashley Oleo, Kjell Crowe, Jordan Cottman, Ashley Sorenson. Bottom row: Diana Stutz, Brooke Clark, Jamie Burnham, Carla Thalman.

“boxing gym,” it is far more than that. Sports Performance Academy also offers classes in agility training, including HITT classes, circuit



Carla Thalman gives herself a workout with a slam ball.

training and speed and strength agility training, as well as a family gym for young and old alike.

Crowe has also partnered with the Wellness Bridge Group, which offers wellness and fitness training for the elderly.

“I love that we have this program, but it is underutilized,” Crowe said.

With a schedule that often starts with 5 a.m. “bootcamp” workouts and stretches on through the afternoon and early evening, the interaction with those who come to the gym keeps her motivated and focused on her journey.

Standing at the welcome desk, Crowe calls everyone coming through the door by name and with a smile. Even when a young man who hasn't been there for a time. When he mentions that he is surprised she remembers his name, she gives a slight shrug, smile, and says “sure.”

Most days she says there could be four or five toddlers at play at the gym while their mothers are working out.

That's what she loves most about being the owner of a Sports Performance Academy. The family atmo-

sphere and the variety of people on their own journeys.

“I love creating relationships with the gym members. Getting to know all these diverse people who come here with one thing in common, getting healthy,” she said.

After five years of being a business owner (when she hopes to be comfortable in the role) that is what she hopes her business is known as, a welcoming place for anyone and everyone, regardless of where they are in their own fitness journey.

With that in mind, Crowe offers classes for boxing for all ages, and encourages people who may be reluctant to think again and give it a try.

“Boxing is a fun way to work out, so if you want to learn how to box and get a great workout, this is it. Boxing is a full body workout,” she said.

The gym offers boxing classes for youth from 6-11 and a beginning boxing class for teens from 15-20, and whether gym members are looking to be contenders, or just get in shape, Crowe has eight professional trainers ready to get them started or encourage them on their journey. They also offer karate classes for all ages.

While Crowe is committed to her fitness journey, with her family the

results have been mixed. Her husband comes to the gym every night, but as for her children, she says with a smile that it is often “hit and miss,” although 4-year-old Revan is usually her sidekick.

After six months of being on not only a fitness journey but an entrepreneurship journey, Crowe is learning to roll with the punches and keep smiling.

“Everything is one day at a time. It's not that I don't have goals, but that's all you get, one day at a time.”

After 15 years in the fitness industry, Crowe has learned that motivation comes in a variety of sizes and shapes, and what works for one person may not work for another. She just wants to help anyone start or continue that journey, regardless of where they are.

“I've learned that we are all in different seasons of life, and that what I did when I was 20 during collegiate basketball days is going to be different from what I'm able to do two months postpartum, and different from what I'm doing now as a 40-year-old mom of four.

“Embrace what it is you are capable of doing in the now. And don't be afraid to try new forms of exercise.”

And the journey continues. (*Davis is editor of Serve Daily.*)



Mother and daughter gym members, Bhehany and Abigail Andrews get some tips and encouragement from Kjell Crowe during a workout.

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File Photo

Dealing with Distractions

By **Kelly Martinez**

We've all been there: you set out to dive into the workday when your phone lights up with a notification of an incoming email or social media post. "I'll just check it real quick," you tell yourself. An hour later, you've accomplished nothing work-related.

While the majority of people would describe this scenario as par for the course, there's a technical name for it: distraction.

Distractions come in a variety of forms, from smartphones to the internet to chatty coworkers. Whatever the distraction, their results are productivity killers. In small doses, distractions can be good. Small breaks throughout the day can actually boost productivity, but it's the big distractions that are troublesome.

You can't eliminate all distractions, but there are ways to minimize them. Here are 10 tips and suggestions for keeping distractions to a minimum so you can be more productive.

Identify. Pick a day of the week to list every distraction that disrupts your work. By making a list, you'll be better able to iden-

tify distractions and form a plan to avoid or minimize them.

Prioritize. Every workday should include a to-do list. Prioritizing the most important tasks can help increase your focus on achieving them. With this focus, distractions you can control lose their appeal.

Schedule. A scheduled distraction isn't really a distraction, it's a break. Taking a 10-minute break to check your social media feed or watch a cat video can pay dividends in the long run, such as in increased productivity.

Inform. By making your intention to focus better at work known to coworkers, family members, and friends, it's possible to minimize distractions.

Skull candy. Buying a pair of noise-canceling headphones can be worth the investment because they'll help tune out the chatter and coworkers will be less likely to interrupt when they see the headphones in place.

Door dash. Not everyone has the luxury of an office door, but if you do, close it. Increased productivity and decreased distractions can result.

Ditch the device. Text messages and notifications are big

time-suckers and distraction culprits. By turning off the device or putting it out of sight, laser-like focus to get your tasks done will be more likely. You can also turn off phone and app notifications.

Evade email. As tempting as it can be, you don't have to read an email as soon as it arrives. Whoever emailed can wait an hour or two to hear back from you. Scheduling specific time to check email is a good way to deal with this distraction and focus better.

Relocate. If distractions are eating you alive, a change of venue might be in order. Is there an empty desk or room you can commandeer to focus better on your tasks? Take advantage of it. Your productivity may depend on it.

Delegate. An insurmountable pile of work can be frustrating and defeating, setting the stage to give in to distractions.

Passing a task off to a subordinate or coworker can save your sanity and help with getting things done.

Hopefully, these pointers will help minimize distractions and lead to a more productive day. *(Martinez is a Serve Daily contributor.)*

When Caring for Llamas, Spit Happens

By Issac Bott

I received a call a while back regarding a sick llama. It was from a new client that wanted to know if I knew anything about llamas and alpacas.

Calls like this are somewhat frequent. Asking a vet if they know anything about llamas is like asking a pediatrician if they know anything about 8-year-olds. I responded that I was indeed familiar with all camelids and had worked extensively with them as a veterinarian.

As I arrived at the farm, it was obvious that this wasn't a typical llama ranch. It seemed as though I had traveled back in time to the 60's. I was meandering into an apparent neighborhood of Hippie-ville. The van parked outside the gate looked just like the Mystery Machine from Scooby Doo.

The bright colors were also painted on each of the barns and small buildings of the property and even covered the bases of the tall Chinese Elm trees.

One would not immediately equate going barefoot with farm life, I suppose, especially if the farm in question is shared with livestock. There are serious concerns regarding hook worm, and other parasites that could easily be transferred through the lack of shoes, and to be certain, stepping on manure barefoot has

little appeal to the average person. However, a couple of barefooted and worry-free people were standing at the end of the driveway to greet me on this particular day.

One of the owners held a small white paper cup in her hands. As I greeted her, she held the cup up and asked me to take a sip.

"What is it?" I asked, not fully anticipating the response I received.

"It is Holy Water," she responded. "We always make the healer drink before the llama."

Perhaps the shock of the colorful ambience and barefoot attendants clouded my judgement, whatever the reason, I grabbed the cup and took a small drink. Immediately, I realized my mistake, but could do nothing but swallow the mysterious potion. It was the most disgusting thing I had ever ingested. I smiled, and politely asked where the sick llama was located.

The large white llama was setting in a "kush" position, a term llama farmers use for sternal recumbency. As I approached, he raised his mouth in the air and pinned his ears back against his head.

I moved cautiously, as these signs are consistent with a llama that is

going to spit at you. This nasty dark green elixir is actually not spit at all but is the regurgitated contents from the first stomach compartment. The slew is a mixture of partially digested feed, stomach juice and miscellaneous microbes.

Llamas are well aware of a veterinarian's never-ending quest to stick needles in them; and if provoked, they will spit copiously at you with unpleasant accuracy of aim.

There is a classic sound a llama will make before spitting. The unmistakable gurgling sound is followed by a distinct "pfffffpth", as the

stomach contents spew from the mouth.

The cause of the llama's discomfort was a large Russian Olive thorn sticking out from the back of the left elbow. I gently reached down and removed the dagger like thorn.

It appeared as though I had escaped unscathed. The llama, with its ears still pinned back, watched me closely, but did not spit.

As I turned my head slightly, I began to speak with the owners. I explained the aftercare that would be required for a full recovery and encouraged them to remove the large Russian Olive plants that lined

the south side of their pasture. I asked if they had any questions and turned back towards the llama.

My mouth was between words then the attack happened. The trajectory and accuracy were unparalleled. The llama spit with sharp-shooter accuracy, and the stomach contents went directly into my mouth.

I immediately began to gag. I then began to dry heave uncontrollably. The owners stood in awe as I struggled to rid my mouth of the fowl taste of fermented llama feed.

There is no amount of Listerine that can remove the taste of llama spit. It will stay in your mouth for days.

"Are you alright?," the bearded man asked.

"Yeah", I muttered, as I looked up.

"You got to learn to keep your mouth closed, Doc," he continued, "Especially if you are going to work on llamas."

I didn't know how to respond. After working on literally thousands of llamas and alpacas, this was the first-time spit had actually entered my mouth.

I accepted my defeat and curiously inquired, "Can I have another sip of Holy Water?"

And that is my take! (*Dr. Issac Bott is a veterinarian and owner of Mountain West Animal Hospital in Springville.*)



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Springville Hatchery Spins a Fish Tale

By Kelly Martinez

If you don't know what to look for, it's easy to miss Utah's second-largest fish hatchery, located at 1000 North Main Street in Springville.

It's been there since the early 1900s, in one form or another. In fact, for a long time it was the largest fish hatchery in the state. Reconstruction of the Fountain Green Hatchery in 2002 made that hatchery the largest.

You might be wondering how the Springville Fish Hatchery got its start.

"In about 1899," said Richard Hartman, superintendent of the hatchery, "the State of Utah saw a need to raise fish, to restock some of the state's waters because the fish population was declining. This was due to a variety of reasons, including drought, water quality problems, fishing, and all kinds of influences."

In 1909, the state acquired land from Springville City and the production of fish at the hatchery started in November of that year and has continued ever since.

Back then, the fish

hatchery consisted of two entities, a federally run facility and a state facility, the federal on the west side of Main Street and the state-run facility on the east side. In 1973, due to budget cuts, Uncle Sam decided to hand his share of the hatchery over to the State of Utah. Now, the two halves make a whole, even though a major thoroughfare divides them.

So, what does a fish hatchery do? On the surface, what the Springville Fish Hatchery does is in its name: it hatches fish. But there's more to it than that.

The actual brooding and fertilizing of the fish take place at facilities in Mantua and Loa, where they stay until they reach a stage of development known as "eyed-up eggs." At that point, the fish are shipped to the hatcheries throughout the state, including Springville.

Upon arrival, the fish go into incubators until they hatch. For the first few weeks after hatching, they have an egg sac attached to them that provides food.

Gradually, their bodies absorb the sacs, at which point they start swimming around looking for food. That's when Hartman and his team enter the picture.

From this point, it takes about a year before the fish are ready to go to their new homes in ponds and lakes along the Wasatch Front from Santaquin to Brigham City.

While they're at the hatchery, the fish are needy, requiring regular feedings, cleaning,

and water quality control.

"The fish require constant care," Hartman said. "There are no days off when it comes to taking care of them. Someone's got to be here 24/7 to make sure their needs are met."

Once they reach the year mark, they move to their new homes. A staff of biologists checks on the fish in their new habitats throughout the year to make sure they're thriving. These studies help determine how many fish the hatcheries need to stock in the future.

As you can tell, there's more to stocking the state's waters with fish than just dumping them in the lake or pond. It can be rewarding work.

"There's a lot of satisfaction in knowing that you're helping the State of Utah, anglers, and the people of the state who enjoy fishing, by repopulating the waters," Hartman said.

Of all that goes on at the Springville Hatch-

ery, Hartman says it's the actual stocking of the fish that he enjoys most.

"People are really happy to see us restocking the waters," he said. "They're very grateful for the work we do. That's always really satisfying."

The process of stocking involves a variety of methods, from opening the gate of the water truck at a lake for the fish to enter, to using a plane to deposit fish in high-elevation lakes that aren't accessible by road.

Springville Hatchery currently produces a variety of fish, including several types of trout, bass, and bluegill. Currently, the focus is on rainbow trout, walleye, and wipers.

Due to drought, the hatchery doesn't raise as many fish as it used to. At its peak, Hartman said, the hatchery raised about 220,000 pounds of fish annually, but currently it raises about 100,000 pounds. *(Martinez is a Serve Daily contributor.)*

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'Cobra Kai' hits and misses, but may be worth giving it a shot

By Kelly Martinez

Fans of 1984's "Karate Kid" are the target audience of Netflix's "Cobra Kai," which just concluded its fourth season.

But that doesn't mean you won't enjoy the show if you're not in that target audience.

You might not get all the shout-outs to the original movie and its sequels, so just be sure to watch with someone who does fit the target audience.

"Cobra Kai" debuted in 2018 on YouTube Red and stayed there for two seasons. In

2020, after producing a third season of the series, YouTube decided to stop production of original scripted content, leaving "Cobra Kai" without a home. Netflix swooped in and acquired the series in that same year and has streamed Season 3 and produced Season 4 of the show since. Fans of the show will be happy to know Netflix has renewed the show for a fifth season.

In spite of its popularity, "Cobra Kai" is a mixed-bag for many reasons. Too many to mention, actually, so let's stick to the most

obvious.

Throughout its run, "Cobra Kai" has shamelessly tried to recreate the charm of the original motion pictures by recreating some of its iconic scenes. For example, there's a miniature golf date scene, complete with the couple taking pictures in a photo booth, and a trip to Japan which includes coming across characters from "Karate Kid II." What are the chances of that?

Ralph Macchio (Daniel LaRusso) and William Zabka (Johnny Lawrence) reprise their roles from the original

movie, but there's no Mr. Miyagi in this series due to Pat Morita's passing in 2005. His character's presence is strong in the show, however, as Daniel tries hard to keep his mentor's legacy alive. Throw in characters like John Kreese (Martin Kove), Terry Silver (Thomas Ian Griffith), and Ali Mills (Elisabeth Shue) and it's a big family reunion.

In the original movie, Johnny Lawrence was the bad guy who got his comeuppance at the end of the movie when Daniel pulled off what Mr. Miyagi dubbed

"The Crane Kick." Fast forward to "Cobra Kai" and Johnny has somehow become more likable than Daniel. This was probably the aim of the show's creators.

There's plenty of nostalgia in "Cobra Kai," with music from the 1980s and references to the original series of movies. The show also creates and introduces the next generation of characters in the Miyagi-dom.

If you're looking for a show that's got great acting and well-crafted dialogue, you won't find them here.

You will find, howev-



er, a light-hearted program that's filled with a lot of cheesiness and somehow manages to grab your attention.

Rated TV-14 for language and violence, all seasons of "Cobra Kai" are streaming on Netflix. (Martinez is a *Serve Daily* contributor.)

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Nebo Choir Students Shine at the Abravanel Hall Concert

By Lana Hiskey

After a full day of rehearsals, more than 500 high school students from across the state gathered in separate Women's and Men's Honor Choirs for an afternoon concert in Abravanel Hall in downtown Salt Lake City, on Jan. 22.

Sponsored by the Utah Music Educators Association, the Women's Honor Choir was conducted this year by retired choir teacher, Tana Esplin (Jaub High School) and the Men's Honor Choir was conducted by

Justin Bills, the director of choirs at Salem Hills High School and accompanied by John Sargeant, principal accompanist at Salem Hills.

This year's performance marks the restart of the decades-long Honor Choir tradition in Utah, which was paused in 2021 due to COVID-related concerns.

Leslie Walker, choir director from Springville High School, said of the event,

"In comparison with other honor choir

groups, this group was especially on fire and full of enthusiasm. I think it was partly because they appreciated being there more than other years because of the pandemic. They all had a great experience with the conductors and with singing together."

Eighty high school students from Nebo School District participated in the choirs this year.

Maple Mountain High School

Braden Rymer, director Madeline Bell, Maelee Croshaw, Anna Giboney, Kaleb Hales,

Brendyn Hiatt, Koen Hill, Logan Jackson, Annie Martineau, Ellie Mason, Elsa McCown, Will Murri, Olivia Okerlund, Tate Robertson, Autumn Samson, Clayton Smith, Megan Smith, Ana Stokes, Joshua Udy.

Payson High School

Marilyn Morgan, director Siboney Becerril-Bishop, Brylie Black, Alysha Child, Alex Cowie, Emily Faux, Amanda Johnson, Macin Kuester, Reagan McKenna, Whitney Nielson, Brandt Peterson, Maya Sorenson, Steven

Ward, Allie Young. Salem Hills High School

Justin Bills, director Hannah Anderson, Daniel Baird, Zane Bergstrom, Parker Betts, Jaren Carlile, Hunter Casperson, Chloe Christensen, Jacob Cook, Matthew Cox, Allison Crawford, William Hansbrow, Ellie Hine, Taylor Holdaway, Braden Horrocks, Rebecca Koyle, Kayden Labrum, James Levie, Finley Lewis, Michael Lubben, Lana Marks, Ceirra McBride, Ethan McBride, Kambell McPhail, Camie Mehl,

Joshua Miles, Phillip Nelson, Adam Nielson, Dallin Peterson, Karadyn Sandberg, Samantha Shaurgaard, Christian Shuler, Jacob Spangler, Keller Sinson, Lilly Stratton, Millie Taylor, Preston Wallentine, Isaac Webster, Emma Wilcox.

Springville High School

Leslie Walker, director Kate Christensen, Seybrielle Dulin, Lilli Kilpack, Kaden Martindale, Lewis Miller, Sylvia Orme, Emma Payne, Azulene Pazmino, Camrie Snapp, Adria Young.

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ALA Teacher of the Month

Lesley Jensen

By Stephanie Healey

American Leadership Academy named Lesley Jensen its elementary teacher of the month for February.

Jensen has working at ALA for seven years

now, and has I taught 3rd grade, 2nd grade, and is now in first grade.

She said she feels she has found herself as a teacher in first grade.

"First grade is my jam," she said.



Lesley Jensen

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Local Business

The Sound of Music (and other things)

By Kelly Martinez

If you've ever been to a concert, conference, or play, you've got the sound person to thank for a big part of the experience.

After all, were it not for him or her, it would be difficult to hear the performance from farther away than the first dozen rows.

Joe Anderson, who discovered his penchant for sound production by accident, understands this. He's the founder, owner, and operator of Spanish Fork-based AnderSound, LLC.

"I remember in high school choir," he recalled, "seeing some guy carrying around microphones. I was really intrigued by what he was doing, but what I really wanted then was to be on stage. I wanted to be a per-

former."

Anderson's desire to perform led him to audition for a touring performance group at then-Ricks College. Thirty seconds into the audition was all it took to realize singing as a performer wasn't in his future. He did, however, get to help behind the scenes with the group as a member of its technical crew, changing costumes, loading equipment trucks, among other duties.

After transferring to Brigham Young University, Anderson started working with theater students who asked him to do sound for their individual performances. In those days, he had to borrow equipment to do the jobs, which he did for free.

"After a while, they started paying me for

it," he laughed. "Next thing I knew, people started calling me to do bigger and bigger things. That's the way it's been for the last 30 years."

Officially a company since 1998, AnderSound got its name as the result of a public relations class Anderson took at BYU. As part of a class assignment, he had to come up with a name for a fictitious company. AnderSound was what he chose.

The name became a joke and play on words amongst his friends, then became reality when a client wrote a check to "AnderSound" for his services.

"I had no way to cash it, so I actually had to form a business to be able to cash that \$200 check," he said.

As his sound gigs increased, friends at

Deseret Book hooked Anderson up with local musician Michael McLean to do sound for the popular The Forgotten Carols production, a show for which he continues to do sound.

This show alone has given Anderson the freedom to grow his business.

Anderson has done sound for a variety of local groups, including Ryan Shupe & The RubberBand. He also did sound for a women's conference that took him all over the country and into Canada, and for a band that performed in the British Isles.

One of the biggest benefits of Anderson's career was that he met his wife, accomplished singer/songwriter Cherie Call, at some of his early gigs.

"We figured out that



Photo by Gili Getz

Joe Anderson, owner/operator of AnderSound, preparing for a show.

the first interaction we ever had was when I, as a student, was doing sound for her songwriting class at BYU," he said.

Over the next several years, the two saw each other at various shows that involved them both—he as a sound guy, she as a performer. Eventually, Call opened for and toured with boy band Jericho Road, for whom Anderson was doing sound.

"For some reason," he recalled, "they didn't have a seat for her in the van that was carrying the boy band. So, she had to ride in the equipment truck with me and the lighting guy." The rest, as they say, is history.

It took eight years after that for them to marry, but Anderson got a business partner out of the deal – in more ways than one. (Martinez is a *Serve Daily* contributor.)

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Springville-Mapleton Chamber welcomes RAYUS Radiology

Springville-Mapleton Chamber and Springville City welcomed RAYUS Radiology to the area on Feb. 24. RAYUS welcomed the community with a grand opening showing the high-tech radiology equipment and facility they have brought

to the Springville area, allowing more options for health screenings to the county.

Springville/Mapleton Royalty Addy Keisel (queen), Autumn Redd (second attendant), and Chloe Ekker (third attendant); Mayor Matt Packard, and city coun-

cil members Mike Snelson and Chris Sorensen, were privileged to join RAYUS management and team in a ribbon-cutting at their Springville location to officially open their doors to the community.

RAYUS Radiology

brings a team of experts, doctors, and a wealth of knowledge to answer the essential health care questions through their team of radiologists, technologists, and care providers. Throughout the RAYUS network, they offer various high-quality,

high-value services at an affordable self-pay rate, taking most insurance companies, personal injury, and worker's compensation.

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From X-rays, CT scans, MRI testing, and more to come to Springville as they grow to provide the best services needed in our area.

RAYUS Radiology is located at 556 South 1750 West, in Springville. *(Serve Daily submission.)*

Payson-Santaquin Chamber welcomes Orchard Eye Center

By Michelle Lines

The Payson-Santaquin Area Chamber of Commerce welcomed Dr. Steven Hillam and the Orchard Eye Center with a ribbon-cutting for the new business.

With the Orchard Eye Center, Payson

finally has a full-time ophthalmology practice offering state-of-the-art modern cataract surgery as well as other advanced treatments for common eye problems and diseases.

The Orchard Eye Center had its Grand Opening and Ribbon Cutting on Feb. 15, and

they are excited about offering friendly, trustworthy, cutting-edge medical and surgical eye care right here in our area.

Dr. Hillam is a board-certified ophthalmologist, and fellow of the American Osteopathic College of Ophthalmology.

Utah Balloon Creations named business of the month

By Michelle Lines

Spreading joy and creating unity has long been the mission of Utah Balloon Creations.

Utah Balloon Creations is a family owned and operated, full-service balloon decor and events company located in Payson.

In 2019, Emily Leavitt took her love for celebrating others and channeled it into a full-time career by decorating for events all along the Wasatch front.

Whether delivering a custom balloon arrangement or creating

large sculptures and arches for community events, these works of art always bring smiles to faces young and old.

Just six months after they started, Utah Balloon Creations found that the mission of spreading joy was needed now more than ever as morale was at an all-time low during the pandemic.

During this time, they created community outreach programs such as "Adopt a Grandparent" program for nursing homes, "Adopt a Graduate" for high school students missing their milestone events, and cre-

ated balloon displays of hope and cheer in front yards, parks, and drive through events.

The focus became symbolically bringing people together while physically keeping people safe through physical distancing.

As the world begins to reopen, Utah Balloon Creations continues to enjoy celebrating life's milestones, big and small.

Utah Balloon Creations is honored to be recognized as the Business of the Month for the Payson Santaquin Area Chamber of Commerce. *(Serve Daily submission.)*

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IN THE SERVICE OF OTHERS

It was well after midnight when I answered the phone, and then the call to service for a family in Provo. Though late-night calls are disruptive to sleep, they are appreciated, because it means someone has acknowledged my efforts to serve in their time of need and has placed their trust in me and my staff to provide care for them and their deceased loved one.

I dressed quickly. People have said, “no one expects you to put on nice clothes to go on a first call in the middle of the night.”

While that might be the case, everyone appreciates the respect it conveys. I believe caring for the dead is a reverent and uplifting activity, and how I dress to do it demonstrates my concern and commitment to doing it well.

Someone wrote, “...If you want to know the strength of a community, look at their cemetery...” That same theory compels me to dress nicely, even when going out when most are sleeping.

I arrived at the home of the deceased and visited with the family members there. After I gathered a little information about the deceased, I realized I had a personal



connection with her. She had rented my grandparent's home in a distant town, while they were serving a mission for the Church of Jesus Christ of Latter-day Saints.

I don't recall what brought her to my hometown when I was a young girl, but I do remember how much my grandparents spoke of her and how much they thought of her. This woman, about my mother's age, became an important element in my own moral fabric, as I established my own life's values. Long after my grandparents returned from their mission, and she moved out of their house and lived in another in the town, she continued to influence me. I associated with her chil-

dren at school and in recreational activities, as well as at church. She and her family were among those who lived their beliefs.

She and her family were open and welcoming. While I spent time in their house, I learned that her sugar cookies were the best. It wasn't like there were always treats there, but I associate her with her sugar cookies.

In fact, every Christmas season, when my family and I plan a “12 days of Christmas” treat campaign to some neighborhood families, I mix up a large batch of her sugar cookie dough and place it in the fridge to cure for a few days, then share the wonderful morsels with

family and friends. It is the perfect recipe, and the cookies are nearly foolproof. They are soft, moist and sweet. Perfect with cream cheese and powdered sugar frosting, and best when decorated by grandchildren.

Visiting with this family, I was amazed to learn that they had only lived in my community for seven years. Because of their impact in my life, I thought it had been 17. Once again, I was impressed by them.

They were gracious, kind and appreciative. I was grateful that our paths had once again crossed, and I had the opportunity to show my own appreciation and love for their service to me so many years ago.

As we arranged and carried out her disposition plans, my life was again blessed by their association. As is often the case, I hope our service to those who call us for funeral service is half as meaningful to them as it is to me personally.

When I receive those challenging, yet welcome, late-night calls, I often find myself wishing I had one of those sugar cookies to munch on while I drive to my new family's house.

 *Spring Creek*
UTAH COUNTY MORTUARY

Tributes

Reflections

No Such Thing as the ‘Good Old Days’

By James L Davis

My father’s name was Jack J. Davis. He was my hero as a child and he is my hero as an adult.

We were fortunate enough to have both my father and mother live with us the last few years of their life, and my wife, Colleen, was their caregiver.

My mother passed away after suffering with Alzheimer’s for many years and my father passed away from congestive heart failure.

They passed three years apart, but in the same bedroom.

While they are gone

from my life, they still stop by to visit, especially my dad.

He stopped by to talk again a few nights ago. I wished he didn’t do that at 3 a.m., but he did, like he always does.

He reminded me of conversations in the past.

Below is a bit of a summary of what the old man tried to pound through my head.

Before he died, I used to catch him sitting on the couch, staring off into space with a bemused look on his face.

One evening, I asked him if he was remembering the “good old



days” and he smirked. Dad had a way with a smirk.

He said “No. There’s no such thing as the good old days.”

When Dad was born, things were a bit different than they are now. He didn’t grow up with the comforts we take for granted. He plowed

the fields of the family farm with a team of mules and performed his daily constitutionals in an out-house. He tasted his first hamburger when he was a teenager.

When I asked him about his trip down memory lane, he said it wasn’t the good old days and then explained to me why while he sat on the couch with the TV paused.

“We’ve gone from plowing a field with a mule and plow to walking on the moon. I’m eating a bowl of popcorn that took a couple of minutes in the microwave to cook.

I can sit right here and change the channel on the TV (a TV big enough to crawl into) with a clicker. A car back in the “good old days” that had 100,000 miles was spent out, and today it’s only a third of the way.

“When we went on a trip, if we didn’t know the way, we were lost without a map. Today, you just get on your phone and the Google lady will tell you how to get there.

“We took you kids to the doctor when something was broken beyond our repair, and there wasn’t much beyond our repair.

“Now, if I want to

know what’s going on with my kids or grand kids, all you have to do is get on your Spacebook (that’s what he called it) and I know how they’re doing.”

Dad explained to me that while he had fond memories of the past, he wouldn’t go back to them for anything. It was just the past, something nice to think about, but not something he wanted to repeat.

“The good old days are today,” he told me before he left, and I’ve learned enough not to argue with him.

To the good old days. Thanks, Dad. *(Davis is editor of Serve Daily.)*

Tributes

Trena “Dowley” Baker

Trena “Dowley” Baker (73) passed away surrounded by her loving family on Jan. 24, 2022.



Mom was born March 14, 1948 to Delaine and Mayola Dowley, she was the fifth of eight children.

Mom grew up in Spanish Fork where she attended school.

She was a strong loving and caring woman who loved spending time with her family. Whether it be camping ,crafting ,shopping or just chatting over a cup of coffee. She had the greatest sense of humor and was sharp tongued and quick-witted. She always seen the good in everyone and never complained even on her hardest days. She was Independent and hard-working, digging in and would do whatever needed to be done to provide for her children

Darrin (Lori) Dowley, Deena (Gerry) Campbell and Brooke (Brian) Bosshardt. She loved her kids with all she had. She is survived by 13 Grandchildren and 14 Great Grandchildren with another on the way. They were all the light of her life, and always made her smile.

She is also survived by her Baby sister Malaine (Bill) Wareham and brothers-in-law Steele, Jack and Sack and many nieces and nephews and great nieces and nephews that she

loved to be around.

She was preceded in death by her parents Delaine and Mayola and her siblings Veldon (Verla) Dowley, Marilyn, AnnaLee, Gaylene, Ronda and Robyn.

Condolences can be offered at legacyfunerals.com.

Norman K. Cluff

Norman K. Cluff, 81, of Salem passed away Jan. 27, 2022, surrounded by his family after a valiant fight of Parkinson’s Disease.

Norman was born

Dec. 17, 1940, to Benjamin Cluff and Afton Pilkington. He was the youngest of three and was always doted on by his two



older sisters. Norman attended Huntington Park High School where he was always known as the life of the party and quite the jokester. He was often heard walking down

the halls yelling “Let’s Party”. Norm was a gifted athlete where he lettered in basketball, track/pole vault, football, and diving.

Norm served an LDS mission to the Eastern Atlantic States mission. After his mission, he moved to Utah, joined the Utah National Guard, attended BYU, as well as started his dream of entrepreneurship as an Architectural Illustrator and Graphic Designer. In 1970, he met the love of his life, Jessica Ann Hatch,

where they married in the Los Angeles Temple on June 20, 1970, and were married for over 51 years. Norman and Jessica moved to Orem in 1973, where they had three “especially assigned” children, Corey, Nathan, and Lacey. Norman was a very creative mind, where he and Jessica raised their children in a unique home he designed, dubbed “The Round House”. The Cluff home was filled with love, parties (especially the Christmas Eve party Norm couldn’t wait to host each year), visitors, music, and many memories we all cherish.

He enjoyed all things outdoors, but his favorite past time was fishing. He always enjoyed going to the family cab-

in in Fairview, where he and his family would spend time year-round enjoying fishing, snowmobiling, four-wheeling, and time by the fire telling stories. In 2000, Norm and Jessica moved to Salem, where he enjoyed each and every day walking out his back door to cast a line and fish. Some of the fondest memories with his children were having a little challenge on who could catch the first fish, which he often won. Norm also enjoyed going to the movies. If he couldn’t convince anyone in his family to go with him, he had a slew of friends that accompanied him each week to catch a show.

Norman is survived by his wife, Jessica, Corey (Micheale), Na-

than, and Lacey (Justin), 8 grandkids, Keyan (Jamie), Jacob, Josh, Kyler, Colby, Braydon, Skiley, and Mason, his sister Donna V (Bobby) Lyle, and many friends who greatly miss him already.

Preceded in death by his father Benjamin Cluff, mother Afton Pilkington, and sister Arlene Yocum and many other friends and family members whom we are assured welcomed him with open arms as he crossed through the veil.

We’d especially like to give our thanks to iCare Home Health & Hospice for the tender care they provided to him and our family in his final days.

In lieu of flowers, please donate to the Parkinson’s Foundation

in Norm’s name.

If at times you find yourself missing him, please remember to go catch a movie, buy some popcorn, and have some fun in his memory!

Michelle Terrece Payne

Michelle Terrece Payne was 57. She went to sleep on Jan. 29 and returned peacefully to

Heaven to be with God. She was born on Nov. 20, 1964. Raised in Payson on West Mountain.

She is survived by her son Chandler, brother Kevin and stepdaddy Mel.



She was kind, caring and tried to find the good in everyone. Michelle never forgot an anniversary or

birthday. She loved calling friends and family and checking on everyone dear to her. She enjoyed true

crime mysteries and doing research.

She wanted everyone to know how much she appreciated them and loved them. Her many friends,

family and the many doctors and nurses that helped care for her. Especially the loving ladies at Spanish

Fork Hospital infusion center, Dr Tantravahi, Dr. Brian Clements, her nurse Anthony who helped her for

almost the last two years.

To leave condolences, visit legcfunerals.com

Mark Calvin Babcock

Mark Babcock, our loving son, father, brother and friend to many passed away peacefully in his sleep Feb. 6, 2022, after a

difficult b o u t w i t h C o v i d . M a r k was born Oct. 4, 1963, in Salt Lake

City to Calvin and Annette Babcock. Mark was raised in Murray and spent many happy years growing up with his family and many friends.

Mark married Julie



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Ahlberg and had five wonderful children together that he loved and cherished with all of his heart. Mark worked for his grandfather's business, Les Olson Company for his entire career. After living and working in the Salt Lake area he and Julie moved their family to St. George where he was a pioneer for the company in the southern Utah area and helped bring sales and service growth to that part of the state. Mark and Julie later divorced, and Mark moved to Utah County where he helped the company grow the Managed Print Division.

Mark enjoyed traveling to new places and with his love of sports he combined many memorable trips with his family to attend BYU games and of course his LA Dodgers. He was a true and loyal fan to his teams. Mark was so fun to be around and always in the know on the latest sports developments. His genuine love of the game and people combined for a perfect combination of making friends and easy conversation. Mark's greatest happiness was to be with his family who will miss him until they meet again.

Mark is happily reunited with his infant son Trevor Mark Babcock, who preceded him in death. Mark is survived by his children, Alexandra Stone (Matt), Danielle Gunter (Sean), Zachary, Travis and Courtney, his parents, Calvin and Annette Babcock, sisters Leslie Stahle (Scott), Tammy Peck

(Greg) and his brother Chris Babcock. He is also survived by many nieces, nephews, aunts, uncles, cousins and friends. Addie, his Australian Shepherd will miss riding on the front seat of his truck with him. Mark was loved!

To offer condolences and share memories of Mark, visit legacyfunerals.com

Dian Mitchell

Dian Wendy, "Di" Confer, Paxton, Mitchell beloved wife, mother, grandmother, great grandmother, sister, daughter, passed away Feb. 11, 2022, in St George surrounded by her children, sister and two dogs Boog and Taz, from multiple ongoing health issues.



Di was born Oct. 21, 1950, to Wendall Jackson Confer and Mary Varela Confer in Henderson Nev. She was married to Llyod Mel Paxton April 1, 1967, and were blessed with four children, Darrell, Carol, James and Gina. They were later divorced, and she married Kevin Brady Mitchell Sept. 15, 1984, and they had one son Cody. Dian received a bonus daughter Nichole.

Di grew up on the back of a horse and passed that love onto her children. She was involved in Los Montadas, a horse club with her mother in Las Vegas. She met Llyod, married and moved to Orem. They had four children and

later moved to Fairview, where she was involved in Horsemanship with Darrell and Carol. Dian and Llyod later divorced, and she married Kevin Brady Mitchell, and had one son Cody, they lived in Spanish Fork and later moved back to Fairview. They dreamed of living in Alaska and in 2002 they were finally able to move there. They later made their home in St. George.

Di loved animals, outdoors, hunting, fishing, camping and being with her family. Dian and Kevin enjoyed Bowling and competed in National Bowling Finals. She also enjoyed skeet shooting and won some competitions. She Enjoyed gardening and growing her own vegetables. She thoroughly enjoyed online shopping and QVC will dearly miss her.

Di is preceded in death by her father Jack, Mother Mary, Husband Kevin and her granddaughter Jessica. Dian is survived by her children Darrell (Cheri) Paxton, Spanish Fork. Carol (Brad) Poulson, St George. James Paxton, Alaska. Gina (Scott) Fait, St George. Cody Mitchell, St George and Nichole Hales American Fork. Sister Valerie (J.T) Armenta, Albuquerque New Mexico, 20 grandchildren and 16 great grandchildren with one on the way.

To leave condolences, visit legacyfunerals.com

Anthony "Tony" Ronald Fuller

A devoted husband, father, uncle, brother, grandpa and friend to

many. On Feb. 13, 2022, at the age of 44, Anthony Fuller went home to be with God. He left this earth peacefully, at his home with his wife and in his sleep.

He will be remembered for so many things. His love for old school cars, snap on tools, Harley Davidson probably tops it all. His loved his wife Amanda, who he liked to stay home and watch movies, go out to eat and go for long drives. Remembered will be the long talks lying in bed about what dreams they shared and what they had planned next.

On many occasions, even though he complained about family time, he enjoyed visits with his daughters and his granddaughter He enjoyed all his business adventures with both of his sons, Michael Fuller and Anthony Fuller II.

Tony spent a lot of time working and getting new businesses up and running. He never slowed down.

We take comfort and know that he is finally at rest and the chains of this world can no longer bind him to the earthly body's we all have. He is at peace now. For all of us who remain, there will be days where we will miss the one we cared for so dearly. Those feelings are a normal part of healing and can be expected when a loved one leaves this world. With God's help, we can all



be strong and one day we will meet again in Heaven.

He will forever be missed but not forgotten by, mother, Susan Parker; father, Ronald Murray; grandmother, Susan Trethewey; sister, Summer Gomez; wife, Amanda Fuller; daughters Roxanna Fuller, Layla Fuller, Makayla Cartwright, Nevaeh Cartwright-Fuller, and son Anthony Fuller II, daughter in law Angie-Pangy, sons Michael Fuller and Jayson Cartwright; Aunt Jen Getz; Cousin, Xan Ashby, Aunt Kay Trethewey; Cousin, Paula Scarcelli; Aunt Sharon Fuller, Uncle Bob Murray, Great-Great Uncle Michael Trethewey, granddaughter Susan Jane Trethewey Fuller including many other aunts, uncles and cousins.

Proceeded in death by Great-Grandmother Corinna Fuller, Grandfather Clifford "Da" Getz, Great-Grandfather Marion, Grandfather David Fuller, Aunt Karen Fuller.

To leave condolences for Tony, visit legacyfunerals.com

Jonathan Stahle

Jonathon "Spencer" Stahle, our loving son, brother, uncle, nephew, and friend passed away peacefully from a long courageous battle with acute respiratory failure due to Covid 19 complications.

Spencer fought valiantly in the hospital for 31 days and then returned to his Heavenly home and into the arms of his Savior, Jesus Christ, on Feb. 17, 2022, in Murray.

Spencer was 28 years old and was born on June 8, 1993, in Murray, to Scott and Leslie Stahle.

Spencer was raised in Northern Utah but spent the latter half of his young life in Washington County. He had a happy childhood, spending his time riding bikes, jumping on the trampoline, swimming, playing basketball, soccer, and playing video games.



Spencer faithfully fulfilled a service mission called the Daily Dose Mission, where he taught English to Spanish speaking residents in the Washington County Area.

Spencer is happily reunited with his sister, Sarah Stahle, grandmother, Shirley Stahle, and Uncle Mark Babcock who preceded him in death.

He is survived by his parents, Scott and Leslie Stahle, brothers Micah (Marissa), Stephen (Brynn), sister Mikayla and niece Elaina.

He is also survived by grandparents, Calvin and Annette Babcock and R. Gail and Carol Stahle as well as many loving aunts, uncles, cousins and friends. Charmander, his bearded dragon, will miss all their walks around the neighborhood and their drives to the pet store together. Spencer loved deeply and was deeply loved by so many.

To leave condolences for Spencer, visit legacyfunerals.com.



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My Shame-free 100 percent

By **Danie Davis**

Capacity.

It's a trigger word for me.

You know that trend going around where people are choosing a "word of the year?" Well, the universe gives me words randomly all the time to learn from. They become a treasure to me because each time this happens I am sent on a journey to learn something and it helps me grow and progress.

When a certain word stands out to me, I start by inquiring into what the word's meaning is. I will go to the well-loved, 1828 Webster's Dictionary to add clarity, but the dictionary definitions are only a small part of my inquiry. Words have certain meaning to me beyond what a dictionary offers, a meaning that is attached to beliefs, emotions, and thought patterns. I end up taking all of these aspects into consideration and the self-inquiry is both intense and fascinating. It generally leads me to redefine a word by changing what it means to me.

For example, this is a summary of what Webster's 1828 dictionary defines capacity as: ability; condition; character; active power; the power of receiving and/or giving; power of containing or holding.

What does it mean to me? It is a word that means it is suddenly in question that I am good enough as I am. It brings with it a flood of fear quickly followed by shame and guilt. It feels like scarcity and lack in my very being. My inner thoughts are like:

Do I have the capacity to do what I need to do?

I don't have the capacity to show up for my kids today. I should have the capacity.

I don't have the capacity to receive what I desire, even though I have

tried so hard.

I don't have the capacity to understand what I am trying to understand.

I could do this if I didn't lack the capacity! What is wrong with me?

Why is my willpower not enough to influence my capacity to change?

What can I do to prove to myself and others that I have the capacity to do certain things?

See how it leads to this spiral of defeat and the shame of not being good enough? Just struggling to believe in my capacity to be good enough, the ability to be who I want to be, is a trial in and of itself. I feel like I can safely assume that I am not alone in this type of struggle.

When I start a new round of my online classes, I tell my mentees over and over again that they are only expected to show up at their 100 percent, whatever that looks like from day to day. I emphasize that their 100 percent is good enough. If a mentee shows up to class with a messy mom-bun, no make-up and a grumpy toddler at her side, it is good enough. If a mentee is applying the course tools at whatever level he can, his effort is 100% good enough, regardless of the results.

I tell myself the same thing often during my own mental pep-talks. In fact, a couple days ago when I was struggling emotionally, out of habit I told myself that my 100% in showing up for my kids was good enough. But... in that moment... I became aware that I don't always believe in my own 100% being enough.

This is my 100 percent, but it should be more.

I should have the capacity to do more, but I don't.

The word "should" is a shame-

word rooted in fear. It is the word that argues with reality, and arguing with reality is a sure way to bring about my suffering and feeling pressed down by the weight of not being/doing enough, aka de-pressed.

So how in the world do I get out of the spiral and turn all this around? Well, that's just it. I turn it around and flip the energy by redefining what "capacity" means to me. I remember that fear is always a liar. I stop arguing with reality and instead I touch reality with love and get back to Joy. ("Loving What Is" by Byron Katie plus my tools for Joy have been and are invaluable here).

I will share a little bit of what the journey to turn-around has been so far.

The first thing I heard that had me questioning my belief of not having a certain level of capacity is a thing to be ashamed of was a conversation my husband had with my 10-year-old son. My husband, James, asked our son, "If I were to give you the keys to the truck and have you go to the store and get groceries for the week for our family, do you think you could do that?"

My son looked slightly alarmed and shook his head and replied, "I don't know how to drive."

James asked, "If I were to spend an hour showing you how to drive, would that help?"

At this point my son looked slightly confused, wondering where this conversation was going, and if his dad was being serious.

James responded to the confused look by explaining, "It isn't a bad thing that you don't have the capacity to drive yet, and it doesn't mean that you never will have that capacity. Today just isn't that day, and sometimes our capacity to do things grows over an extended amount of time as we mentally develop, prac-

tice things, and learn."

I listened to this conversation and was in awe. Oh, my goodness! He's right! My son's 100 percent capacity is nothing to be ashamed of and he shouldn't have any different capacity sooner than he actually has it. This is reality and arguing that he should have more than he does is irrational.

Then, in a conversation today, my friend asked me, "Have you heard of the Spoon Theory?" She paraphrased that, each day a person wakes up and has a certain number of spoons representing their energy capacity for the day. Every day the spoon amount is different, but the person gets to choose where they put their spoons. If something comes up unexpectedly, the person can recognize that they don't have spoons to go to that thing, that it will have to wait until another time. When the spoons are gone, it's okay, and it is accepted. My friend also shared how it has helped her be more okay with what she has to give each day, and if she wants to get some more spoons she needs to do some self-care at some point.

I was fascinated by what she was explaining to me! I thought about how silly it would be to wake up, have five spoons representing my 100 percent capacity for the day and I immediately respond, "I have only five spoons. I am a failure. I should have more in order to be good enough." How could I prove that I need more than five? What if it turns out I only need four and my shame at having five made me miserable all day?

Interesting how reality can actually be kinder than what we say against reality, huh? (*Davis is a certified mentor and mindset coach and helps others find and protect their joy on their journey to more wholeness and being.*)

They Said Having Kids Would Be Fun

By **Joe Capell**

“Have kids,” they said. “It’ll be fun,” they said.

But what they don’t tell you is that you will spend 42 percent of your waking hours driving them around, dropping them off and picking them up. You think I’m exaggerating? Maybe I am. But maybe I’m not.

I have four children, ranging in ages from 5 to 13. You’d be surprised how many different activities those kids need to be shuttled to.

There are piano lessons, play rehearsal, orchestra practice, soccer practice, cross country team practice, Junior Jazz basketball, dance practice, young women church activities, young men

church activities, Primary program practice, graveyard shift at the coal mine, playdates with friends, and, of course, school.

And that’s just taking them places. They also need to be picked up and brought home from all those places as well.

But wait, there’s more! Remember all those practices and rehearsals I just mentioned? Well, they’re practicing and rehearsing for a reason. So, there’s piano recitals, play performances, orchestra concerts, soccer games, cross country meets, Junior Jazz basketball games, dance recitals, the Primary program, and swing shift at the coal mine.

And, for added fun, they need to be there early for many of these perfor-

mances, which means you either need to drop them off, then go back and get the rest of the family and bring them to watch the performance, or you need to bring the entire family early, then sit around for thirty minutes to an hour before the performance begins. And the younger children are always so well-behaved when they are sitting around waiting in a public place (yes, that last sentence was sarcasm.)

The other day I got home from a long day at work. I was ready to sit and relax. But instead, I spent the next three hours driving here, there, and everywhere. Sure, some of that time was spent just sitting and waiting in the minivan, but it’s not very relaxing when you are battling the other parents for

the too few parking spots available.

Of course, with all these drop-offs and pick-ups, the shuttling schedule can get complicated.

I try to keep track of it all on my calendar app on my phone, but that doesn’t work very well when the kids don’t know which days they have practices and rehearsals.

“Do you have practice today?” I’ll ask. “Maybe,” they’ll answer.

Driving my kids around is driving me crazy! But, in two or three years my oldest child will be old enough to drive herself, so that will solve all my troubles without adding any new problems, right?

Right? (*Capell is a Serve Daily contributor.*)

Dazed

Beware of Blanket Thieves and Talking Stomachs

By **James L. Davis**

It has come to my attention that I am a blanket thief. It came to my attention because I woke recently in the middle of the night and thought to myself that we had a very comfortable vibrating bed. Then I remembered that we do not own a vibrating bed.

The vibrations were coming from my wife, who was shivering violently. She was shivering so violently that her feet were on the verge of being shaken free from their position in the small of my back. This is their normal sleeping position. I believe the normal sleeping position for most women’s feet is in the small of the back of their spouse. I do not understand this and the simple fact that women can

so position themselves to plant their feet in the small of a person’s back while also stealing their pillow speaks of an elasticity that no man could ever hope to duplicate.

I threw the blankets back over my wife and she immediately curled them around her body to form a cocoon of warmth, all the while keeping her feet firmly planted in the small of my back.

I gave the blankets to her because I love her and don’t really use them for warmth, anyway. I curl them into a large, comfortable pillow to replace the one my wife has stolen from me. I would use my wife’s pillow, but my wife seems to believe her pillow belongs on the floor.

Had I been using the blankets as blankets instead of a pillow, the fact that I

had stolen them would have been of no consequence, because when sleeping my wife forms her body so completely to mine that the blankets would cover us both anyway.

Of course, that only applies when we are sleeping on the bed together, because the way we sleep on the bed together is totally and completely different than how we sleep on the bed by ourselves.

When sleeping on the bed together my wife waits patiently while I try out one position or the other and finally settle into the same position that I sleep in every night, curled with my face to the outside of the bed, teetering precariously on the edge and at risk of falling off the bed entirely. Then she forms her body to mine,

something like the face hugger in the Alien movies, but much more pleasant. Once we have melded into one sleepy mass, we fall asleep almost immediately. But that is not the case when sleeping in bed alone. When I have the bed to myself, I sleep in the center of the bed, spread eagle with both my pillow and my wife’s pillow under my head. I have observed that my wife sleeps in pretty much the same fashion when she has the bed to herself.

While I could speculate that the reason we sleep so closely together is because of our love for each other. The real reason, I suspect, has less to do with our love and more to do with the fact that our stomachs are sentient beings intent on the overthrow of our bodies.

It sounds innocent enough, sure, but I believe there is something sinister at work between our stomachs. I listen closely as my wife’s stomach makes a whispering demand of my stomach.

“Orrrrmmm ahhhh errr errr grrrrpp,” her stomach will say.

“Uhh grrrshhh ahh,” my stomach will reply.

I try to convince myself it is simply the gurgling of two empty stomachs, but I have awakened to their alien dialogue far too often to believe their conversation so innocent. They are plotting something.

I have listened to them moan and gurgle long enough that I am beginning to unravel their language.

I believe their conversation revolves around the theft of a blanket.

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