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# A Joke a Day Keeps the Dismay Away

By **J.B. Davis**

You've heard it before – a Penny saved is a Penny not going to hell. That's what Penny told herself anyway. You may remember that old saying differently.

Either way, you might find it almost funny. Or at least enough to bring a smile to your face. Don't underestimate the importance of that giggle, smirk, or table pounding howl. Whether you're the joke teller or the receiver, the transformation of wisecracking one liners can literally heal the physical and emotional injuries of another.

To have our minds think about something comical is enough to cause a moment of relief, regardless of how long it lasts. It can quickly wash

away the stress and tension that keeps harassing you each day, like a Utah County driver riding your rear while rushing to get curbside pick-up at the local Crumbl.

All that knee smacking, rib tickling, and thigh slapping is actually good for your health (despite the bruising it can cause). You must take care of that funny bone.

The challenge is allowing ourselves time to laugh. You might pencil it in, but between balancing your job, family responsibilities, and adequate fingernail clipping time, you might postpone a good laughing session to another day – much like you do with that leftover fried liver in the back of your refrigerator.

For the love of laughter, don't put it off. It can literally be the

difference between you rolling on the floor laughing out loud or rolling on the floor crying out loud for Life Alert.

You don't want to end up on some late-night infomercial.

It must be noted that it's very important to gag someone wisely. In other words, pull someone's chain responsibly. Don't go overboard with your jokes or the ways you obtain them. Remember, a cheap joke at someone's expense isn't funny.

Funny rich jokes are best.

Go big or go home. When in doubt, dad jokes are an option too. The one about why Peter Pan always flies because he Neverlands is always a well-grounded fail-safe dad joke.

So, as you're going through your day and you're feeling like



File photo

you're going to blow your stack on the next bug that slams into your freshly cleaned sedan, stop and laugh.

Remember that it's not worth it to lose your health and peace of mind over it. Let your mind

and body enjoy the benefits of a joke a day, at the minimum. Five out of five doctors would agree.

Just watch that tongue-in-cheek. (*Serve Daily submission.*)

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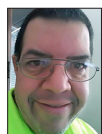
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## Going, Going, Gone!

### John Bair of Springville has a Passion for Auctioneering

By Kelly Martinez

**H**ave you ever been to an auction? Not the online kind, but a real-life, in-person event that included a sizable crowd, items of interest, and a quick-talking and charismatic auctioneer? Such is the setting to which Springville resident John Bair is accustomed.

For half of the year, Bair – whose day job is as an electrician at Utah Valley University – is an auctioneer at a host of events that fill up his schedule nearly on a full-time basis.

Since he was a child growing up in Manti, he's enjoyed the setting and energy of auctions.

"When I was a kid," he recalled, "we'd go to horse and cattle auctions. They were fun places for us farm kids to hang out. I always thought the auctioneers were pretty interesting. It created a sense in me of wanting to be one."

That desire started to become reality when Bair trained to be an auctioneer at Continental Auctioneers School in Mankato, Minn., in 2002. His father went with him to attend the training, which lasted a couple of weeks.

"My dad's an auctioneer, too," Bair said. "He goes with me to a lot of the events I do now, working as

a ring man and bid spotter and helps with the crowd."

Following the training in Minnesota, Bair created a company, Bair Auctions, LLC, the entity with which his clients contract his services.

The majority of the events Bair auctions for are fund-raising occasions for non-profits and big charitable organizations. He also donates his time and services to smaller events, like Future Farmers of America fund-raising auctions at local high schools.

"It's fun to do something that gives back," he said. "I love the FFA, it was a big part of my growing-up years."

When he's not donating his services or working his day job, Bair does paying gigs that are standalone occasions or are part of bigger events, like the annual Western Hunting and Conservation Expo in Salt Lake City. He's also a regular at the Dallas Safari Club Convention and Expo in Dallas, Texas, and the Wild Sheep Foundation's Sheep Show convention in Reno, Nevada. These auctions involve raising funds for the organizations and for wild-life conservation.

The funds raised at these events aren't chump change. In fact, according to Bair, the event in Salt Lake this year raised about \$6 million and the event in Reno about

\$10 million.

In the early days, following his auction training, Bair auctioned for a couple of local sportsman's events per year. Word of mouth got him more events as time passed, and now, he's consistently approached at events by people looking to enlist his services. He ends up turning down most requests because there's only so many he can accommodate.

Bair's auctioneering has put him in situations that demonstrated the generosity of the events' attendees.

"At some events," he remembered, "we've raised money for people with health issues. One year, there was a little boy with health issues that we thought we'd raise a few hundred dollars for to send him and his family on a Disney Cruise. We wound up raising about \$10,000."

On another occasion, the auction he worked raised more than \$40,000 for a military widow with cancer who'd lost her husband in Iraq.

Audience sizes at some of Bair's auctions often reach the thousands, so you'd think he might battle stage fright, right?

"You always get a little nervous when you walk out in front of a big crowd," he said, "but the most nervous I remember being was when I worked an event with Jeff Foxworthy. He



Photo by Chris Carling

John Bair's auctioneering has put him in situations that demonstrated the generosity of those attending.

introduced me and stayed on stage during the auction. Everything you say he can turn into a joke. For the first few minutes I was on stage, I couldn't get over the fact that an entertainment icon was standing there next to me."

Foxworthy isn't the only celebrity that's been on stage with Bair at auctions. In fact, he's shared the stage with names like Karl Malone, Ted Nugent, Terry Bradshaw, and Donald

Trump, Jr.

According to Bair, there's more to being an auctioneer than just selling items.

"There's kind of a fine line there," he said, "because you want to keep the audience entertained, but you're also there to do a job, which is to get maximum dollars for the items." Bair says that if he doesn't find the right balance between entertaining and selling, it can turn into a long night. (Martinez is a *Serve Daily* contributor.)

# 'Candy Bomber' to be remembered, honored at Spanish Fork Airport

By Ed Helmick

World War II ended with Germany divided into four sectors managed by the U.S., Britain, France, and the Soviet Union. The city of Berlin was inside the Soviet sector. On June 24, 1948, the Russian

government closed the roads and rivers routes to Berlin, a city of about 2.5 million people. The United States and Britain responded by initiating the world's largest airlift to supply the civilians of that city with coal and food. Local area resident, Gail

Halvorsen, was a pilot of a C-54 making delivery flights. Noticing the kids along the airport fence he walked over and handed out a couple candy bars broken into pieces. The kids were thrilled and so was Gail and his crew. He said he would

return and drop candy on his approach to land. He made parachutes to drop the candy and then it became a state-side national project to make parachutes for the Berlin "Candy Bomber". During the Berlin airlift the United States delivered 1,393,243 tons of coal, 929,485 tons of food, and 23 tons donated candy, dropped with 250,000 handmade handkerchief parachutes. Gail Halvorsen,

passed away Feb. 17 at the age of 101. To honor Gail Halvorsen an international event is scheduled May 20 and May 21 at the Spanish Fork and Provo Airports. The only flying C-54 will be at the Provo Airport on Friday and the Spanish Fork airport on Saturday. On Friday afternoon a C-17 airport for static display and a candy drop. A new C-17 will be christened the Spirit of Gail Halvorsen. The Sat-

urday event will have events celebrating the life and legacy of Col. Gail Halvorsen, including a C-54 flyover and parachute candy drop. The C-17 and C-54 will make a formation fly by. Static aircraft displays, the US Air Force Band will play patriotic and era music adding to the backdrop of this program. The concluding event will be groundbreaking for the Gail S. Halvorsen Aviation Education Center at the Spanish Fork Airport.

International visitors are expected from Germany, England, and France. Including a few Germans who were children during the candy drop, Senior Air Force officers and Civil Air Patrol Officers, National, State and local political leaders well be present to honor Halvorsen. The public tickets are only \$5 and children under five are free. To purchase a ticket make your reservation online at [candybomber.org](http://candybomber.org). All funds go to support the Halvorsen Aviation Education facility. (Serve Daily submission.)

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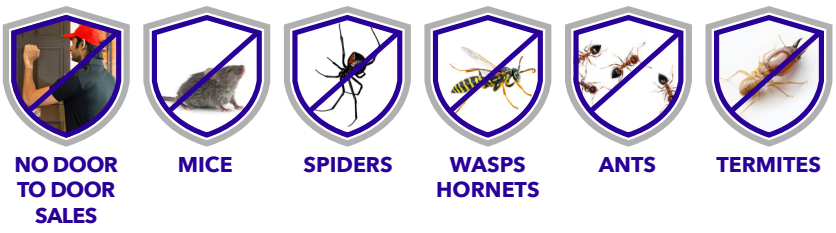
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# Libraries are a Reflection of the Community

By Kelly Martinez

Dona Gay has been a mainstay at the Payson Library since 2013. For the first four years, she worked as Youth Services Librarian, then took over as Library Director in 2017 when long-time director Linda Collard retired after 30 years. Gay's library career started in Springville. "I was a stay-at-home, homeschooled mom and needed a part-time job," she recalled, "so I got a job at the Springville Library as a substitute clerk in 2007." While working there, and after expressing interest in being a librarian, the director encouraged Gay

to get a master's degree. Since there were no master's degree programs for librarians in Utah, she got her degree from the University of North Texas' online master's program in 2011. After six years at the Springville Library, Gay jumped to the Payson Library in 2013, setting her on the path to guiding and directing that library to fill its role in the community. "I believe a library is a reflection of a community," she said. "It's also a hub for the community. I think our library is growing to fill those roles very well. We've received a lot of help and support from the city and community part-

ners along the way." As she strives to improve her library, Gay encourages members of the community to use the library's resources, which are more than just books. She also encourages feedback and suggestions that can help make an already-good library even better. Basically, she wants patrons to come to the library. "At the risk of sounding sadistic," she said, "I love it when little children cry because they don't want to leave our library. They love it so much that they just want to stay there. It means we're doing our jobs." Gay is quick to point out that it's the staff that

deserves the credit for the library's success. "We're really, really lucky to have the staff we do," she added. The mother of eight and grandmother of seven (soon to be eight), Gay grew up in Arizona where she was a regular at her local library. "I grew up going to libraries," she recalled. "I started out by going to story time and would ride my bike to the library. Libraries have always been a passion to me." Like other libraries in the area, the Payson Library has a variety of items, besides books, available for checkout, including GoPro cameras, one of which



Courtesy photo

Dona Gay loves when children (and the Grinch) hate to leave her library.

Gay reports is at the bottom of Utah Lake. "It was a prom date gone bad, apparently," she said. "So, you have to be careful when checking out one of our cameras." (Martinez is a *Serve Daily* contributor.)

## Springville's Brown Art Gallery Hosts Art Show 'Common Roots' in May and June

By W. Bill Brown

The Brown Art Gallery in Springville will host an art show "Common Roots" from May 25 to June 25.

A reception to meet the artist W. Bill Brown will be held on May 27 from 6 to 8 p.m. in the gallery.

The exhibit will consist of more than 20

paintings of Utah's state tree, the "Quaking Aspen."

Brown, a 2002 graduate from BYU in Theater and Media Arts, had the honor of being the oldest graduate in the class that year. While going to school, he and his wife Marilyn opened the Villa

Playhouse and the Little Brown Theaters in 1996.

During the ensuing years they produced 96 community theater productions.

After a devastating heart attack, Brown was forced to retire and give up the theaters. Thus began a new career as a painter.

His first completed painting was done in 2006.

Having completed more than 300 works of art since then, many have adorned the walls of collectors from Boston to Oregon. Brown started painting aspens after a visit to the Fish Lake area, where he saw what is consid-

ered the world's largest forest of aspen trees. Approximately 47,000 trees comprise one of the largest living organisms on earth, all emanating from a common root system.

"Pando," as the forest is called, is estimated to be more than a million years old, making it one of the world's oldest liv-

ing organisms. Many of today's trees are more than 130 years old.

The Brown Art Gallery was founded in 2007 in an historic Main Street building on 274 South Main and built in 1895. The building was destroyed by fire in 2017 and restored by 2019. (Serve Daily submission.)

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# Springville Chamber gears up for annual BINGO event for children

By Josh Martinez

The Springville-Mapleton Chamber of Commerce is hosting its annual Business BINGO event to encourage residents to support local businesses.

Participants in the event can purchase one of four cards for \$30 or buy all four for \$100.

The objective of the game is to fill the cards with stamps by visiting local businesses between May 30 and June 11 to be eligible for a prize.

Melanie Bott, president and CEO of the Springville-Mapleton Chamber of Commerce, said this event is successful each year because it forges a connection between businesses and those who

live in the community.

“Businesses and families look forward to this event each year,” she said in an emailed response to questions.

“It provides the business community a fun marketing opportunity to share with the community while creating a fun family activity that allows students and parents to visit each participating business to earn a chance to win great prizes.”

Local elementary schools will distribute cards to children during the last weeks of school.

Once they have their cards, participants must visit the business to earn a stamp or sticker for their card with the goal of achieving black-

out. Businesses have the discretion on how much interaction is required.

Once the card is filled, children can hand it in to become eligible for a drawing at 4 p.m. Saturday, June 11, during Art City Days.

“Business BINGO creates a great opportunity to get the parents into the door of your place of business,” an announcement to businesses from the chamber states. “Businesses stamp the card, can even include an activity or handout swag. It is up to each participating business.”

The purpose not only provides local businesses with a chance to market themselves to the community but it also allows a chance “to learn more about each participat-

ing business and the services they provide,” Bott said.

Many businesses donate prizes for the drawing, which have included movie tickets, bikes, gift cards, games, toys, watches and many other prizes.

In the past, Bott said, there has been participation from Mountain West Animal Hospital, Duke’s Jewelers, La Casita, Schouten Orthodontics, Red Rock Financial, Donut Dreams, Reams Springville Market, My Lemonade Stand, Peterson Auto, AltaBank, Spring Creek Mechanical and Nance Family Dental, among many others.

Bott said as a whole, the event has always been a lot of fun because it brings the



Photo by Josh Martinez

community together at Art City Days as they celebrate the drawings.

For more information, contact the Springville-Mapleton Chamber of Commerce at 801-491-7830 or email at info@springvillemapleton-chamber.org. (Martinez is a *Serve Daily* contributor.)

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# Springville-Mapleton Chamber welcomes Luxe Flooring to the community

Springville-Mapleton Chamber and Springville City welcomed Luxe Flooring to the area with a ribbon cutting held March 18 during their grand opening event.

Owners Steven Harding and Maxwell Hakes are proud to announce the opening of one of their newest luxury flooring stores in Springville. Offering top quality LVP,

engineered hardwood and carpet, as well as installations to all of Utah and Salt Lake Counties. With more than 20 years of experience in the flooring industry,

they have brought their expertise in all aspects of flooring to the community. They have built long-standing relationships with local and national flooring manufacturers, and Luxe Flooring says that they work hard to pass along the fairest prices coupled with superior craftsmanship.

Both Steven and Maxwell stated that they have the desire to make sure that everyone that becomes involved with Luxe Flooring gets treated like family. "As a small local business, we believe strongly in serving homeowners beyond their expectations." Which is why Ste-

ven and Maxwell are involved in the installations to make sure that every customer is always fully satisfied. Their hours for the showroom are Monday through Friday 9 a.m.-5 p.m. and Saturday by appointment. Visit them at 1795 West 500 South, Suite B1, in Springville. *(Serve Daily submission.)*

## Zebra Cleaning gallops into Mapleton

The Springville-Mapleton Chamber of Commerce and Mapleton City welcomed Zebra Cleaning to the area and as one of the newest members of the chamber.

Russ Schafer owns and operates Zebra Cleaning in Mapleton and is excited to begin servicing the Springville and Mapleton area for all your home cleaning needs. The chamber held a Ribbon Cutting on April 1 in Mapleton to



Courtesy photo

welcome and introduce Zebra Cleaning.

Russ stated that for now he is focusing on carpet cleaning, with a plan to introduce new services within

the next few months. Contact Russ Schafer at 801-404-4611 to schedule carpet cleaning today or visit ZebraCleaning.com to learn more.

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# Spring has Sprung, So Get Out There!

By Amy Ellis

Springtime has arrived and summer is right around the corner!

The warmer weather gives us more opportunities to practice healthy habits. Getting outside is also good for the soul. You only need 30 minutes of regular exercise each day to reach and maintain a healthy body. Try one or more of the following activities to get you and your family moving as we kick off the summer:

Plant a garden. Gardening is a fun activity for the entire family. It's also a great source for fresh healthy snacks! Peas, spinach, beets, broccoli, can be planted in April before the cold nights end.

Wait until after Mother's Day to plant more fragile vegetables like tomatoes, squash, peppers, cucumbers, etc. They're easy and the perfect addition to your Lean and Green meals!

Enjoy a picnic in the park. Break out the bubbles, kites, and wiffle ball set and head to the park!

Make it easy, fill your picnic basket with fruits, veggies, cheese, lean lunch meat and crackers to make a healthy a meal. Kids love to create their own.

Spring cleaning. Take a day for spring cleaning. Turn up the music and get into the groove!

Enjoy a nature walk. Nature walks are perfect for getting exercise, learning about the

great outdoors, and enjoying the spring weather. It's great for everyone to get out of the house and spend some time taking in the fresh air.

Take up a hobby. Having a summer hobby that takes you outside like golf, pickle ball, tennis, running, hiking etc., is a great way to in cooperate healthy habits and spending time together with new friends or your family.

I hope you feel inspired by these healthy ideas. Don't forget to wear sunscreen, eye protection, and stay hydrated while out in the sun.

Let's make this summer one of the healthiest ever! *(Ellis is a certified Independent Optavia Health Coach.)*



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# A Miracle from the Start

Payson couple finds joy,  
heartache, and inspiration  
with the birth and loss  
of their firstborn

By James L. Davis

A tiny little boy who lived 33 days will be changing lives forever. He started with changing his parents, Abraham and Britney Boekweg, and even though he is no longer physically here, the impact of his short life will reverberate. His name was National Abraham Boekweg.

His parents met in 2013 while Abraham was studying at Utah Valley University and living in student housing and Britney was working full time. They married in 2016 and

settled in Payson, where Britney had lived most of her life with her father.

"I'm from here and dragged Abraham this way," Britney said. Abraham is thankful she did. He loves living in Payson.

Not long after settling into married life, the couple decided to start a family, but it came with complications.

After four years of heartache and four attempts at artificial insemination, it ended with one pregnancy that terminated at six weeks, in December of 2020.

"It rounded off a 'really' good year," Britney said. The young couple next tried invitro fertilization. While almost 21 eggs were harvested, only one resulted in an embryo. That one embryo would be National.

"Sweet, perfect, Nash. He has been a miracle from the start



Photo by Abraham Boekweg

Britney and Abraham Boekweg tried for four years to conceive, and Britney's pregnancy with National was a miracle for the couple.

and fought so hard to meet his parents," Britney said. "I felt like I knew it was going to happen. I always tell Abraham that a mother knows. I thought, of course that one embryo stuck. It made sense. He was always supposed to be part of our family."

Now expectant parents, the pregnancy had complications from the start, but they never gave up hope. Britney developed two subchorionic hemorrhages, and while they were worried, her doctors reassured them

both that things would be fine.

"The doctors said it shouldn't affect anything, a lot of women have those so not to worry. Everyone told me not to worry, so I didn't," Britney said.

The day before Valentine's Day, Britney went to her doctor because she thought her water had broken. She was kept in the hospital overnight and doctors determined that her water had not broken. She went back to the hospital in early March because she was having contractions



Photo by Halyn Holdaway

but was released.

Two days later, on March 7, she returned to the hospital because the contractions were not going away.

"I went in at 8 a.m. and Nash was born at 9:41 a.m.," she said.

National was born at 24 weeks. He weighed one pound, five ounces.

"The first question we asked was what were the odds that he would survive. We were told 90 percent, so we were more optimistic," Abraham said.

"We were at Utah Valley Hospital, so we knew he was in great hands," Britney said.

Although reassured, the couple endured constant stress and worry, and found a lot of help and inspiration along the way, especially from their young son.

"When he wasn't using his tiny hands to attempt to pull his feeding and breathing tubes out of his mouth, he was using them to capture the hearts of every nurse, doctor, and respiratory therapist in the NICU. He had the biggest personality and most definitely had opinions. He was heaven. He was complete heaven. I have never seen a baby even full term with so much life. He was feisty," Britney said.

National had good days and he had bad days, and his parents always held onto hope.

"Despite even the situation we were in, we were so grateful that we were for the first time a family of three after trying for so long. He was everything we always wanted," Abraham said.

National developed an inflammation in his bowels that was possibly started by an infection, so Britney said caregivers stopped his feeding

to try and keep it from perforating. Before they went home that night National's doctors told them they were worried for him.

"They told us they were worried, but we had heard that before," Britney said.

At 2 a.m. on April 8, Britney's phone rang. She said she had awakened five minutes before.

"I felt kind of empty, like it had ended," she said.

Abraham and Britney arrived at the hospital a few minutes before their son passed. He did so in their arms. He lived 33 days.

In the weeks since, while grieving the loss of their son and grateful for his short life, there has been time of introspection and reflection on everything that transpired, and the many things they have learned along the way.

"We have had so many examples of people just reaching out wanting to help us," Britney said. "Whatever faith we lacked has certainly been totally restored."

And their gratitude for the staff at Utah Valley Hospital is immeasurable. "They are the most incredible people. I don't know how you do that job," Abraham said.

There will be a blood drive held in Nash's honor on June 10 at Revere Health in Provo from 10 a.m. to 5 p.m. in suite 201.

While the heartache they endured and continue to endure can tear couples apart, the experience has brought Abraham and Britney closer together, which Abraham said they discussed right at the beginning.

"That was something we talked about immediately. Just promise

---

"When he wasn't using his tiny hands to attempt to pull his feeding and breathing tubes out of his mouth, he was using them to capture the hearts of every nurse, doctor, and respiratory therapist in the NICU. He had the biggest personality and most definitely had opinions. He was heaven. He was complete heaven. I have never seen a baby even full term with so much life. He was feisty,

**- Britney Boekweg**

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Photo by Katelyn Bleak

The Boekweg family.

this won't tear us apart. We didn't think it would," he said. "We were always friends first and good companions first."

"Now we are just spending our lives celebrating Nash. We experienced what it is like to be parents for 33 days," Britney said.

If there is anything they could share with other parents, Britney said it would be to celebrate the miracle of their children.

"We hope people hold their kids a little tighter. I would have loved to have had the opportunity to scold Nash for something he had done, but I never got the chance."

As for the future, for Abraham and Britney in includes more chil-

dren.

"We've never taken breaks. We will keep striving for the one thing we both want," Abraham said.

"Nash was always going to be a big brother and that will happen whether he's here to pick on them or not," Britney said.

And in that way, feisty little National Abraham Boekweg will keep changing the world. *(Davis is editor of Serve Daily.)*

**Editor's Note: Britney and Abraham expressed a desire to capture the updates and memories of Nash they shared in "newspaper" style. The National News newspaper is on the next pages.**

# National News

March 7, 2022

April 8, 2022

## Feisty Little Man Impatient to be Born

National “Nash” Abraham Boekweg, ever so impatient, was born today March 7, 2022, at 24 weeks. He weighs one pound five ounces and is 12 inches long. He has a long road ahead of him in the NICU that we certainly did not expect to have to tread but he is beautiful and perfect, and we love him more than we can even comprehend.

Welcome to the world buddy. Daddy and I are obsessed with you and have already decided that you can have whatever you want for the rest of your life.

### A Gentle Touch

Update on the Nash potatoes: he is doing well. His ventilator is set to 21 percent oxygen which is what you and I breathe so he isn't requiring additional oxygen. His lungs look good for how early he is, and he is maintaining his blood pressure well. We got to touch him gently and he immediately knew his daddy. The only purposeful movement we have seen is when Abe touched his hand and he reached out and grabbed his finger. They already have a love for each other like I have never



seen. He is heaven on earth.

### Huge Step

He has been taken off his ventilator.

And he is now breathing in his own with the help of a CPAP. This is a huge step especially at only a day old! We have got a little fighter in our hands!

### Fingers Crossed

He is still on CPAP and has not had to go backwards to the vent, which is incredible. His right lung needs a little extra help, so he is propped up on one side to strengthen it. They will be doing an echo on his heart to see how it is doing so fingers crossed for that one. All in all, he is doing really well.

### Sunbathing

He is currently in what we call Florida. He is laying in a tanning bed for his bilirubin wearing shades; it's 98 degrees and 85 percent humidity. His

eyes are still fused so we feel like he is just using his imagination and picturing all of the babes at the beach.

### Tears

Mom and dad are home which is so much harder than I anticipated. I have not really stopped crying. Nash is doing great though, which makes it a little easier. He is still breathing well on his own, his bilirubin has improved as well as his sodium levels. His nursing staff is incredible, and he is in the best hands! We are so grateful for his NICU team!



### Nash Taco

He is still doing well. They have him wrapped up like a little Nash Taco today because he is feisty, and it helps him stay calm. He does have a hole in his heart, but all babies do at this gestation, so they aren't worried for now. They will be doing an ultrasound of his head to check for bleeding in his brain which has been my

biggest fear so special prayers and good vibes that he is all good there. We have a strong little dude everybody! **The Whole World**

Our sweet, perfect little man had an ultrasound done on his head yesterday to check for a brain bleed which is common in babies born this early. Unfortunately, it was confirmed that Nash does have a few bleeds. They are graded by severity with a grade 1 being the most minor and grade 4 being the most severe. Nash has a grade 2 bleed. What this means for his future is completely up to Nash. We were told he could have minor delays or severe deficits. Only time will tell. The world has never felt so heavy. As parents, all you want is to give your baby the whole world. You want life to be as happy and as easy as possible. The thought that Nash's life could be extremely challenging is devastating. Sometimes the guilt I feel of bringing him into this world to face such a hard road feels like too much. We are praying for him and loving him and that is all we can do. He is the most loved little boy on this earth.

### Time for Some Good News!

The words that are being used to describe him are “remarkable” and “miraculous”. He has handled everything that has been thrown at him so far! He had a PICC line out in his belly wasn't doing the trick. It didn't tucker him out, so his oxygen dipped a little, but he recovered quickly because he is an absolute champion. He is off the bili light because his levels have stabilized so no more blue light to distort our cute pictures! They increased his feeding volume because he is tolerating it well which is great. The more calories the better! He is still on CPAP and not back in the ventilator which is just incredible and completely unexpected for his age. We have got quite the fighter. He is known as the feisty one in the NICU and we think that is just fine.

### I Found Heaven

I got to hold Nash for two hours. Our nurse Jason told us that it is almost unheard of for a 24-week baby to qualify for holding this soon. We were told just last

night that it would probably be closer to a month before we could hold him. Just another example of the miracle that is Nash.



### Diaper Time

Dad got to do his care routine which includes changing his diaper, checking his temperature, and cleaning his gums. He also loves to hold daddy's finger which melts my momma heart. Abe is the best dad and Nash is obsessed with him already.

### Happy One Week Nash!

He is back on the bili light and some of his labs came back high/



low for one reason or another but that is going to be common through this journey. Overall, he is doing well. He has been off the ventilator for almost a week!

My two favorite boys got to snuggle today and it was magic. I love this little family of mine. These two have made all my dreams come true.



### Great Day, with Exceptions

Nash is doing great today! He is still stable. Sadly, our holding privileges have been revoked.

There are certain criteria that babies are required to meet before they can be held and one of them is that they have to say over 750 grams. Nash weighs 560 grams. We were told that the order to let us hold him never should have been put in this soon. We totally understand and just want what is best for him. He is doing so well, and we don't want to rock the boat. Once he chunks up we will get to hold him all we want.

### Perfect Miracles

His PICC line is coming out so he will only be on oral meds now which sounds good to me because that big IV in his tiny arm breaks my heart! He is doing remarkably well according to his team. I had four members of his nurs-

ing team stop me on my way out today to tell me how well he is doing. His nurse said when she came in this morning she had to double check his age because she was surprised that a 24 weeker was doing so well! He is our perfect little miracle, and he is showing us how much he wants to come home!

### A Good Day

We were told today that where the average 24 weeker is, Nash is about two steps ahead of that. His physician said he is worth celebrating because he is doing so well!

He had another ultrasound on his brain to check in the bleeds and there has been no change, which is favorable to them getting worse. His physician said his bleed is in a place that his brain may very well be able to rewire around the damage. They truly don't know but he said he would lean toward being optimistic. Today was a very good day!

### The Best Hands

Nash had a hard night, and it has continued into the day. His breathing keeps faltering which causes his heart rate to drop. They have given him an extra dose of caffeine which stimulates him and encourages him to breathe, and they have also put him on a different breathing apparatus that has a tighter seal than his nose cannula, so hopefully it will help when he holds his breath. They also added another feeding tube that goes straight to his intestines because he

isn't tolerating his feeds very well and he keeps spitting up which is contributing to his breathing issues.

We are going to see if these changes help but if they don't he will have to go back on a ventilator. It's not the end of the world if that happens. His nurse said that she thinks he is just getting tired. He has been going so strong for two weeks, so he was bound to get tired eventually. We are so proud of how well he has done so far. These are the ups and downs of the NICU that we were warned about. It's scary but he is in the best hands!

### Back on the Ventilator

Nash is back on the ventilator, and he is also on an oscillator. Basically, this means that a machine is doing all the work when it comes to his breathing. Honestly we haven't seen him this relaxed in days. He is getting some much needed rest so he can continue fighting. He is doing really well otherwise. He doesn't have an infection, which is a huge relief. We got to do his cares for the first time in two days because he is no longer on the minimal stimulation protocol which means he is stable enough for us to bug him a little with cares. Side note: look at him next to a newborn diaper. His size will never stop being shocking!

### Open Eyeballs!

We have got two open eyeballs everybody! This little guy was excited to see mom and dad tonight. He seems so much



more relaxed now that he is getting some good oxygen from the ventilator. He has been started on a steroid to help his lungs develop and hopefully he will be back off the vent soon. We love our little man more and more every day.



### Best Friend

This guy has a best friend, and it is his paci. I don't know how he manages to suck on it with all of those tubes in his mouth, but he has got it figured out. Is there anything more adorable?

### Wonderful Sign

Despite the slight setback with the vent, Nash is doing really well. He is on full feedings which his doctor said is a wonderful sign this early on. He started a steroid for his lungs so hopefully we will start seeing the benefit from that soon. He is probably going to require a blood trans-

fusion because he is slightly anemic, but we were told early on that would probably happen. He is still putting up a fight and showing us how badly he wants to go home. Our tough little guy

### Great Night

Our little man had a great night, and he is coming off the oscillator today! He will just be on the ventilator which means he is making improvements. His oxygen is slowly being weaned down so that he can eventually come off the ventilator as well. So proud of our little guy!

### Naps are for Babies

This little dude has decided that naps are for babies. Every time we visit, no matter what time it is, his eyes are wide open. He just wants to see the world even if it is blurry and full of indistinguishable faces and shapes. Side note: obsessed with his tiny bit of wispy hair! Now that the IV in his head for antibiotics is gone you can see more of it on top cutest little man!



### Good Day, Bad Night

Nash had a good day but unfortunately he

had a bad evening. This picture was taken during his cares, and we thought he was just really relaxed but we quickly found out he wasn't feeling well. His respiratory therapist noticed that his oxygen level on his ventilator was high as well as his CO2 level, so she ordered an X-ray. The images showed that he had a pneumothorax which is when air leaks outside of the lungs and into the chest. The pressure from the air was causing his lung and his heart to shift out of place. He was probably really uncomfortable.

They had to insert a needle into his side to pull the air out of his chest. He tolerated it well and they were quickly able to wean his oxygen down which is a good sign. They did a repeat X-ray which shows that the air was successfully removed, and his lung and heart had returned to their rightful places. We asked what caused the pneumothorax and his doctor responded with "being born at 24 weeks." Unfortunately, these tiny little preemies are just prone to these kinds of issues. He seems to be on the mend, and we are so grateful for his amazing medical team that recognized that there was an issue quickly and were quick to fix it. He truly is in the best hands.

### Poked and Prodded

Our poor little dude is so tired. He has been poked and prodded a lot in the last 24 hours so he is just resting for now. He is stable and the pneumothorax

seems to have resolved and has not come back.

They tried to draw some blood for a blood culture to double check for an infection, but they can't get him to bleed so they are just leaving him alone for now. His doctor said an infection is low on her list of concerns, she just wanted to double check. Mom is a basket case and dad has been our rock. It's not fun seeing your baby have a hard time but we have been assured that this is all pretty typical for a 24 weeker so none of this is unexpected. We are still hating every minute of it but we have a really tough little boy and we are so grateful for him!

### Whole New Baby

We just got a call from Nash's doctor who said Nash is like a whole new baby today! He said everything has seemed to stabilize and he is doing really well. They can now focus on weaning him off the ventilator! We have such a strong little guy! He just needed a little break.

### Feisty Attitude

This guy seemed to be more himself tonight. He has been really lethargic the past few days. It was obvious that he really wasn't feeling well but tonight he was a little more awake and was showing us some of that feisty attitude that we know and love. We are really hoping he is on the up and up. Hopefully we can get back to trying to wean his oxygen down and focusing on getting him off of that ventilator. He was surrounded by some familiar

faces tonight which I think helps him feel more comfortable. He loves his Nurses Shantel and Katelyn and his Respiratory Therapist/girlfriend Megan and so do we. We know he is in amazing hands.

### Reverence Never Lasts Long

Nash was wide awake and as feisty as ever during his cares tonight. It's so good to see him back to his old self. He was full of energy and trying to pull all his tubes and wires off of himself which is typical for him when he is feeling good. His RT Megan always tells him to "be reverent" and she folds his arms. His reverence never lasts long, and we always have to hold his hands. I kinda think it's a ploy to get cute girls to hold his hands. He is quite the ladies' man. We love when he is all swaddled and comfy and just stares at us. He is the cutest little guy we have ever seen. I think we will keep him.

### Life Outside the Womb

Just Nash thinking long and hard about if he is going to be good tonight or if he is going to have lots of Brady's (drop in heart rate) and Desats (drop in oxygen level). Just the typical micro preemie fun (not). In all seriousness, he has been really good today. He is so tough and is slowly but surely figuring out how to do this whole life-outside-the-womb thing.

### Brushing Peach Fuzz

Mom got to brush my peach fuzz hair tonight while I happily

sucked away on my bink. Just living the good life.

Nash is still doing really well although doesn't seem to be ready to wean off of the ventilator. His medical team has decided to put him in a diuretic that helps with inflammation in the lungs. He is also now old enough for a steroid that should help as well. Overall, he is doing really well. We are so proud of our strong little boy.

### Putting on the Weight

Nash's nurse just called and told us that he gained 50 grams! He now weighs 700 grams which is 1.5 pounds! We are some proud parents!

### Dynamite in Small Packages

When I was little, my dad, Nash's late Grandpa Wilson, used to tell me that dynamite comes in small packages, and I could do anything. I am seeing now how right he was and that maybe he wasn't telling me that for me but for the tiny stick of dynamite that would be Nash.



### Our Little Piece of Heaven

Not sure why he looks so concerned

because he had a really good day! Nash graduated from the High Frequency Jet Ventilator to a conventional ventilator! This is extra exciting for mom and dad because we can hold him on the conventional ventilator when he weighs enough. Tonight, he weighed 710 grams, so we are so close! Mom and dad cannot wait to hold him again!

Our own little piece of heaven

### Some Kind of Bug

Nash is stable and seems to be doing really well on his new vent. They tested his endotracheal tube from his last vent, and it came back positive for some kind of bug. That isn't necessarily bad news. His doctor said that they can treat that bug with antibiotics, and it may actually have a positive impact on his lung function if that bug is what is causing him to require more oxygen. Otherwise, he is cute as ever and weighed in at a whopping 770 grams tonight which is about 1 pound 10 ounces!

### Wide Awake

We had a wide-awake little Nash burrito tonight! He is doing so well and just gets cuter by the day! If he stays stable through the night and has a good day tomorrow, we will get to hold him! Our hearts can barely take it.

### One Month

One perfect month of heaven with our little miracle. He has already changed so much. The biggest milestones this past month have been:  
- being on NIPPV for two weeks! (He

ended up back on the vent but we still celebrate how strong he is)

- graduating from the bili light
- gaining 5 ounces since birth
- growing half an inch
- the hole in his heart closed on its own
- he successfully stole the hearts of every medical team member he has met.

Can't wait for the rest of our lives with you Nash. You are truly heaven on earth and we are so proud to call you our son.



### Hard Day

Nash had a really hard day today. His endotracheal tube had an 80 percent leak because the tube was too small, so air was escaping around the tube. His doctors decided to put a bigger tube in, but they decided to let him try to breathe on his own with the help of a CPAP since they were extubating him anyway to change tubes. He was extubated for a couple of hours but then he started to struggle. They re-intubated him, and he has since somewhat stabilized, but they are trying to figure out what went wrong. If he has an infection or if he just got stressed from having to work

so hard. They are also currently concerned that he has Necrotizing Enterocolitis (NEC) which is basically an infection in the bowels and could possibly lead to surgery. We are asking for all the prayers, good vibes, whatever you believe in. This is probably the scariest thing we have faced so far.

### Too Big for this World

Nash was just too big for this world. His tiny little 1 pound 5 ounce body filled the whole world with so much love for a whole month. He made us parents which is all we have ever wanted. Unfortunately, he developed an infection and we lost him really quickly.

We were both by his side, holding him when he passed. We got to give him a bath, change his diaper one last time, and put him in his first outfit. He was so beautiful and fought so hard his whole, too short, life. He made us laugh with his big, feisty personality and he gripped our hearts with those tiny hands (When he wasn't using them to try to yank out all of his tubes). Our hearts are always his. We love you Nashy. You are our little boy forever. Be at rest now. We want to thank everyone for all of their love and support.

You have kept us afloat through this journey. We are so grateful for his medical team for how hard they fought for him and for how much love they showed him. He was in the best hands.

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# Santaquin Legion plans Memorial Day service

By Helen Kester

Santaquin American Legion Post # 84 will hold its annual Memorial Day Service on May 30 at 11 a.m. at the Veterans Memorial in the Santaquin City Cemetery.

Featured on this year's program will be:  
 Master of Ceremonies, Stan Glazner, Adjutant;  
 Garden Valley Pipe Band;

Madison Carter singing the "National Anthem" and "God Bless America"

Santaquin Scout Troop # 99, leading the "Pledge of Allegiance"

Featured Speaker, Santaquin City Mayor, Daniel Olson

Helen Kester singing the "Military Medley"

Rifle Salute and Taps by Legion Members

Reading of Patriotic Poem – Stan

Glazner

Prayers by Legion Members Gary Beus and Ron Peterson

The post gives a special thank you to Keith Broadhead for continuing to provide the sound system each year for the Memorial Day Program. Please bring your own chairs.



# Chairbound Sportsman take aim at May 21 fundraising banquet

By Ed Helmick

The non-profit Chairbound Sportsman

Organization, which has been serving the disabled for more 12 years, is hosting a

fundraising banquet at the Provo Elks Lodge on May 21.

Based in Springville,

the Chairbound Sportsman Organization devotes their efforts toward youth with serious illness, wheelchair bound civilians and wounded warriors.

This annual dinner will include an auction for guns, hunts,

and many other items. Local individuals and businesses are invited to make tax deductible donations. Cowboy Ken from Payson will be the master of ceremonies. To attend and support the cause you can buy individ-

ual tickets or buy a table for eight people. Reservations need to be made before May 5 and seating is limited. Go to chairbound-sportsman.org or call Kenneth Vaughn at 801-499-9770. *(Serve Daily submission.)*

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## Larsen Elementary teams place at Underwater Robotics competition

By Lana Hiskey

Two teams from Larsen Elementary in Spanish Fork had their hard work rewarded as they placed at the BYU Underwater Robotics competition held

last month at the Lehi Aquatics Center.

Five teams of Larsen fifth-grade students competed in the competition.

The students have been working on their robots every Tuesday

after school since last October.

The Larsen team named Jeremy the 5th took First Place in the Elementary Division.

Team members are Neeko Decker, Evey Gibson, and Jaxon

Goulding.

The Larsen team named Aquamigos took Second Place in the Elementary Division.

Team members are Calvin Barlow, Liam Chynoweth, and Easton Talbot.



Courtesy photo

## ALA Teachers of the Month

### Jodalyn Buck

By Stephanie Healey

American Leadership Academy named Jodalyn Buck the April Teacher of the Month.

Buck goes above and beyond to make learning a fun experience for all her students.

She has been teaching at ALA for 14 years, where she teaches Bio 1010, Anatomy and Physiology, and Biology.

She graduated from BYU, has been married

for 30 years, and has five children and two grandchildren.

“I’m terrified of sharks but I keep one in a jar in my classroom as a therapist. I love swimming, running, and watching British dramas,” she said.

“Teaching is the greatest gig! I get to spend my days with the coolest people on the planet”

### Jessica Boren

By Stephanie Healey

Jessica Boren was selected as American Leadership Academy’s Teacher of the Month.

Boren started substituting five years ago in elementary and was there almost every day in different

classes. In 2018 she taught kindergarten and first grade PE for half of the year while wrapping up her degree and then did student teaching in 5th at ALA.

This is her third-year teaching 4th grade, and she absolutely loves it.

Boren earned her bachelor’s degree through Western Governors University.

She said she loves the outdoors, whether that is fishing, hiking/backpacking, camping, rocking crawling in her jeep, pretty much anything outdoors! She also loves music and singing! “I’m very adventurous when it comes to food, I will try anything at least once. That’s how I found out escargot isn’t really that bad.

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# Tributes

## Donald Glenn Harvey

Donald Glenn Harvey passed away peacefully on April 18, 2022.

He was 88 years old.

Donald (Don) was born April 11, 1934, in Phoenix, Ariz., to Iva May Hastings and Kindred Elijah Harvey. His father was a farmer serving the residents of a mental health facility until Don was seven years old. We believe this is where he developed the



passion for gardening, love for food, and his appreciation for Native American Culture, especially jewelry and art. Later, Don's parents moved the family to Blythe, California.

From 1954-1957, he served as a missionary in the Texas, Spanish-American Mission for the Church of Jesus Christ of Latter-day Saints. He served as district president of the McAllen Texas District. This passion carried throughout his entire life, leading him to fulfill three more missions with his wife, Jean.

Don was a truly devoted missionary and

passionately extended his wisdom and service to all throughout his life. He was also a temple worker for many years.

Don met his sweetheart, Alice Jean Fenton (Jean) at BYU while both were students at the University. They were married on December 19, 1959 in the Los Angeles, California Temple.

Don loved flowers and often gave bouquets to Jean for the many birthdays and anniversaries they celebrated during their 62 years together.

Don taught school for 10 years in Blythe, California where his seven

children were born. He also owned his own HVAC and mobile home business in Blythe. They moved their family to Springville, Utah in 1980. He was an entrepreneur throughout his life and had many successful businesses including Harvey Heating & Air Conditioning and Dryer Vent Cleaning Co. Don and Jean also owned and operated the Villa movie theater in Springville for six years.

He taught his children the love of work and gardening. He became an avid bee keeper, chicken whisoper and wood turner.

Don had his own honey jars labeled with "Papa Don's Honey", which he gave to loved ones.

He loved and adored his wife, Jean.

We would like to thank all those who served and loved Don, especially Legacy Assisted Living and Yarrow Hospice.

He is survived by wife Alice Jean Fenton Harvey and their seven children: Brent Harvey (Sara), Susan McGhie (Brian), Clark Harvey (Jennifer, and former wife Michelle Spilker), Linda Peterson (Bryan), Sally Harvey (Darren Rosenstein), Tesha Stone (Jeremiah), and Rachel Jones (Brian).  
26 Grandchildren: Suzanne Thomas (Michael), Benjamin Harvey (NaRhea Juchau), Adam Harvey (Courtney), Jacob Harvey (Tasha), Zachariah Harvey, Joseph Harvey, Devin McGhie, Tasha Chambers (JC), Megan Major (George), Jared McGhie, Chad Harvey (Kim), Danielle Green (Kolton), Nicole Dadvivas (Martin), Amanda Ballash (Nathan), Camille Harvey, Michael Harvey, Trevor Beede, Austin Beede, Millie Rosenstein, Remington Rosenstein, Alice Stone, Porter Stone, Chaliece Zafra (Rob-

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rt), Kendon Jones, Aspen Crockett (Bradley), Ryder Jones.

13 Great-grandchildren: Caitlin Thomas, McKell Thomas, Rylee Thomas, Carter Thomas, Arden Harvey, Abigail Harvey, Kinsie Harper, Aiden Rubio, Oaklie Green, Paityn Green, Carter Ballash, Leonidus Ballash, Emre Zafra

Four Siblings: Lorel Harvey, Evelyn Curry (Jim), Johan Dorough, Al Harvey

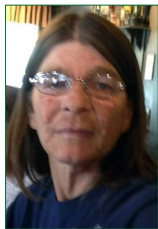
Preceded in death: His parents Kindred and Iva Harvey, brothers Denzil Harvey and Ray Harvey, grandson Kenneth Drew Beede, and son in law, Kenneth Hamstead Beede.

### **Nancy Lee Hodgson Bartkowiak**

**Born: July 25, 1955  
Died: April 7, 2022**

Nancy was the daughter of Ray and Beula Jean Hodgson. She grew up in Spanish Fork graduating from Spanish Fork in 1973.

Nancy married Stan Bartkowiak on April 21, 1999. Stan died on September 2, 2005.



Nancy loved the outdoors – hunting – fishing – panning for gold with Stan.

Nancy is survived by her Dad – Ray, Sisters: Christine (Randy), Carolyn (Doug), and Brother Tom (Suzette). She is also survived by her Son William and family, her Daughter Ann and her family.

She loved her family, especially her twin Great-Grandsons.

Nancy will be greatly missed by her family and friends especially her sister Christine who has been her excellent caregiver.

We want to thank I-Care Hospice especially Kristy and Kori for the excellent care of Nancy, and her pain management Dr. Gary Garner.

To leave condolences for Nancy's family, visit [www.legacyfunerals.com](http://www.legacyfunerals.com)

### **Afton Bennion Alleman**

Afton Bennion Alleman passed away on April 7, 2022 at her home in Springville, after receiving visits from her family and loved ones.



Afton was born on December 25, 1929 at home in Duchesne, Utah, while her older brothers sat outside in the family car waiting for updates about her arrival. Leo and Elva (Billings) Bennion were so thrilled to receive a baby girl as their Christmas present that year.

As a child of the depression, Afton learned to “Use it up, wear it out, make it do, or do without,” and passed that sentiment on to her children with enthusiasm! She learned the art of sewing, mending, cooking, canning, gardening, and knew how to keep

herself and her family members busy.

Afton loved her husband, Glenn Leonard Alleman, with all her heart. Raising her 5 children in “sin city”, as she liked to call it, was one of the greatest joys of her life.

She is preceded in death by her husband, Glenn, and all of her siblings.

She was the last Bennion to go, but what a marvelous family she has to greet her on the other side. What a reunion they must be having!

### **Thayne Garland Brower**

One day on Jan. 25, 1938, in Idaho Falls, Idaho, a cute little baby boy was born.



The name on his birth certificate was Thayne Garland Brower, a name he would go by after joining the Navy. In his early years however, he was known as Thayne Wahl. Thayne was the son of Verla R. Wardell, and Duane C. Clark, and his stepfather Otto W. Wahl. Thayne would grow up an only child but had a large family of Aunts, Uncles, cousins, and friends. In later years Thayne was excited to discover that he had three half-siblings.

Thayne married his sweetheart and eternal companion, Ellen Lucille Harmon, in the Idaho Falls Temple on Aug. 23, 1957. Together they had 11 children,

25 Grandchildren, and 23 Great Grandchildren (with number 24 on the way). After High School, and before marrying Ellen, Thayne joined the Navy. During those military years the family moved from Idaho to Hawaii, California, Washington, and upon retirement, eventually to Utah.

In the Navy, Thayne served as a Chief Petty Officer and got to sail around the world, though he didn't see much of it, because he was on a Submarine. As a Vietnam War Veteran, Thayne had the opportunity to go on a Utah Honor flight to Washington D.C. While there, he was able to touch the engraving for his cousin Jack on the Vietnam Memorial Wall.

After retiring from the Navy, Thayne spent many great years working for Provo City.

He managed the Provo Parks and Recreation Center, as well as the Veteran's Memorial Swimming Pool. Later on he became Director for the Eldred Senior Citizen's Center, which was one of his favorite places to work. During the concluding years of his life. Thayne, along with several family members, located to Wales, Utah.

At one time he even served as the city's Mayor. It is in Wales where Thayne will be laid to rest with his wife and son Johnathon. Thayne had a strong testimony of Jesus Christ, and has enjoyed serving in many church callings, including as a worker

in the Manti Temple.

On 20 April 2022, at the age of 84, Thayne was welcomed to the other side by his wife Ellen, his 10th child Johnathon — whom he called his tithing baby, his parents and stepfather, second stepfather Darrell Staples, his sister Linda Clark Stoddard, and many other friends and relatives.

Surviving are Thayne's children Carrie, Cathy, Bryan, Barbara, Susan, Bill, Mike, Jennie, Tracy, and James. Thayne is also survived by his Grandchildren (some of whom regard him as a Dad), his Great Grandchildren, his sister Sandra Clark Stoddard, brother Dale Clark, his honorary sisters Sandra Gunning, and Elizabeth Brower Pack and all those who married into the Brower family.

Services can be streamed at [facebook.com/wheelermortuary](https://www.facebook.com/wheelermortuary)

### **Donna Wentz Bleggi**

Donna Wentz Bleggi of Mapleton, passed away peacefully on April 26, 2022.



She was born on March 27, 1940, in Provo Bench (Orem), the seventh of nine children to Charles Mastin and Belva Hills Wentz. She grew up in a loving family on their family farm in Mapleton with her six sisters and two brothers. She met her sweetheart, Billy, at a Springville

High School dance. She married William Bleggi on Feb. 6, 1958, spending 63 years together before his passing in 2021.

They were wonderful parents to Bret, Andy and Shelly.

Donna and Bill lived with their family in Utah, Wyoming, Alaska and Bellevue, Wash., before retiring to Mapleton in 1994. She worked in the shipping and banking industries and attended University of Alaska Anchorage.

Upon retiring, Bill and Donna started Blue Wing Studio, a successful art gallery and framing business. She is survived by her three children Bret (Elaine) Bleggi of Ellensburg, Wash., Andy (Anne) Bleggi of Southern Pines, NC, Shelly (Leighton) Bleggi Linton of Oakland, Calif.; her sisters Marie Turner and Ruth Erickson; eight grandchildren Christopher, Holly, Joshua, Angela, Lauren, Caroline, Michael, Ashley and great-grandchild Aiden. She was preceded in death by her husband Bill Bleggi, her parents Charles Mastin and Belva Wentz, her sisters Myrtle, Belva, Ann Janet and Charlene, brothers Charles and Wells, and twin granddaughters Ashley Ann and Amber Marie.

The family would like to thank Ashford Assisted Living and A Plus Hospice for their care and support.

Services may be live streamed here. <https://www.facebook.com/wheelermortuary>



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## The Stress of Mother's Day Expectations

By **Danie Davis**

Here is a life-tip I have found great value in:

If you want to set yourself up for feeling frustration, disappointment, stress, guilt, shame or resentment: hold tight to your expectations of yourself and others.

Seems a bit extreme, but it's true!

Expectations are the predetermined details assigned to people, situations, experiences or relationships based on how you think things should be.

They are what you want to experience externally, based on you feel the need to have a say in or that society has said "should be."

Take Mother's Day, for example. How many expectations does society have for that day or for mothers in general?

What do you expect yourself and others to do to make it a happy day?

*You should get your mother something to show her you love her.*

*As a mother, I am supposed to love this day and feel happy.*

*I wish that I was celebrated and acknowledged on Mother's Day by those around me.*

*If I am truly appreciated, my husband will make dinner...or the kids will do dishes without being asked.*

*I get to remember all the ways that I don't measure up.*

*I get to sleep in and be doted on all day.*

The dreary list can go on and on.

I have been a mom for just over ten years now. I know, that is not very long to some, but I have still had

enough experience with expectations on Mother's Day to know that there is a common theme.

Though I never said it out loud year after year, I did expect to be able to sleep in, to not have to cook dinner, to be doted on and appreciated through intentional actions.

I had unspoken hopes that others would show up in a certain way in order for me to feel celebrated as a mom, and if those hopes went unfulfilled, I would wonder if I was just taken for granted and my sacrifices unseen. I have felt the pressure as others speak about how amazing their moms are, and I wonder why I am failing to have such qualities myself. A good mom "should" this and "should" that, and what if I or my mom are not those things? What is there to celebrate?

This kind of perspective is stressful and full of pressure, and it's a recipe for keeping joy out of life.

What I have learned to do the last couple of years (and not just for Mother's Day) is let go of expectations and all the "shoulds." I choose to lean into anticipation instead.

*I anticipate celebrating my moms (actual and adopted) in a way that brings me joy, whatever that looks like.*

*I anticipate breathing in and loving the wonder and majesty of being a mother, regardless of what day this feeling shows up or how.*

*I am excited to celebrate myself and the progress I'm making, no matter how big or small.*



File photo

*I look forward to appreciating myself and finding joy in being able to nurture my family in some way.*

*I anticipate celebrating my wins as a mom and learning from my fabulous failures without shame.*

*I am excited to find a way to dote on and celebrate myself.*

Basically, it's all a matter of letting go of what I have no control over.

Anticipation is releasing a hold of the external details of the how, when, where, and who, and looking forward to how I want to feel regardless of what does or doesn't happen.

Last Mother's Day truly was a joyful day for me because of my changed

perspective.

I found ways to honor and celebrate myself. It didn't mean that my husband and kids did nothing to show their love and appreciation. They still did, even without my expectations, and I found that I appreciated them more than I had before.

I didn't give into the pressure that I had to buy or make gifts for the mothers in my life so I didn't feel like I failed as the child. I ended up expressing love from my heart, and celebrated their wins that I have witnessed over the years.

I don't need someone else to celebrate me to feel appreciated as a mother. I can

do that myself. I don't need to be doted on by others to feel loved. I have the capacity to show up for myself in various ways that shows self-love.

In the end, the mother I show up as when I lean into anticipation is vastly different than who I am when I am tied to expectations. I am happier!

So this Mother's Day, I invite you to do the same. Adopt a spirit of adventure and be curious in your anticipation for how celebrating will show up inside of you. *(Davis is a certified mentor and mindset coach and helps others find and protect their joy on their journey to more wholeness and being.)*

# Let the May School Daze Season Begin!

By Joe Capell

It's May! Everyone loves May, right? It's springtime!

The weather is getting better, the flowers are in bloom, the grass is turning green, and the world is full of new life and new excitement! But, for schoolteachers May isn't fresh, new, and full of life. For schoolteachers, May is the end of a long race.



It's like those last three or four miles of a marathon. They're tired, they're struggling, and they're just hoping they can make it to the finish line. For most teachers, the month of May starts with standardized testing.

All teachers love standardized tests. (that's sarcasm, y'all.) Teachers spend hours, days, weeks, and sometimes even months getting their students ready for standardized tests. (I haven't taken a standardized test for a while. Are they still multiple guess, separate answer sheet, fill the circle in completely

with no stray marks type of tests? I hope they've gotten better, but I'm not holding my breath.) (It's those "all of the above" and "none of the above" questions that really drive me bonkers.)

Once the standardized tests are finished, both students and teachers know that the school year is, for all intents and purposes, over. (or is that "for all intensive porpoises?")

It's hard for the students to have any motivation to do any more school work, and most teachers find it difficult to keep students engaged when those students lack

motivation.

That's why May is jam-packed with keep-the-kids-busy activities. There are class parties. There are class field trips. There are school assemblies. There are school concerts. There are school plays.

There are school jaunts to the amusement park. There are in-class movies. (I would venture to bet that school classes see more movies in May than in all the other months of the year combined.)

Do I blame the teachers? Heck no! I'm just a parent, and I'm worn out and ready

for the school year to be over. I can't imagine what it must be like for the people who must wrangle hundreds of stir-crazy students with spring fever. So, just like with runners at the end of a marathon, if you see a teacher in May, give them some encouragement. Cheer them on. Buy them a soda. (preferably one with caffeine.) Thank them. Tell them they're doing great. Do everything you can to help them get across that finish line.

Because they need all the help they can get. *(Capell is a Serve Daily contributor.)*

## Dazed

# Babysitting can be Hazardous to your Health

By James L. Davis

Babysitting is dangerous, ugly work and should not be attempted by the weak at heart. It would be easier, I suppose, if you were able to sit on the babies you were watching, but my parents would never allow me to do so when I was told to babysit.



When I was young my babysitting tasks usually revolved around my younger brothers. With two working parents my summers were spent trying to find inventive ways to keep my brothers entertained so that I could play.

Like any good 12-year-old shirker of responsibility, I did my best to try and find a way out of my babysitting duties whenever possible, and one day I stumbled upon the great management tool still in use by progressive corporations everywhere: Delegation of duties.

My mom and dad had told me I was responsible for my brothers while they were at work, and I finally struck upon the gaping loophole in their instructions. They said I was responsible for my brothers; they did not actually say that I had to be the one watching my brothers. With that realization I immediately delegated the responsibility of watching my brothers to . . . my brothers. And chaos ensued.

After almost 20 minutes of relative silence, I became

concerned because things were going entirely too well, so I went to check on my brothers and it was then that I discovered that my 7-year-old brother had decided to delegate his responsibilities of watching his younger brother to . . . a tree.

My youngest brother (and his bike) was tied to the tree in our front yard and a small crowd of neighborhood kids had gathered around to listen to him scream. There was no sign of my other brother and when I untied my youngest brother he kicked me in the shin and started marching down the street, stating in a very loud and high-pitched voice that he was running away from home.

With one brother already missing I realized that

should my parents come home from work and find both of my brothers missing they might become slightly upset. My youngest brother, being the smallest and within sight, seemed the most likely candidate to capture.

In this I was mistaken. I picked up my little brother and started carrying him back toward the house and while he screamed like a banshee I tried to get the crowd of neighborhood kids to leave.

They weren't interested in leaving but were interested in popcorn and a soda, to better enjoy the show.

About then my brother sank his teeth into the bicep of my left arm and suddenly the banshee screams transferred from his 4-year-old body to my 12-year-old body and the audience of

neighborhood kids began to cheer.

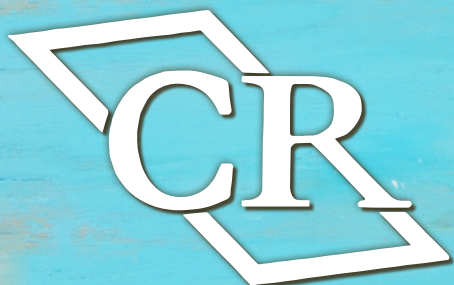
After several repeated knocks to the forehead my brother finally released my arm and I began to jump about on the driveway, still screaming and looking at my arm, which was oozing blood. My littlest brother was no longer screaming but seemed rather content to let me scream, which was when my 7-year-old brother suddenly returned home, saw the crowd of neighborhood kids and hurriedly set up a lemonade stand.

By the time my parents got home from work the crowds had dispersed, we were out of lemonade, and I had resolved that I would never again try to delegate my babysitting responsibilities. *(Davis is editor of Serve Daily.)*

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