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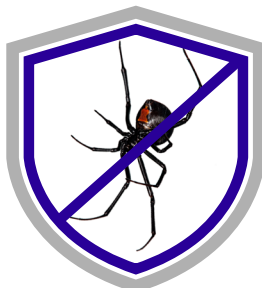
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When Inspiration Strikes

By James L. Davis

Like most people, inspiration strikes me at different times and places, and can come from a person, a memory or a glimpse of nature.

Receiving that spark of inspiration is only the first step, the first inkling of what I might choose to do once inspired. Too often, I do nothing. It comes and it goes, and I just keep plodding along, never changing my course, never striving to be something more.

I had several inspiring moments in March, some I have acted upon, others I plan to act upon. The first happened early in the morning, when customarily I would be drinking my second cup of coffee and planning out my workday.

But on this day I went to Sports Performance Academy in Spanish Fork at 6 a.m. to take photographs to accompany the article I penned on the gym's owner, Kjell Crowe.

What I saw was both inspiring and humbling and had me pondering what other people did while I sipped coffee in the morning and did nothing.

All these people pushing themselves to be stronger, healthier, more alive than I have felt in years. Of the group I photographed, everyone was on their own personal journey of inspiration, but they were going there together, cheering each other on, and it reminded me of what Kjell had said in our interview:

“Embrace what it is you are capable of doing in the now.”

I have all the fitness equipment I need at home to get myself in the shape I want to be rather than the shape I am, and on occasion I have used it (when not sipping coffee or thinking about what I need to be doing). When I turned 50 I had the fool idea that I wanted to take part in the Spartan, an obstacle course race. I completed it, but it was far from pretty.

That was almost eight years ago, and since then I've sipped my coffee and thought about what I need to do.

But after that photo shoot, inspiration struck, from those incredible people working out before sunrise, and I decided to act upon it rather than think about it. Since then, I have worked out six

days a week with weights and trudging along on a treadmill. While the mirror doesn't show much of a difference, I feel a difference.

The first three weeks were a horror show of aches and pains and my mind telling me I didn't need to do this today. But the last three weeks I have ended my day looking forward to the work-out to come, determined to do a little better.

I have also been inspired by the fierce determination of the people of Ukraine and reminded of our history as a nation and how we all came together once to take a stand.

I will use that inspiration to remember that we are all in this together and look to see more of how we are alike rather than how we are different.

I have been inspired by simple smiles from passersby, someone holding a door open for another who has their arms full, a sincere “good morning” from a stranger. I will not let that inspiration pass me by but strive to be likewise.

And from now on, when inspiration strikes I will do more than sip my coffee and think about it. *(Davis is editor of Serve Daily.)*

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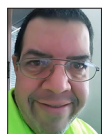
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A Vision for the Role of a Library

By Kelly Martinez

Do you know someone who knew what they wanted to do in life as a child and ended up doing it for a living? Director of Springville Public Library Dan Mickelson wasn't one of those kids. In fact, with a wide range of interests, he didn't discover his passion for libraries until later in life.

While attending Brigham Young University, Mickelson studied art painting and thought teaching was in his future.

Then, he got a part-time job at a library that provided him with an unexpected sense of direction.

"I really fell in love with it," he recalled. "It felt like a great fit. So, with a little change in career path, I decided to jump full-on into libraries and went back to school to get a master's degree in Library and Information Science from Clarion University of Pennsylvania."

For about 12 years, he worked in various library leadership positions, then jumped at the opportunity to fill the Springville Library director position, which he did in 2017.

Born in Brazil – because his father took a job there – Mickelson is the youngest of four and has called Brazil, Colorado, Utah, and Arizona home over the years. He's happy to call Springville home now with his wife and four children.

It would be easy to assume that the Springville Library's vision is to be a resource for books, but Mickelson thinks there's more to it than that.

"We're here to meet the needs of our community," he said. "There's more than one way to use the library. While some may come for the children's reading programs, others might come for the audiobooks, which have just exploded recently. Some people might come not so much for the books;

they come in because it's a great community place, or they need a quiet place to study or hold a business meeting."

Some patrons, he added, come in to hang out for a few hours to relax and use the Wi-Fi.

These truths align well with Mickelson's vision for the library's role in the community. But what can members of the community do to help support the library in its growth and continued service?

"The number one thing people can do," Mickelson said, "is to come in and use the library. Come in and see what the library offers that fits your needs. We can help patrons save money and share our expertise for books. People can also attend our community events, such as occasional musical performances."

Mickelson also says community members can support the library by being



Courtesy photo

Director of the Springville Public Library, Dan Mickelson.

aware of its programs and events. You can do this by

Continued on Page 7.



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One Less Shelter from the Storm

Agape Thrift Store in Payson Closes Doors as Owners Search for New Location

By **Maria Zambrano**

With a heavy heart we are sad to announce that Agape Thrift Store and Food Pantry was forced to close its doors after 12 years of service to our community.

When we first started we never realized it would grow to be such a huge part of our town's daily life.

I want to thank everyone that has helped us through our journey all these years in feeding, clothing and reaching out to those struggling in

our midst, with all the efforts and involvement of our neighbors alongside local retailers.

Agape was able to re-distribute food, hygiene products, diapers and wipes.

On average we serviced 400 to 500 families monthly, 150 of those were senior citizens who received food boxes that were delivered to their homes twice a month.

Additionally, countless families were assisted with their utility bills of up to \$150 per household each month

and every child in our food pantry received presents during the holiday season.

I can go on and on telling you all that we saw happen through our united efforts in making our community a safe place full of kindness and compassion.

With the intense growing stress on our economy that we have all seen happen in these last couple of months, hundreds of you have contacted us with questions regarding the re-opening

of this much needed outreach.

Our desire going forward is to preserve Agapes Food Pantry. In order to see this happen we will need a building in the Payson area. To contribute monetarily, donations may be received at any Mountain America Credit Union under "Agape Payson Donation Account."

Regardless of the outcome of what has been such a big part of my life, I will forever be grateful to every single one of you that stood



Courtesy photo

Maria Abreu, Linda Nelson and Shirley Ballard of Agape Thrift Store.

by me, for a day, a year or the entirety of this ministry. (Serve Daily submission.)

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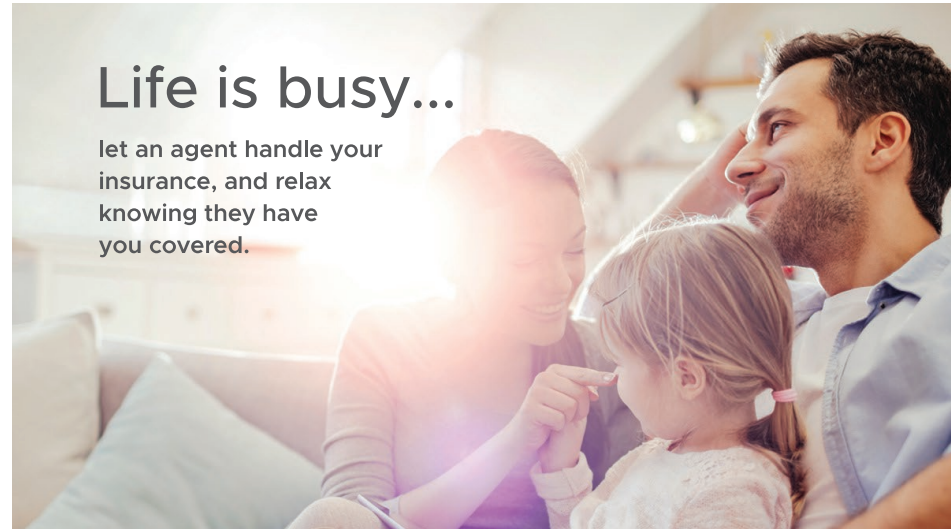


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You Can Make a Difference by Hosting a Food Drive

By Jennifer Durrant

Food drives are a vital resource for our four main food pantries and smaller locations in schools.

They help us put food on the tables of people who don't have enough food in our community – 11 percent of people in Wasatch County, 11.5 percent in Utah County, and 10.4 percent in

Summit County.

In 2021, we supported 44 food drives, which brought in more than 410,000 pounds of food – or 9 percent of our total donations for the year. This year we're committed to supporting even more food drives.

The massive community-wide food drives provide thousands of pounds of food to pantries, but the multiple

smaller drives are just as critical. Plus, smaller drives are easy to organize and execute, and you don't even need to collect cans.

Host a Wish-List Drive

Have you created a wish list for a birthday, wedding, or baby shower? You can do the same for a food drive. Check out our list of most-needed items and put them on

a gift list at Amazon, Walmart, Target, or another online retailer. You can even set it up so that all the donations come directly to the food bank at 815 South Freedom Boulevard, Suite 100, Provo, UT 84601.

Once you've got it all set up, all you need to do is spread the word through social media channels and word of mouth.

Tools for Success

You're never on your own when you're hosting a food drive for Community Action Services. We have everything you need to help make your drive a success, including:

- Downloadable posters
- Tips for success
- List of most-needed items
- Promotion of your food drive on our social

media channels

- Advertising of your food drive in our monthly newsletter (if timing allows)

- Promotion of your food drive on our website (communityactionuc.org)

We hope 2022 is a year filled with food drives. Hosting an online drive is easy, and we'll provide all the tools you need. (*Serve Daily submission.*)

Library

From Page 5.

following the library on its various social media outlets or by visiting its website's calendar of events and activities.

You can also take a tour of the library by scheduling one just by dropping in. Staff members are happy to show visitors around.

"Another way to support the library," he added, "is to tell your friends and neighbors about us. I see all these new houses popping up

and people moving into the area, perhaps they don't know about all that we offer. So spread the good word."

If none of these

supportive approaches appeal to you, how about donating some books?

Mickelson said donated books are put to

good use by either joining the library's stacks or by being sold at fundraising book sales.

(*Martinez is a Serve Daily contributor.*)

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Smile Spanish Fork!

Choose Courage

Faced with inexplicable hair loss, Spanish Fork teen decides to embrace what she could not control

By James L. Davis

She was combing her hair during dress rehearsals for a production of *Legally Blonde* when something inexplicable happened. Something inexplicable that would only grow more so in the days to come.

While brushing fingers through her long and thick hair she found her hands holding more strands than



Within days Alivia could run her hands through her hair and come away holding clumps.

they should. She took a picture and texted her mother.

“Mom, I’m scared. The hair is as long as my forearm,” she texted.

“I thought it looked like it had been cut,” said Emily Van Dyke. “It was the size of a half dollar. We’re not talking about a few strands; we’re talking about a handful.”

Alivia Van Dyke, 15, is the oldest child of Mike and Emily of Spanish Fork, and older sister to Emersyn, 8, and Averie, 6. She is a busy young woman, preparing to take part in a stage production for her Spanish Fork High School drama class, preparing for a volleyball tournament, and being a typical teenager when time allows. But a handful of missing hair was not on her agenda for the week.

The inexplicable situation of missing hair turned to terror over the next several days, as she ran her hands through her hair and came away holding clumps.

“I had a little bald spot on the top of my head, and it kept growing from there,” Alivia said.

While there was no immediate answer to the hair loss,



Photos by Emily and Alivia Van Dyke and Kathy Lynch

After deciding to embrace her hair loss and shave her head, Alivia Van Dyke’s father, Mike, offered to do the same. Alivia was happy to oblige.

Alivia still had reality to face, and for the high school sophomore the reality was she had a big play and a big volleyball tournament on the horizon.

On the third day the bald spot on the crown of her head had grown larger, and before they went to the volleyball tournament over Presidents Day weekend, her parents took her to a

doctor for a blood test.

By the time the Van Dyke family arrived with the rest of the volleyball team in Las Vegas, the hair loss had worsened, but by then the oddity and the terror began to give way to something else for Alivia.

“I was really scared, but I started to feel peace, like it was meant to happen,” she said.

“She put on a brave face and just kept going,” Emily said.

With her hair continuing to come out daily, Alivia wished for a headband to wear when she played her games to hide her bald spot. Her mother purchased a headband for her to wear the next morning. She mentioned this to Alivia’s coach, and she went out to find



Alivia Van Dyke decided to embrace her hair loss and shave her head while at a volleyball tournament in Las Vegas. Her father, Mike, and her team helped her.

that perhaps the best way to get ahead of the hair loss was to embrace it, she knew she wanted her team to be with her.

“On day five, one of the last nights of the tournament the whole team went out to a little porch area at the hotel and surrounded her and her dad and helped shave her head. They showed such love and support for her,” Emily said.

Going from long and thick locks of hair to a shaven head was emotional for Alivia, she admits, but having so much support taught her a valuable lesson.

“I realized I had friends and people who showed kindness to me, and that meant a lot. I knew I had a good team, and we were all friends, but after this we are so much closer,” she said.

The next day was game day and she faced stepping on the court with a bald head.

“She’s 6 foot 2 inches, so there’s no hiding in the background. She showed a lot of courage because we didn’t have any wigs. We didn’t have a backup,” Emily said. “She just went out to play the game with her shaved head. She was beautiful anyway. She was more beautiful for who she was.”

“And we won, so that was a bonus,” Alivia added.

Weeks later, the Van Dyke family still has no clear diag-



With her hair loss now noticeable, her team wore matching headbands for their games so she wouldn’t feel out of place.



Kathy Lynch created a custom fit wig of real hair for Alivia.

nosis of what caused Alivia’s hair loss. The loss doesn’t align with alopecia because the hair did not come out at the roots, and after shaving her head Alivia said she can already feel it growing back. Her hair has been scanned and they are looking at nutritional issues, providing supplements, and trying to find avenues to strengthen her immune system.

“We’re still in the process of trying to figure things out,” Emily said.

But one thing they all soon understood was support from the community can be healing and inspirational. Upon arriving home, they found that someone had put hearts and words of love on their front door and people were dropping off hats and headbands. Alivia’s drama class made her a care package and a poster everyone signed that read, “Choose Courage.”

And the support just kept coming.

When her father, Mike, said he was going to shave his head, Craig Altom, a neighbor, asked if he could shave his head as well to show support. They both had their heads shaved at the same time, and Alivia held the clippers.

“Alivia had free reign.

They let her go to town,” Emily said.

Another neighbor, Tyler Warner, and his young sons also shaved their heads, and baldness in this Spanish Fork community became a bit of a fashion statement.

Then Kathy Lynch reached out to Emily and offered to make Alivia a custom fit wig of real hair, and the family has been amazed and grateful for the outpouring of support. Lynch has since gone on to start her own business to help people like Alivia, called Ruby and Mane (rubyandmane.com).

“I feel there’s so much strength and power that comes from a community that supports one another,” Alivia said. “It has really lifted this shock and burden. I know others have different burdens but there’s a lot of power that comes from a loving community and even from strangers who provide support.”

Making the frightening decision to face her inexplicable hair loss and just embrace it came first with terror and then peace, and from a wisdom that doesn’t necessarily come with age, but experience, and faith.

“I have a strong belief that everything happens for a reason and that you are put through things to test you and try you, but they will make you a better person.

The whole point of the trial is to shape you into who you are going to be,” Alivia said.

For Emily and Mike Van Dyke, the lessons learned as they continue to try and help their daughter cope with what is still inexplicable, is that a community can be a blessing, that friendship can come from complete strangers, and how you live your life comes by a choice only you can make.

“Alivia has made the choice to be positive,” Emily said. “She chose to be brave and chose to have the confidence to keep going forward.”

And the greatest lesson, in the end, was simply stated by a drama team with a poster of love in support of one of their own.

“Choose courage.” (Davis is editor of *Serve Daily*.)



Neighbor Tyler Warner and his sons joined in the head shaving trend to support Alivia.



Craig Altom, Alivia and Mike Van Dyke show off their new hairdos.

On Target

Spanish Fork Native Chases a Dream with the World Watching

By Kelly Martinez

Since 1993, Springville native – and current resident – Al Morris has been on TV as a hunting guide. In those early years, he'd take people out hunting on the Nashville Network. From 1997-2010, he helped make hunting programming for Hunter Specialties before landing with FOXPRO Furtakers in 2010, where he's been since.

After a 10-year run on the Outdoor Channel, FOXPRO Furtakers changed its name to FOXPRO Hunting TV in 2020 and made the jump to being an online-only program, making itself available on YouTube, Amazon Prime, Roku, and CarbonTV.

So how does a Springville boy wind up becoming a TV personality? Well, personality actually does have something to do with it.

“I was out guiding elk hunters and (outdoor hunting TV star) Wayne Pearson sent someone to me who had a show on The Nashville Network and needed a guide,” Morris recalled. “They had hunted with hundreds of guides before and not all of those guides had my personality. Those guys wound up really liking me.”

To know Al Morris is to love Al Morris, and anyone who does understands that the personality of which he speaks isn't a shy and reserved one. Outgoing, funny, and personable is more accurate. It's a personality that's served him well while making a name for himself in the hunting industry.

Back in 1993, when he first started doing TV, Morris only guided during September, October, and November, during Colorado's elk-hunting season. The rest of

the time, he was grinding diamonds for Precor Inc. in Provo. That eventually changed following a life-changing event. More about that later. Among



Courtesy photo

Springville's Al Morris has been a staple for TV hunting enthusiasts for years.

the personal accomplishments Morris is most proud of is being one of the nation's best coyote and elk callers. He's so good at it, in fact, that he won the World Coyote Calling Championship in 1997 with his partner Garvin Young. The pair pulled off the feat again in 2007, 2008, and 2016, becoming the only four-time winners of the event. In 2009, Morris added a World Elk Calling Championship to his collection, becoming the first adult to hold calling titles in two species categories.

For the sake of clarity, the coyote-calling championships involve body-count hunting numbers for a day and a half time period (which included calling the animals to within shooting range), while the elk-calling competition involves stage performances.

As satisfying as those accomplishments are, Morris is quite fond of his guiding and TV work, too.

“Every time we go filming it's a new adventure,” he said. “I never imagined growing up in Springville that I'd get to hunt all over this

country and get to film and put the skills I learned here to use. It's pretty amazing.”

Morris identifies an experience with his father in 1999 as being the catalyst for inspiring him to take the path he's on now.

“At the age of 58,” he recalled, “my dad loaded 54 bales of hay onto his pickup truck in Delta, brought that hay to Springville, and six hours later, died from an aneurism.”

His father's death wasn't all that set him on the path, it was also what his father said before departing for home that night. After going bowling together, Morris' father encouraged him to pursue his dream of becoming a full-time elk-hunting guide. The experience and the advice from his father gave Morris a reason and the motivation to chase a dream.

If you're interested in seeing Morris in action, look up the show, FOXPRO Hunting TV, on YouTube, Amazon Prime, Roku, or CarbonTV. (Martinez is a *Serve Daily* contributor.)



Photo by Richard Gonzales

Pilot Refresher Seminar Coming to Spanish Fork

By Ed Helmick

Spring brings out the birds, including airplanes and pilots. Many general aviation pilots have not flown much or not at all during the winter months.

For some pilots it may have been a year or two or three or more since they have flown a small airplane. We know there are lots of pilots in the Utah Valley like that. Once a pilot, always a pilot. Once you have experienced the freedom of flight and the beauty of the world from above you always lust to do it again. Springtime

is the season that starts that skyward feeling.

The Aircraft Owners and Pilots Association has designed an in-person "Rusty Pilot" Seminar that will review the current airport and flight operating environment to bring a pilot's knowledge up to date. The local chapter of the Experimental Aircraft Association, a major general aviation advocacy organization, and the Spanish Fork Airport management are sponsoring a live, interactive Rusty Pilot Seminar on April 16. The AOPA presenter coming to Spanish Fork will be Phil Mandel, a nation-

ally recognized speaker on general aviation safety.

Coinciding with the seminar is the routinely planned Spanish Fork Airport monthly breakfast from 9 to 11 a.m. in Hangar #6. Pilots and aviation enthusiasts are invited to join the comradery of the airport. The fresh cooked breakfast is free, but a \$5 donation to the Gail Halvorsen memorial and education center is encouraged. The Rusty Pilot Seminar will be in the same hangar from Noon to 3 p.m. The seminar and its handouts are free to AOPA members and \$79 for non-members (which is the fee

for joining AOPA). Advanced registration should be made at caopa.org/landing-pages/event-registration/rustypilotevent?event=RP_20220416_UT.

You can receive FAA Wings credits for attending this seminar and receive an endorsement in your pilot logbook for ground instruction received. Local flight school instructors will be to answer questions and develop a flight lesson schedule or flight review. The purpose of this day is to get inactive pilots back in the air again. *(Helmick is a Serve Daily contributor.)*

Salem Hills High School Presents Night of Jazz

The Salem Hills High School Jazz Band presents their annual Night of Jazz at the Salem Community Center, 151 West 300 South, on May 3.

Come enjoy dinner, live music and dancing, with special guest singers and the Salem Hills Ballroom Team. The evening's proceeds will go to the Salem Hills High School's award-winning band program as it continues to grow to new heights under the direction of Ryan Adair.

Salem Hills was recognized as the 2022 National Performing Arts School of the Year. The Skyhawk

Marching Band were State Champions in their division, and the Jazz Band earned all superior rankings at their region festival.

This growing program is worth taking note of, and it is awe-inspiring to see these teens make their award-winning music with unmatched energy and fun.

Come support and enjoy the 2nd annual Night of Jazz!

Tickets for dinner and the event are \$25, and you can buy your tickets at the Finance Office at Salem Hills High School, or at the door the night of the event. *(Serve Daily submission.)*



Courtesy Photo

The Salem Hills High School Jazz Band will present their 'Night of Jazz' at the Salem Community Center of May 3.



Reading Wizard!

Carter Gull has read 1,000 books before Kindergarten at the Spanish Fork Library! *(Serve Daily submission.)*

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Nebo School District Offers Community School

By Josh Martinez

Learning is a lifelong endeavor and Nebo School District aims to exemplify that through its Community School.

The district's Community School is a program that offers specialized classes for children up to adults. Classes include hobby-centric topics such as quilting, pottery, aerobics and many others.

Residents can find classes in four of the district's cities: Springville, Spanish Fork, Salem and Payson. Most classes are offered at the high school in those cities with some branching out to other locations.

Registration and a full list of classes are available online at <https://www.nebo.edu/community-school>.

Community Relations Specialist Lana Hiskey said having these programs centered in the communities brings a lot of benefits.

"It's a much more inexpensive way to gain education or learning," she said. "You can go take some of these classes at the college level and you're going to pay hundreds of dollars, and these are just minimal costs."

Other benefits, Hiskey said, included in the program are a way to bolster a hobby; a way to meet others in the community; and a chance to learn from seasoned veterans in the various topics, all at a low cost.

Many of the classes cost less than \$100 for eight or fewer weeks of classes, which are held once a week. There are some classes that are more than \$100 but

those tend to be longer than eight weeks.

The Community School offers classes in two blocks. The first is a fall session that runs from September until about December. The second is a winter block that runs from January until about April.

Classes are dependent on community interests. Hiskey said there is a threshold a class needs to meet in order for the district to continue offering it.

Hiskey said for a class to get added, the district has some criteria. First, it looks for a teacher that can instruct and second, interest from the community.

Community interest, however, isn't only limited to the specific city. Springville residents, for example, can take classes in Payson if

they desire. This would fuel community interest in the district offering a class.

"It's well run mainly because we have teachers and educators that are excited about teaching adults or other students," Hiskey said. "They're each run just a little bit differently depending on the community."

Nebo School District didn't always offer the Community School. Hiskey said the cities of Springville, Spanish Fork and Payson originally ran the program, offering classes at the various high schools.

She said the focus shifted in 2007 and the district took over. Hiskey said the cities proposed the shift because the district was already largely facilitating it and it would be more efficient to change hands.

When the shift happened, Everett Kelepolo took the reins as director of the program after spending time as the principal at Springville Junior High School.

After some time, Kelepolo left as director to become principal at Springville High School. He has since returned and heads the program.

Along with the low costs involved with the Community School, Hiskey said the quality of teachers that instruct are top-notch.

"It's really a good way to have an expert that's very knowledgeable to give you hands-on experience," she said.

"I think that definitely sets it apart from just jumping on a computer and trying to teach yourself." (*Martinez is a Serve Daily contributor.*)

Startup Strives to Preserve Memories in Children Book Form

Sadly, we all have a loved one who has passed away.

Have you ever considered recording your loved one's life story?

How about sharing these precious moments with your children?

Well, take heart because a new startup called, "FamilyBinds" just launched their Kickstarter and is eager to help you preserve your loved one's story in the form of a personalized, illustrated children's book.

Meeshell Helas, the founder of FamilyBinds says, "Our mission is to bind families together by providing an easy, affordable, and engaging way to share our loved one's life story. We're turning lives into legacies one book at a time."

Helas interviewed and surveyed hundreds of people across the United States. After her research and considering three million people in the U.S. alone die each year, she not only found

that there was a great need for this, but she learned what people wanted and cared about in their stories.

This is how it works. First, people choose an avatar that represents their loved one.

Then they select life moments they want to share, such as when he or she was born, married, went to college, and much more.

The book will be populated with beautiful illustrations that correlate with his or her story and personal-

ized avatar.

From there they can use the rhyming storyline provided or write their own. They can also add photos, additional stories, and a family tree.

Lastly, the book can either be downloaded to view digitally or can be printed and delivered as a beautiful children's book.

The journey began when Helas wanted to record stories from her grandma's life with her children.

She said as she

searched and searched she could find nothing that fit her needs and budget.

"I wanted the illustrations to be tied with her life story but custom illustrations cost anywhere from \$1,500 to \$6,000 and more. Anything cheaper than that didn't provide the beautiful quality I felt her story is deserving of."

However, Helas thought if this was something that could help others as much as her then it'd be worth

fronting the \$6,000 or more because in her words, "family is worth remembering and preserving".

To learn more and/or pre-order your book visit FamilyBinds' Kickstarter at kickstarter.com/projects/familybinds/familybinds-storybooks

If you would like more information about this topic you my contact Meeshell Helas at 661-623-6019 or meeshell.danielle@gmail.com. (*Serve Daily submission.*)

Believe There Is Good In The World!

Feeding a Healthy Mindset

By Amy Ellis

When most people consider improving their health, they think exercise, nutrition, sleep, & hydration.

They rarely consider the mindset that is vital for a lasting change. Do you know someone that has improved their health for a short time but reverted to their old habits shortly after?

Most likely their body returned where their mind was set.

As humans we have the ability to think about what we are thinking. We are the only living creature on



earth that can do this. Celebrate this ability by using it! Self-evaluation is the key component to lasting change. Staying mindful and present in your health today, goes a long way in creating what you want in the future.

Self-reflection is one of the first steps to becoming self-aware, which is one key to growth. Use these tips as you learn to become mindful:

Hold yourself accountable. You are responsible for your health and wellbeing. While you may be tempted to place blame on someone or a certain situation in your life, the answer almost always comes back to you. But that's good news because you are the only one with the power to evaluate your current health state

and evaluate where you want to go next.

Assess your mindset. What type of mindset do you have? A negative mindset is closed, defensive, and self-righteous; a positive or growth mindset is open, curious, and thirsting for more. Assess your current state of mind, but in truth, so you can make the necessary adjustments needed to boost your success.

Empower yourself. You oversee what happens next on your journey to optimal health and wellbeing. You are the author of your new story. Obstacles aren't a bad thing! Those that you face will help you improve and empower yourself along the way.

Meditate. Meditation is simply a practice of controlling your brain. Just five



File Photo

minutes a day can make a big difference. This is an important skill that aids in learning new ways to eat, sleep, exercise, processing emotion, and even hydrating our bodies. Listening and redirecting our thoughts makes creating new habits easier. We stop fighting

against our brain and start working with it! Magic.

Our brains are directly connected to our physical health. Stay mindful, get accountable, encourage yourself, and take control of your brain! (*Ellis is a certified Independent Optavia Health Coach.*)

The Power of Positive Thinking

By Kelly Martinez

It's easy to latch on to a negative thought, cuddle it, and let it lead the way for days, months, or even years. Sometimes, it's possible to hold on to negativity so tightly that it becomes commonplace, a sense of normalcy.

Professionals have come to the conclusion that our brains – on a subconscious level, at least – are incapable of not thinking. Thoughts constantly flow through the brain, influencing our every action.

As children, positive thoughts take the spotlight in our minds. (Have you

ever met a 4-year-old who doesn't like a painting he or she created?) As the years march on, our brains learn to entertain and hold on to fears, doubts, and self-deprecating thoughts. Giving too much power to these negative thoughts limits us in all aspects of life.

Is there a way to turn negativity into positivity, to become like the positive-thinking child version of ourselves again? Here are some suggestions that can help with that.

Replacing. When a negative thought creeps into your mind, replace it with a positive one. For example, if a negative thought about the

high gas prices enters your mind, focus on the good that comes from putting gas in your car, such as convenience and mobility.

Seeking. There's a lot of negativity around us; you don't have to look far to find it. But that doesn't mean you have to dwell on it. Making the conscious decision to seek the good in every situation can help create a positive mindset. You can find positivity by thinking about something positive and letting it fill your mind.

Gratitude. Making a daily practice of thinking about five things for which you're grateful can go a long way in creating positivity. It won't

take long to do it and the rewards can have long-lasting effects. Give it a try.

Change. The way you think is directly related to how you see yourself and your surroundings. Dwelling on the negative in yourself and your surroundings only leads to a negative mindset. With practice, changing the mental images you let into your mind from negative to positive is possible. Here are some ways to do it:

Turn big obstacles into smaller "challenges."

Understand that dwelling on positive thoughts is a choice.

Spend time with people

who have positive influences on your life.

Don't give up after a setback.

On paper, changing from negativity to positivity seems simple and clear, but it's not for everyone. The key to successfully applying these pointers is persistence. The more you try to embrace positivity, the better able you'll be to do it.

Imagine the impact positivity can have on a community if it's present in most of the community's residents. It might be hard to feel hopeful about that, but everyone can do their part to strive for it. How will you do your part?

Bel Air is Not the 'Fresh Prince' You Remember

By Kelly Martinez

"The Fresh Prince of Bel-Air" was a staple on NBC from 1990 to 1996 and was a springboard into the world of acting for rapper Will Smith. The sitcom was entertaining, light-hearted (for the most part), and was filled with likable characters.

It remains a nostalgic memory for many to this day.

If this is what you expect from Peacock TV's reimagining of the classic show, you're in for a big surprise. Gone is the light-heartedness and, in many instances, the likable characters – at least the ones in starring roles.

Launched in February, "Bel-Air" opens with a fleshing out of the previous show's theme song, in which it's explained why

Will's mom sends him from West Philadelphia to live with his wealthy aunt and uncle in Bel-Air, a swanky suburb of Los Angeles.

In the original show's theme song, Will has a comical encounter with some bad boys on a playground basketball court. Based on its comedic portrayal, it seems as if Will's mom overreacts by sending Will to California. In the reboot, however, the playground incident is more serious, involving gunfire and gang violence. In this light, it's more understandable why Will's mom sends him to Bel-Air.

There are plenty of 21st-century updates in "Bel-Air," including Will (Jabari Banks) catching an Uber instead of a taxi upon his arrival in southern California. His cousin

Hilary Banks (Coco Jones) is a social-media influencer and there are a lot of texting and video chat calls throughout the show.

Which brings us to cousin Carlton Banks (Olly Sholotan), a goofy-but-lovable character in the original program.

The updated version of Carlton is a drug-using, vindictive, and petty individual. Viewers see a tiny glimpse of likability in him, but not much. Will and Carlton often clash, each trying to get the upper hand on the other.

Hilary Banks (Akira Akbar), the 12-year-old cousin, at first seems like a carbon copy of the previous show's version, but along the way, it becomes evident she's dealing with 21st-century issues, like her sexual identity.

Deep stuff, right? There's more.

Phillip Banks (Adrian Holmes) is Will's uncle and is kind of like the first Uncle Phil, but mostly not. For one thing, he's younger and buff. When he first appears on the show, he's running for district attorney and is up to his neck in the election campaign. He's got a calm demeanor but is much more in tune with the younger generation's music and lingo.

Vivian Banks (Cassandra Freeman), Phil's wife, might be the closest equivalent to the original series' counterpart characters. She's obviously the heart of the home and can hold her own in tough situations.

If you like the butler Geoffrey in "The Fresh Prince," you're in for an upgrade with his "Bel-Air" counterpart, played by Jimmy Akingbola.

This Geoffrey is more of a chief of staff for Uncle Phil, but for the



home and family. He's a confidante to Phillip and manages his comings and goings – and those of the Banks family members.

"Bel-Air" has a lot of profanity and mature thematic elements, which is why it's rated TV-MA. While it's not as fun and watchable as

its 1990s parent series, the show has its moments, but don't expect them to come often.

Already renewed for a second season, all episodes of "Bel-Air" are now streaming on Peacock TV, NBC's streaming platform. (Martinez is a *Serve Daily* contributor.)

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Lawn Care

With a drought that seems never ending, perhaps it is time to practice a little

Lawn Sense

By James L. Davis

Spring is in the air and with warming temperatures comes the focus on keeping lawns vibrant and green, sometimes to obsession.

Ofentimes people are obsessing about the wrong thing at the wrong time, and the result is an unhealthy lawn and overuse of a rare commodity in Utah – water.

It is something Joey Murdoch, owner of

JEM Yard Care, sees every day as he provides services for his customers in South Utah County.

“If you don’t know, then you don’t know,” he said. “The first mistake people make is turning their water on too early. Any watering in March is just wrong, unless it is brand new sod that just got laid. I base watering on temperature. When we have 10 days straight of 75-degree weather and no storms,

that’s when you need to turn on your water.”

With another winter of below average snowfall for much of the state, and alerts that the warm days in March started the snow pack run off early, the calls for water conservation will only grow more urgent.

According to the state’s Slow the Flow website (slowtheflow.org), a quarter acre yard uses approximately 3,000 gallons of water with each



File Photo

watering, which adds up. The Environmental Protection Agency on its website (epa.gov/watersense), states that residential outdoor water use in the United States accounts for nearly 8 billion gallons of water each day, mainly for landscape irrigation, and experts estimate that as much as 50 percent is wasted by overwatering due

to inefficiencies in the irrigation methods and systems.

With secondary water systems scheduled to be turned on in the coming weeks, there are several things you can do to make your lawn more efficient for irrigation.

“Start with a pre-emergent fertilizer. That will help fertilize and take care of annual

weeds that come up, if they haven’t already germinated,” Murdoch said. “We want to use fertilizer with low nitrogen. Nitrogen produces growth but it doesn’t make the lawn green. You want low nitrogen, 20 to 21 percent, and then you want to use iron, because iron turns the

Continued on Next Page.

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From Previous Page.

grass green. If it gets on your sidewalk you will want to blow it off because it will turn it orange.”

Murdoch recommends having your lawn aerated every year but ensure that whoever is aerating your yard is sterilizing their tines between lawns.

“If they are not sterilizing the tines and one yard has fungus, it just spreads to the next lawn. Aeration is important. It improves the penetration of water, herbicides, and fertilizer, and reduces compaction and thatch.”

Conservation

If you are designing your lawn or looking to modify your existing lawn to conserve water, there are resources available to help.

The Central Utah Water Conservancy District has tips on watering guides, plants that thrive in the Utah climate, and sample landscape plans on its website (cuwcd.com/landscaping).

Murdoch recommends lawn areas

be kept a minimum of eight feet wide so that sprinklers can be maximized for efficiency, and sloped yards should be avoided for turf.

“Keep trees, flagpoles and play structures out of turf areas. A tree doesn’t like to be watered the way you water your lawn. That’s how you get surface roots.

“Don’t put grass around a trampoline. Commonsense things I see get overlooked every day. So, when designing a lawn, design the lawn to be the island, not have islands in the lawn.

“You want to have your turf areas first for aesthetics, and then if it is going to be used. If you are just putting in grass to have grass, then you are wasting water,” Murdoch said. “And side yards are the worst. Don’t put turf there. Xeriscape it.”

Murdoch said xeriscaping is becoming a trend in Utah as one drought year blends into another.

“We are taking on a home in Murray that has 7,000 square feet of lawn to 2,500 square feet and adding drip irrigation for plant

material.”

You can also add smart technology to your sprinkler system to maximize water efficiency.

WaterSense smart controllers are either weather-based irrigation controllers or soil moisture-based irrigation controllers that help conserve water.

The weather-based controllers use local weather data to estimate landscape conditions to determine if an irrigation cycle should be skipped.

Soil moisture-based controllers have sensors in the ground that read soil moisture to determine if an irrigation cycle should be skipped.

Having an automatic sprinkler system can lead to a huge waste of water if it is not being monitored and managed based on weather conditions.

“To set it and forget it for the rest of the year is just reckless and wastes a lot of water,” Murdoch said.

Lawn Care

Maintaining your yard throughout the summer months takes some planning in

advance and thinking about not only about what you are doing, but how you are doing it.

According to Murdoch, if you are seeing brown spots, it is typically a result of bad soil or sprinkler coverage.

“You don’t have good topsoil, or you have a hard compaction surface,” he said.

When watering, Murdoch recommends a half inch to one and a half inches of water per week. “Any irrigation technician can help you with an assessment,” he said.

On slowtheflow.org it recommends no irrigation between the hours of 10 a.m. and 6 p.m. and if there is wind above 5 mph.

When cutting the lawn, there are several things to consider.

“We cut the lawn two to two and a half inches tall. Any time you cut more than a third of that blade of grass off you are hurting the grass. It damages the root system and requires more water,” Murdoch said.

On the slowtheflow.org website it recommends you raise your mower to a higher height setting. Longer

grass shades the root system, it also holds moisture for a healthier, greener turf.

Murdoch recommends you inspect your irrigation system and ensure you are getting head-to-head coverage.

If your sprinkler heads are clogged you can clean them easily with a standard screwdriver.

He also recommends that you remove your secondary water filter and clean the screen annually.

When cutting your lawn, Murdoch says the most important thing to remember with your lawn mower is to ensure the blade is sharp.

“If turf is hacked by a dull blade it’s pulling on it and damaging the grass. A brown tinge on top of the lawn means the blade isn’t sharp,” he said. Murdoch recommends sharpening the mower blade at least twice a season.

Keep your lawn edged, and use an edger, not your weed trimmer.

“Edge with a 90-degree edger around any concrete surface. Using a trimmer burns the

surface and promotes crabgrass and broad weed growth.”

Rebates for Homeowners

On the Central Utah Water Conservancy District website (cuwcd.com/rebates) there are rebates for homeowners who help slow the flow.

Smart Controller – A rebate up to \$75 for the purchase of an eligible WaterSense labeled smart controller.

Flip Your Strip – Rebates up to \$1.25 per square foot to homeowners who convert their current lawn filled park strip to a water efficient design.

Toilet Replacement – Up to \$100 when you replace your old toilet with a WaterSense labeled toilet (toilets manufactured before 1994).

The rebates are eligible for properties in Duchesne, Juab, Salt Lake, Sanpete, Uintah, Utah, and Wasatch counties.

As spring leads to the hum of lawnmowers and the hiss of sprinkler systems, a little “lawn sense” can go a long way. *(Davis is editor of Serve Daily.)*

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Pinching the Dollars Out of Your Car's Gas Mileage

By Charlyn Liechty

Many of us are feeling the pinch when it comes to filling up the gas tank in our cars.

The price of gas has increased significantly, and many predict it will continue to do so.

Here are a few suggestions on how to get the best gas mileage out of your car.

- **Plan your trips:** When running errands try to combine as many stops as possible to avoid having to leave the house for multiple trips.

- **Watch your speed:** If you have a car that is rated at 25 mpg the manufacturer calculates that number when the car is traveling at approximately 55 mph. If you are traveling faster than that, fuel economy can be reduced by up to 14 percent.

- **Drive conservatively:** Avoid rapid acceleration and hard braking. This can lower fuel economy by up to 40 percent.

- **Avoid rush hour:** If possible, avoid the stop and go traffic patterns that occur during rush hours.

- **Use cruise control:** Driving at a consistent

speed saves gas but avoid using cruise control on roads that could be slippery.

- **Tires:** When your tires are not inflated properly fuel economy can decrease up to 3 percent. Under inflated tires will also wear out more quickly as the treads will wear down causing you to have to replace them more often.

- **Clear out the clutter:** There are certain things that every car should have in them. For example, emergency kits, spare tire, etc. However, every extra unnecessary pound can reduce your fuel economy. Clean out forgotten backpacks, sports equipment, and any other items that are not needed. Don't forget about items that may be on the outside of your car. These items can cause wind resistance that will lower your car's fuel efficiency. For example: roof racks, cargo boxes, and bike racks.

If you are trying to decide on a cargo system, rear mounted cargo boxes are a better choice for fuel efficiency. Roof mounted boxes can reduce your fuel economy up to 17 percent while rear mounted boxes can



File Photo

reduce your fuel economy up to 5 percent.

- **Maintenance:** Filthy air filters, spark plugs and connections can all affect your fuel economy. When you follow the maintenance schedule recommended by the manufacturer, your vehicle will run smoothly, and fuel economy will not be reduced. Schedule regular tune-ups with your auto shop to replace air filters,

motor oil, tire rotations and more. A car that runs smooth will save on fuel consumption.

- **Limit idling:** If your car is already equipped with the stop/start system you do not need to worry about this item. However, if you drive an older model that does not have this feature you should consider turning off your car if you are going to be waiting for longer than one

minute. Idling uses more fuel than restarting your engine and can save on the fuel in your tank.

These are just a few suggestions and tips on how to help you get the most out of each tank of gas. With the price of gas increasing every step you take to increase fuel economy can save you money. *(Liechty is owner of Queen Bee Auto in Spanish Fork.)*

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Payson FFA Students Earn Recognitions at State Convention

By **Josh Martinez**

Members of Payson High School's Future Farmers of America group won awards at the Utah State FFA Convention in Layton.

Payson High earned the 100 Percent Membership and Superior Chapter Award as well as numerous other team and individual awards. The convention ran from March 10-11 at the Davis Conference Center.

The competition was open to all local FFA chapters in the state. To qualify, chapters filled out applications and submitted required documentation. Chapters earned the distinction at the state FFA convention.

"Congratulations Payson High School FFA program," Lana Hiskey, community relations specialist for Nebo School District, said in

a press release. "Nebo loves seeing our students learning about careers and doing so well in state competitions."

Utah State FFA hosts its annual convention each March, bringing together more than 2,000 members and guests. The convention consists of general sessions, competitive events, educational and agriculture tours, volunteer service projects and leadership workshops.

Payson High School sent 22 students to the convention where two of its students garnered state FFA degrees.

The first was senior Bailey Franson, who also serves as Payson High School FFA president. Franson plans to continue her education at Southern Utah University.

Fellow senior Jaylea Isaac earned a \$900 scholarship. She works on her family farm and hopes to become an elementary school teacher.

The third recipient was senior Makenna Holt. Her plans have her entering the world of dental hygiene.

Along with the individual awards, the Payson FFA also earned Utah State Fair Awards. These included sweepstakes winner, best floral exhibit, best crop exhibit and best swine exhibit.

The Utah State Fair showcases 4-H and FFA projects each year, yielding one of the most popular exhibits each year.

Future Farmers of America is a youth career and technical student organization aimed at agricultural education. Many high schools and middle schools have chapters on



Bailey Franson



Makenna Holt



Jaylea Isaac

their campuses.

Each state has an FFA organization and Utah FFA serves as the governing body in Utah. While Utah FFA does function within the constructs of the national organization, it can make its own awards, programs, structures and other unique aspects.

Springville, Spanish Fork, Salem Hills and Landmark high schools all join Payson with their own FFA chapters within the Nebo School District.

ALA Teacher of the Month

By **Stephanie Healey**

Amy Olson was selected as the American Leadership Academy Elementary Teacher of the Month for March.

"I have been at ALA for three years. I started on the Behavior Team, and now I'm in my second year of teaching. I work in the elementa-

ry self-contained classroom where I work with students K-6. I received my bachelor's degree in Behavioral Science with a minor in Autism studies at Utah Valley University. I received my Master's in Special Education at Grand Canyon University.

"I play guitar and love to sing. I love the mountains and

the desert equally. I have seven children (four of which are bonus children). I have 4four dogs, three cats, one turtle, and one hedgehog...so basically my own little zoo.

"You have power over your mind, not outside events. Realize this and you will find strength." – Marcus Aurelius. *(Serve Daily submission.)*



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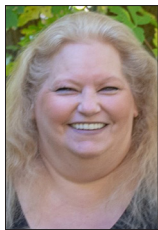
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Tributes

Tamra Lynn Sanderson

Our beloved Tam returned to heaven to join her husband, Terry Sanderson.



A large joyous reception of her extended family is being celebrated in heaven, by so many of her friends and family who went before her. Including her late husband, Terry Lynn Sanderson, her parents Joseph (Jolly Joe) and Shirlee Jensen Wilcock, along with

her older sister Josie DeAnn and favorite Uncle Dave Jensen.

Tam came to this earth as Tamra Lynn Wilcock on May 17, 1963, the third daughter of Joe and Shirlees. On earth she leaves a sister, Teri Jo Wilcock Hull (Robert) and brother Todd Joseph Wilcock (Tiffini). As a child Tam marched to her own beat, she was free spirited and loved life. At the age of 17, she married her childhood sweetheart Robert Lazenby, then completed high school. After they moved to Arizona, where she managed a small bulk foods store. They

later divorced and Tam moved back to Payson.

In 1991, Tam married her forever love and soul-mate Terry Lynn Sanderson, son of the late Albion Dewain and Jennie Emila Sanderson of Genola Utah. They leave behind four children: Terra DeAnn Armitage (Mike), Tamsun Jo Sanderson (Dillon), Takota Albion Sanderson (Kiery), Taylynn Wren Sanderson (Chris) and Two bonus children, Nicky and Natalie Marvin. Tam was grandmother to every child she met but her heart is shared with Kristi, Gus, River and Canyon!

Tam was a daugh-

ter, sister, aunt and friend to everyone she met. Her big heart, open arms and simple thoughtfulness was her shining rays. She especial loved spending time with her friends and family in the outdoors: fishing, 4-wheeling, and trap shooting. She loved animals, especially dogs. She loved Pepsi and Cookies. She loved to go shopping and eating Ice Cream from Polar Queen. Tam's superpower was simply listening. She had a great memory for details, names and never forgot a special date. She loved helping at her kids' school, spend-

ing time with friends on the PTA and was a member of the LDS church. Tam and Terry had a very large extended family. Their hearts and home were always open to everyone. In their memory we wish you to spend an extra day with your loved ones!

To leave condolences, visit legacyfunerals.com.

Richard Taylor Johnson

Richard Taylor Johnson, age 87, passed away on March 9, 2022, in Payson. Richard "Rich" was born on March 21, 1934, in Spanish Fork

to William Taylor Johnson and Dorothy Loneta Nelson. Rich married Donna Johnson on May 21, 1954, in the Salt Lake Temple and together they raised four children, Camille, Kathy, Clark and Joe.

After attending college for a brief time Rich went to work for his father at his father's service station in Spanish Fork. Later he had the opportunity to become the owner



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and manager of Fakler Tires in Spanish Fork, retiring after 30 years in business in 1998. Rich made many friends throughout his life and was a man of integrity and service. He was devoted to his family and was very proud of his children, grandchildren and great grandchildren and supported their various activities.

Rich is survived by his wife, Donna, and his four children: Camille (Jeff) Beckstrom, Salt Lake City; Kathy (Brent) Jarvis, Spanish Fork; Clark (Rachelle), Portland, TN; Joe, Marina Del Rey, CA; 8 grandchildren and 15 great grandchildren.

Graveside services will be held at Spanish Fork City Cemetery on Saturday, May 21 at noon followed by a celebration of life. Condolences can be offered at legacyfunerals.com.

Melodee Margrett Wilcox Hardy
1949-2022

Our beloved wife, mother, grandmother, and great grandmother Melodee Margrett Wilcox Hardy, age 73 passed away on March 2, 2022, with family by her side in her home. Melodee was born in Springville, on Dec. 27, 1948, to Henry and Darlene Wilcox. She was the youngest of the three children.

Melodee met the love of her life Owen Hardy at Springville High school. Owen and Melodee were married Feb. 9, 1966. They were blessed with three children. Melodee later went back to school to get



her License Practical Nurse at Utah Valley College. Melodee had a love for people and a desire to care for others. She worked at several nursing homes, Utah Valley Hospital and Nestle.

Melodee was born and raised a member of The Church of Jesus Christ of Latter Day Saint.

In 1983, Melodee and Owen built a cabin together. During this time, they developed a love for the cabin, as well as a deeper love for each other. She is survived by her husband Owen, her children Brandee Mathena (Jason), Danyel Snelson (Terry) and her grandchildren Austin, McKenna, Madison, Brady, Kaylee, and Bree. She had seven great grandchildren.

The family would like to thank Rocky Mountain Home Care and Hospice.

To leave condolences for Melodee, visit springcreekmortuary.com

Ronald (Ronnie) W. Eames

May 15, 1965-
March 8, 2022

Cherished husband, father, grandfather, and brother. Ronald (Ronnie) W. Eames passed away March 8, 2022, at his home in Spanish Fork.



Ronnie was born May 15, 1965, in La Mesa, Calif. and was the beloved son of William Merrill and Mary Louise Eames. Ronnie grew up in Roy, Utah with his five brothers and two sisters and graduated from Roy High School. Ronnie first married Kami Webster on June 19, 1987, bringing two

daughters into this world. Ronnie later was married to Julie Anne Brown on Dec. 1, 2001.

Together they had a total of six children that they raised starting in Syracuse. His career in the automotive industry then took them to Boston in 2011 where their three younger children spent much of their adolescence. In 2018, Ronnie brought his family back to Utah to reside in Spanish Fork where they have remained ever since.

Ronnie loved his family dearly, his six children and five (soon to be six) grandchildren meant everything to him.

Ronnie was the epitome of a provider, a proud father and husband.

Ronnie was the General Manager for Tim Dahle Ford in Spanish Fork and had

worked in the automotive industry his whole life. He was one of the hardest workers you've ever met. His work ethic came so naturally, he truly had a gift at leading people. He had a winning attitude that influenced and made great impact on many.

Ronnie leaves behind in this world his wife Julie, six children, Charly Eames, Bailey (Skyler) Gallegos, Christian Drakos, Casey Eames, William Eames and Ashlee Eames. His 6 grandchildren, Olyvia (8), Henry (6), Eliana (3), Emelia (1), soon to be born Evelyn and Ryder (3). He is also survived by his 6 living siblings, Bryan Eames, Robert (Mary) Eames, Wendy (Lyle) Moglebust, Scott (Tiffany) Eames, Steve (Stacy) Eames, Mike (Cassandra) Eames. Condolences may be sent to legacyfunerals.com

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Thriving on Uncertainty

By **Danie Davis**

When you think of uncertainty, what do you automatically feel? What type of thoughts go through your head?

If you take the time to answer these questions honestly, there is a good chance there will be worry, nervousness, stress, or even a feeling of lack of control. And when it comes down to the root, uncertainty is most often attached to fear. Fear of the unknown, fear of no control, fear of suffering, fear of helplessness, fear of powerlessness, etc.

What will happen if...? If I do this or that, it will go the way it should. Otherwise, I don't know what to plan for.

If I don't know what to plan on, I don't know what I will do.

If the economy crashes, how will we survive?

I don't want to think of what tomorrow will bring. That scares me because I don't know what will happen and what I will do.

The situation is beyond my control. I will avoid it and the involved people at all costs.

This fear is our common enemy and it is a stressful, anxious dictator who hijacks joy and rules by limitation.

As I went about redefining the word uncertainty, I asked myself, "What if uncertainty doesn't have to be attached to a fearful, lack-mentality? Is it possible to fully thrive in uncertain-

ty, to let go of the need to have control, and to find peace regardless of what is occurring outside of you?" The answer I have found is, "Yes."

Last Fall, my husband got bit on the foot by a black widow spider (by the way, this incident helped to support my case that flip flops are superior shoes). We were at the soccer field when it happened, and did uncertainty make an appearance?

Absolutely.

We had no experience with this sort of thing, our kids' games were about to start, and we weren't sure what to do, or what needed to be done.

The first thing I remember doing was not going down the road of the "shoulds" like:

James should have checked his shoes.

This shouldn't have happened.

He should be fine. It can't be that bad.

I chose to meet uncertainty gently by accepting reality as is: James got bit by a dangerous spider. Nothing more. Nothing less.

I asked James what he wanted to do. He said he would watch the soccer games and go from there, and I accepted his choice.

Note: I will take a moment to acknowledge those who feel the need to decide what we should have done instead. Feel free to fill up your judgment-cup :) May you take this golden opportunity.

By the end of the games, James' legs and hips were hurting pretty bad. I was consciously aware that I was feeling even more uncertain at this point, and it took intentional effort to choose not to attach fear to it. I chose to sit in curiosity instead, to take one moment at a time and anticipate going with the flow.

As we were loading our stuff up into the car to go home, my oldest son was very concerned. He asked me, "What are we going to do? What do we need for dad?"

My response was unexpectedly profound and it was what I needed to hear for myself. I said something like, "We always have everything we require in the moment we require it, and not a moment sooner. We just have to be open to whatever that is and receive it in the moment it comes."

As James' pain increased even more, I realized I was going emotionally numb in order to disconnect from my fearful uncertainty. I was not able to emotionally show up and care for him like I had been earlier. I didn't want him to suffer alone, and so I shifted back to accepting what was reality and remembered what I had told my son earlier that day. Everything my husband required would be provided in the moment he required it, and not a moment sooner.

It was interesting how my stress levels came down so quickly after that. I put

my need for control and answers aside and sat in curiosity of what would come next and when. I even felt my care for him expanding in capacity as I shifted my perspective. What a lie it is that fretting, stressing, and worrying equals how much I care about someone or something!

The time came in the wee hours of the morning that James needed to go to the hospital for muscle relaxers and help with the pain. I trusted that he knew he needed something more for his pain. I accepted what was, believing that whatever the doctor bill would be, that the money would be provided when we required it. James drove himself to the hospital and received muscle relaxers that allowed him to sleep and pain medication for the days that followed. He recovered well over the next couple of weeks, and the experience is one I am grateful to have had. I learned:

1. Fear of and in uncertainty is limiting.

2. Curiosity is an underrated super power that allows me to go with the flow of receiving and giving abundantly.

3. What I require is provided in the moment I truly require it, and not a moment sooner.

4. I am capable of thriving in uncertainty, and I feel peace and joy regardless of what is happening.

5. The bug exterminator is a friend worth keeping.

As I write this today, I think of the last couple months of upset in this world. Talk of WW3, crazy gas prices, and all the other topics of uncertainty have brought a lot of fear to people, and perhaps even to you, the reader.

How can you accept reality and "what is" in your life?

Can you sit in curiosity of what is to come, and let a spirit of hope and adventure be in the uncertainty? Can you trust that answers will come in the moment you require them, and not a moment sooner?

It's like walking down a path in thick fog.

You can't see exactly where you are headed in full detail, nor can you see if the path will bend not far in front of you.

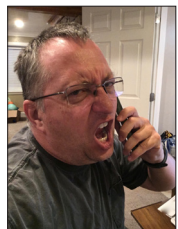
But, with each step you take, you can see where you put your foot, one step at a time, and that is when you see the most clear. You find the bend when it is time. You reach your destination when you arrive. You'll get there. Until then, be here. Each moment matters.

You don't have to know the "how" or all the answers at once in order to survive. These things will find you when you require them, and not a moment sooner. Receive them as they come. This is how you thrive. *(Davis is a certified mentor and mindset coach and helps others find and protect their joy on their journey to more wholeness and being.)*

How to Know When You are Getting Older

By Joe Capell

Apparently, I'm getting older. I always knew this was going to happen, I just didn't think it would happen so soon.



How can you tell when you're getting older?

Well, the other day my wife's uncle posted a joke on Facebook that said, "One minute, you're young and fun. And the next, you're turning down the stereo in

the car so you can see better." I laughed, and thought, "Yes, I do this."

Here are a few other sure signs that you are getting old:

You know you're getting old if, when you go out to dinner, you make sure to get to the restaurant before 5:30 p.m. because you want to beat the rush.

You know you're getting old when you changed your hair style 15 years ago...and haven't changed it since.

You know you're getting old when you see a dime on the ground, and you decide it's not worth the trouble to bend down and pick it up.

(For a quarter? Maybe.)

You know you're getting old if you still use phrases like the "information super-highway," or "world wide web."

You know you're getting old when you complain that none of the new technology comes with an instruction manual.

You know you're getting old when you think of an apple as a fruit and not a computer company.

You know you're getting old when every time you sit down in a relatively comfortable chair there's a better than 50-50 chance you're going to fall asleep.

You know you're getting old when you would rather call someone than text them. (And if you do text them, you make sure you use correct grammar and punctuation.)

You know you're getting old if you've ever made the joke, "I remember when MTV used to play music videos."

And you're especially old if you've been using this same joke since 1993. (Heck, at this point you're probably old if you've even heard of MTV.)

You know you're getting old if you consider it "staying up late" if you're still

awake at the end of the ten o'clock news. (Heck, at this point you're probably old if you know they even have a local news show at ten o'clock.)

You know you're getting old if you still have a Blockbuster card in your wallet or purse. (Heck, at this point you're probably old if you've gotten a movie from a Redbox in the past five years.)

You know you're getting old when you pull a muscle reaching for a jar of jam in the refrigerator. (Hey, but at least you're not so old that you refer to the refrigerator as "the icebox.") *(Capell is a Serve Daily contributor.)*

Dazed

Moonwalking Chickens are Sure to Cause Chaos

By James L. Davis

One of our chickens has learned how to moonwalk. She moonwalks in front of the chicken



coop every morning to taunt the other chickens. I've been meaning to talk to her about teasing the other chickens, but I haven't because the other chickens deserve it.

Her name is Chicken Little. We named her Chicken Little a while back after she recovered from a little conflict she had with the rest of the chickens in the coop. It seems that the rest of the hens in the hen house were under the mistaken belief

that Chicken Little's name was really Chicken Dinner.

We inherited Chicken Little from my dad, who had raised chickens for a number of years until he one day realized that he would not, could not, under any circumstance eat one of his chickens (or anyone else's chickens for that matter, he doesn't like chicken) and that he did not like the thought of fresh eggs. He prefers to think that eggs come from an egg carton and are produced in a factory somewhere in China. But, having realized that he had no real use for chickens or their eggs, he gathered them all up and brought them to our house to put in with our chickens.

I did not realize until that time that chickens had a highly developed social class

and by introducing new hens into our hen house we initially started a war based on deep rooted ideological differences, much like the Democrats and the Republicans. A war broke out for a few days among the hens and our rooster essentially played the part of the United States. He ran around and flapped his wings and tried to get them to stop fighting each other and they ignored him completely.

After a couple of days the hens finally decided to put aside their differences and work as a unified hen house. And what they decided to work together on was the death of Chicken Little.

When the hens decided to stop fighting each other they decided to take up beaks in the destruction of Chicken Little. It could be because

she was ill in some way, as my wife theorized. I choose to believe that the other hens began to suspect that Chicken Little could moonwalk and because of that they were going to kill her.

So when I went out to feed the chickens one morning I found Chicken Little outside the hen house, her neck a bloody and tattered mess. The other hens had just about severed her neck and when I picked her up and took her outside the chicken coop I figured that this was one dead chicken.

But when I went to get a shovel to finish the job the hens started, Chicken Little ran away, which told me right away that Chicken Little may be a lot of things, but she was not stupid. So, I decided to leave her outside the coop to see if she made

it through the night. She did make it through the night and has been an outcast of the hen house ever since.

The other animals on our little farm don't seem to mind Chicken Little running about flapping her wings or moonwalking. Of course, that just might be because she hasn't gotten really annoying. I'm fairly confident that if she suddenly begins to break dance there is going to be trouble with the goats.

The cats don't seem to mind her too much. I believe they much prefer having a chicken in the doghouse to a dog in the doghouse. That could change if the chicken starts to bark and with this chicken, I'm not ruling anything out. *(Davis is editor of Serve Daily.)*



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