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40 YEARS SINCE “FOOTLOOSE”?

Can it be? Author writing book commemorating this milestone

By Arianne Brown

Nearly 40 years ago, a film crew along with several up-and-coming actors and actresses made their way to the town of Payson to make a movie about a big city teenage boy who moved to a small town. That movie starring the likes of Kevin Bacon, John Lithgow and Sara Jessica Parker would gross over \$80 million, but more importantly, it would freeze towns like Payson in time forever and ever.

With many changes on the horizon, specifically the rebuilding of Payson High School in 2025, an author who grew up in Payson is working on writing a book that will document what it was like to live in the town while the movie was being filmed.

The Author's name is TJ Tranchell, and the book he has been commissioned to write is tentatively titled, “Holding Out For A Hero:

Forty Years After Footloose.” Tranchell plans to have the book completed by February 2023 for a 2023 release.

He said that while there will be parts highlighting his own experiences growing up in Payson as a child raised with family in the theater and movie industry, he wants to get locals to add some firsthand flare to the book as well.

He also said that he wants to give Payson its due credit as a main filming location for the film.

“The interesting part is that there are people who think more of (the movie) was done in Lehi than Payson (because of the Roller Mills),” Tranchell said. “I am here to dispel the myth.”

According to IMBD, parts of the movie were filmed throughout Utah County in American Fork, Provo, Lehi and even Vineyard. That being said, Payson was a main location. In fact, the opening scene itself was filmed in Payson, along with the infamous tractor scene that was filmed on Goosenest Dr. The car racing scene was on I2000 South, the old car wash was used, as was a gas station. And let's not forget Payson High School, home of the Lions as the center for fictional “Bomont High”.

It was at that very high school where Tranchell spent some time presenting his budding book to students on a recent trip back to his hometown. “Everyone I spoke to was helpful and friendly, and there were some

fun surprises that I didn't expect,” Tranchell said. “The last time I was inside of Payson High School was 1998, and it smells the same in a good way.”

Along with doing some field research while in town, Tranchell put out some social media feelers on the “Payson News and Goings On” Facebook group page, where he asked locals to weigh in on their experiences in the town while the movie was being filmed.

“Wow! 40 years ago?! Unbelievable,” a commenter wrote. I was in ninth grade. The car wash that was in the movie ... happened to be my family's car wash. I remember being in lock down while they filmed (Kevin Bacon's character) washing his car. My dad had to actually show Kevin Bacon how to use the car wash. He had no clue. All (well most) the teenage girls thought Kevin Bacon was good looking.”

Another local gave an interesting tidbit about why the movie wasn't rated R like it was originally supposed to be.

“My parents, the Ereksons, ran the Huish Theatre at the time,” the comment read.

“Footloose was supposed to be rated R, (and) my dad told the filmmakers that Payson didn't show R movies and if it was R, he wouldn't show it. They changed a few things so it could be shown in Payson.”

One woman said that she cooked the Thanksgiving turkey, and another told about the yellow Volkswagen Beetle belonging to her dad – who sold it not long after the film came out!

Tranchell, who no longer lives in Payson, says that it will always



Author TJ Tranchell

be home to him. He also said that while the town has changed so much, and is still changing, that he wants the book to highlight what Paysin was then and what it is now.

“The subtitle I decided on is ‘40 Years After Footloose’ because I want to show readers that even though things have changed so much, that it is still a great town, and change isn't always bad. Sure, I love watching the film and saying ‘That's what it used to look like,’ but it won't look the same again, and that's OK, too.”

Over the coming weeks and months, Tranchell is gathering accounts from locals to put in his book, and is asking for those who have anything to add, to email him at tj.tranchell@gmail.com.

Payson was a main location. In fact, the opening scene itself was filmed in Payson, along with the infamous tractor scene that was filmed on Goosenest Dr. ... And let's not forget Payson High School, home of the Lions as the center for fictional “Bomont High”.

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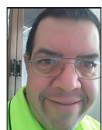
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The Refuge Utah provides 24-hour service for victims of sexual assault

By Kaitlynn Blair

Studies have shown that in Utah one in six women and one in twenty-five men experience sexual assault or attempted rape in their lifetime. Nearly one in three women will experience some form of sexual violence in their lives.

The Refuge Utah is a non-profit organization in Orem, that provides compassionate, comprehensive, and free services to survivors of sexual assault and domestic violence. We serve the Wasatch, Utah, and Juab Counties.

The Refuge Utah provides a 24-hour crisis line for survivors and their support people. We also provide a hospital response team made up of knowledgeable and compassionate advocates that can assist survivors during a medical forensic exam at the hospital. These exams are completed by a specially-trained forensic nurse and they will address any injuries sustained from the assault,

will go over medication options for STIs and prevention of any unwanted pregnancy, and will also collect

DNA and forensic evidence for possible prosecution. These exams can be done at any local ER and costs may be covered.

We offer follow-up services that include group and individual therapy, and an educational support class for survivors of sexual assault and their supporters.

This class is open to the public every Wednesday night at 7:00 p.m. in English and at 8:00 p.m. in Spanish. Classes take place at The Refuge Outreach Office, 1433 East 840 North in Orem. Zoom calls are also offered for people who can't attend the educational support class in person, with the Zoom ID 413 427 8727.

If you or someone you know has experienced sexual violence, The Refuge Utah is here to help. Abuse is never acceptable. We believe you. You are not alone.

Our 24/7 crisis hotline for sexual assault is 801-356-2511, and for domestic violence, call 801-377-5500.

For more information visit therefugeutah.org and

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PAYING IT FORWARD:

Locals present Springville gym owner with much needed truck

By John Chase

It was a day like any other for Jon Chase, owner of Chase Movement, a gym in Springville, when suddenly, his wife Christina of over twenty years, rushed in and asked him to go out to the parking lot.

Believing that something terrible had happened, Chase rushed to the parking lot, and was met with over 50 people gathered. One of those people was Derek Peterson who drove in with a 1997 Ford Ranger to give to Chase, who was in need of a vehicle after his car was involved in a T-bone accident. This accident left him without a way to get to work.

This wasn't the first time Chase has encountered hardships.

As a child, Chase recalled growing up outside Detroit, Michigan and then moving to Moab when his father joined a polygamous group. According to Chase, that endeavor didn't pan out, and his family moved to Utah County and lived a life of meager means. Due to some of these difficult life transitions, Chase said that he and his younger brothers got into "all sorts of trouble."

As Chase got older, he said he was determined to replace his bad habits with good ones. One of those habits was leading a healthy lifestyle.

Chase became a certified sports psychology coach, and began working with youth as a strength coach at Salem Hills High School. Along the way, he opened up his own gym that is now in Springville where he trains individuals from a large range of ages and abilities. The path he has taken, he said, has been his way of having a positive impact on the community. He said that he wants to inspire others to find their own drive from within.

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Photos by Pete Hansen

Some of the Chase Movement Gym Members who donated funds to help purchase the Truck for Jon.

Turning hardships into helping others

Over the years, Chase has developed a motto which is to "Be driven by purpose." This motto has been successful for many including a client by the name of Lindsay who lost 100 pounds, and another named Sydney who lost 30 pounds with an added bonus of achieving 15% body fat. Both of these women have also become trainers as they too pay forward what they have learned under Chase's program.

According to Chase, it isn't just the physical fitness part of his gym that sets him apart. In fact, there is one thing in his gym that you won't find: mirrors.

"The only person one must beat is themselves," Chase said. "Unlike other gyms where people are always taking selfies comparing themselves with others, here there are no mirrors. Each person here supports every other person in their own self-improvement."

Chase added that the mindset he wants to instill in his gym patrons is the importance of mental, spiritual and emotional health as key components in overall physical wellbeing.

Coming full circle

Knowing that Chase was struggling to get to work, one man stepped in by finding a car and organizing fundraising efforts to purchase it. It was

his friend Derek Peterson who while browsing the classifieds, found a car, organized fundraising, and presented the car to him on the day that nearly brought the gym owner to tears.

If you would like to know what "chases" people in Chase's gym to move forward, more info can

be found at chasemovement.com.



Chase Movement Trainers from Left to Right: Lindsey Francom, Jon Chase, & Sydney Savage.

BUILD, Destroy, Win!

Maple Mountain High School students take first at Juab County Fair Demolition Derby

By Arianne Brown

Have you ever wanted to build your own car only to deliberately ram that car into another car until it is wrecked beyond recognition?

If so, you might want to join Jared Massic's welding class at Maple Mountain High School.

Last winter, Massic's welding class was given a car from a local diesel mechanic named Tyler Warner for the purpose of rebuilding it to compete at a local demolition derby.

Massic, says he is purely a welding teacher who knows how to "fabricate" stuff, but took on the challenge to give his students an opportunity to do something cool. Thankfully he wasn't alone.

Warner, who also runs a demolition derby team called "Wrecked Neck Racing, stepped in to help with the automotive part. With

Massic's welding expertise and Warner's mechanic prowess, the duo worked with Maple Mountain students to make a car fit to destroy.

"We got the car in February, and the competition we wanted to enter was in August, so we only had six months to make it," Massic said.

With only 8-10 kids in the lab that was only once a week, there wasn't much time. Not only that, but the school year only went a few more months. Massic and Warner would need to use many of the summer months with the students to get the car ready.

All the time and effort paid off at the Juab County Fair Demolition Derby this past August. In a competition against three other high schools including The Advanced Learning Center, Payson and Provo, the Maple Mountain

High School welding team took home first place with their car that was driven by senior-turned-graduate, Zack Jackson

With one major win under their belt, Massic said that his welding class that has 26 students this year, is working hard to rebuild the same (formerly demolished) car to reclaim their title for next year's competition.

With the popularity of the class growing, Massic said that he isn't opposed to having another car donated to the cause.

For now, the Maple Mountain Welding Team is working hard rebuilding with the purpose of inevitable destruction.

From Left to Right: Students Sam Berky, Aubrey Herrin (on car), Seth Lai, and Zach Jackson (on car) and Welding Team Teacher Jared Massic.



Maple Mountain High School Welding Team. AKA: First Place Juab County Fair Demolition Derby winners

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Spanish Fork Airport manager retires, makes way for new hire

By Ed Helmick

The Spanish Fork Airport has hired a new manager, as the former manager is stepping back with grace and pursuit for another endeavor.

Cris Child who has been the Spanish Fork Airport Manager for the past 15 years, has been involved in the modern development of the airport. As an active general aviation pilot and who has passion for aviation, Child said that he has decided to step back and assist new young blood at managing the complexities of the airport.

While he is sure to pass down his knowledge and passion for aviation, it remains up in the air (no pun intended) whether or not the new manager will continue with his monthly airport breakfast for pilots, airport users and aviation enthusiasts.

Either way, on behalf of the community, Serve Daily wishes Child the best in his pursuits that he said include spending more time with his grandchildren.

With Child moving on, it was up to the airport panel to choose someone to replace him, and that person is Christian Davis who was hired

this past June.

Davis received his FAA Private Pilot certificate from Utah Valley University, then he worked a summer job in Talkeetna, Alaska. After that, he switched his major to Aviation Management, then worked a couple of years as Child's hired hand. Davis then became the manager of the Heber Airport, adding to his seasoned resume for the job at hand.

One of Christians first major orders of business that has been handed down to him is the upcoming "Wings and Wheels" event on September 24. This event, which was first called "Airplanes, Automobiles and Trains" was started by Childs 10 years ago. Childs says he is continuing to work with Davis on the success of this event.

It isn't just community breakfasts and events that Davis will be tasked with in his new position as manager.

The Spanish Fork airport is almost entirely self-funded, with a goal to be totally self-funded in its operation. It is home to 250 single and light twin engine airplanes, 15 helicopters, as well as 20 turbine and twin jet business aircraft. New privately funded hangers will attract another 10 business jets. It is also



Photo by Ed Helmick

Christain Davis, new Spanish Fork Airport Manager as of June 2022.

anticipated that another 100 general aviation airplanes will be in the future of the airport.

According to Child, there are also discussions about developing the airport property along the Main Street border of the airport as well as north of the runway.

It is a busy job, and with the transition help from the Child, Davis is sure to run an airport that will serve

all of south Utah County as a role model for the community and the nation.

On behalf of the community, Serve Daily congratulates Davis on his new position as manager of the Spanish Fork Airport, and wishes him the best flying forward.



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An Experience for All the Senses'

Wings and Wheels in Spanish Fork is a Sight to be Heard

By Ed Helmick

It isn't often that one can watch an airplane and car show, let alone airplane and car races – all from the same location. But, if you've ever been to the Wings and Wheels event in Spanish Fork, you know that it is possible to experience the sights (and sounds) of motorized vehicles both low and high all at the same time.

This daylong event that will take place on September 24 from 8 a.m. to 7 p.m. at the Spanish Fork Airport, is sure to bring you to sensory overload as these skilled professionals demonstrate their flying and roading machines. The smell of tire rubber, the sound of 200 miles per hour airplanes slicing through the air.

The precision control that pilots have of the airplanes is unmatched as they maneuver outside normal straight and level flight. Watching drivers control street legal automobiles in the races, is unbelievable, as one would never think such a tight

1/8-mile course could be driven so fast by everyday cars.

A particularly unique feature of Wings and Wheels is the "Exotic Car Runway Attack." This is an opportunity to take your vehicle to its limits on a 1/2 mile-long runway. This event is popular with owners of Lamborghinis, Bugattis, Corvettes, McLarens, and Porsches. Nissans and other car brands have also turned in remarkable times. Anyone can enter, and the winner is the car with the fastest time down the runway.

If you're not convinced by now to attend the Wings and Wheels event, it is important to note that this is not your typical air show and street racing event. This whole day is like a three-ring circus, with several things going on simultaneously for the varied interest of the attendees. There's a Cessna Citation business jet demonstration, RC model flights, live music, a car show with awards. Also, to make sure you are not getting bored, an aircraft flyby and a spot landing contest will be



Photo by Ed Helmick

Street Racing Among the hangars at Spanish Fork Airport

going on in the afternoon.

But before you think that it will be all loud noises and breakneck speed motorized vehicles, there will be intermittent moments of pause as the skydivers glide to the earth in their sport parachutes for onlookers to admire.

This show that is referred to as "Utah's Festival of Speed" will surely be filled with sights and sounds you will remember for the remain-

der of your life.

Tickets for the event are \$12 and can only be ordered online at SFCityTix.com. Children 10 and under admitted free with ticketed adults. Tickets can also be purchased the day of the event at the gate, with an additional \$3 fee. Plan on bringing your ear plugs, especially for the children. Mark the date, Saturday, September 24 at the Spanish Fork airport.

Paratransit service offers freedom for patrons in need

By John Chase

Utah Valley Paratransit offers reliable transportation for many community members who are unable to ride other Utah Transit Authority services. The Paratransit system serves people with physical, cognitive, or visual disabilities who are unable to ride the fixed bus route. The situation can be permanent, temporary, or circumstantial.

The system that has been operating for more than a

decade by the United Way of Utah County, was created as a provision of the Americans with Disabilities Act as a way for the UTA to provide paratransit service wherever public transportation is present.

While the Patransit is similar to other UTA systems in the state, rather than having stops at designated transit spots, riders are picked up and dropped off directly at their individual locations.

The Utah Valley Paratransit offers freedom and independence to go to work, access medical care, as well as leisure activities. This service frees families or caregivers from transporting them throughout the day, and allows individuals to get out at their convenience without relying on caregivers. Many customers get to socialize with fellow passengers that share the same route daily, offering another layer of support, love and

friendship.

This service extends to Salt Lake and Davis counties via transfers, allowing users of the Patransit the chance to travel across county lines. Customers may also be taken to and from the Frontrunner stations, as well as the new station that recently opened in Vineyard.

The rides generally cost \$4 per individual. For some, the cost is covered by medical insurance or grants

through employers. Riders can also purchase a punch card or pay with cash.

Utah Valley Paratransit is often looking to hire drivers for full-time, part-time or seasonal work, with all training being provided and paid for. Interested candidates are asked to email resumes to garyt@united-wayuc.org.

Those interested in certifying themselves or loved ones for the Paratransit service, call 801-287-2263.

No Act of Kindness, No Matter How Small, Is Ever Wasted - Aesop

Join Community Action Services Tuesday Giving Challenge

By Amie Bullard

Last year, the #GivingTuesday movement raised \$2.7 billion for nonprofit organizations in the US. It also inspired millions of people to volunteer. Community Action Services loves the spirit of #GivingTuesday, so they created their own #GivingTuesdayNow weekly challenges to keep that spirit alive all year.

These challenges give you simple ways to give back to your community. They also can fit into everyone's schedule.

What's #GivingTuesdayNow?

Even though Utah is ranked the most charitable state in the nation, not everyone has time in their busy schedules to volunteer at the local food bank or enough money to make large donations. The #GivingTuesdayNow weekly challenges break down giving and volunteering at Community Action into bite-sized service and donation opportunities so that everyone can participate.

For example, the challenge posted by the organization on August 9 was to refer a friend to Community Action's services. This challenge

suggested referring someone who needs help with finances, needs food assistance, or is ready to buy a home but doesn't know where to start. Other upcoming challenges might involve donating a specific food item, like cereal, or giving \$5 to a specific program.

Once you've completed a challenge, Community Action encourages you to tag them in a post on your social media platform of choice and to share the challenge with your friends and family. These bite-sized opportunities are perfect for school programs, youth activities, and smaller groups.

Where Do I Find the Challenges?

Community Action posts all of these weekly #GivingTuesdayNow challenges on their social media channels. These #GivingTuesdayNow challenges make it easy to give back to our community. The activities are always simple and inexpensive and allow everyone to participate in supporting the incredible programs provided by Community Action. Visit communityactionprovo.org to learn more.



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Callum just finished reading 1,000 books. He participated in the Spanish Fork Library's 1000 books before kindergarten which you can sign up for at spanishfork.bean-stack.org.

'Sirens' is Taking Original Theatre to New Heights in Utah County

"Utah needs more original theatre. We tend to just do the same shows over and over, and they're great, but we need something new—something fresh." So said local actress Jas Petrel, who was involved with the project early on. And when she heard the showcase song, "Waves of Adventure"? "I was blown away... I thought, this could be the next 'Defying Gravity.'"

The project? 'Sirens,' an original pirate-themed adventure comedy musical from local composer/producer Levi Taylor, who produced and composed the music for 'The Thief and the Lady,' another original musical that premiered at The Hive theater in Provo this February. It sold out every night.

"We were overwhelmed by the response to 'Thief.' People ate it up. They came back with their kids, their parents... some came back 3 or 4 times. We knew we had to do another original musical soon, and make it even bigger," said Taylor of the show's success.

"'Sirens' is a chance not only to be in a bigger theater, but to try some new things from a production standpoint. It's more of an action comedy with a lot of fantasy elements, so the costumes, the fight scenes, the dance choreography—every-

thing's going to be bigger."

'Sirens' follows the story of some swash-buckling women who set out to save a crew of stranded sailors from an island of sea monsters, crossing paths with a band of eccentric pirates along the way. It features 7 original songs, daring rescues, creepy creatures, and empowering themes about loyalty and courage—in between the laughs and mayhem.

"I just love the story," says cast member Dayton Kennedy. "And the music is so good. 'Flying Nightmares'? That one hits different."

The show is being directed by veteran director Adam Cannon, who has been directing shows in Utah for the last 20 years. He says, "I've read a lot of original scripts over the years, and ('Sirens') is pretty amazing."

The show has a cast of 30 local performers, including stars Savannah Johanson and Devin Tanner. It will premier at The Angelus Theatre on Main Street in Spanish Fork, with performances on Monday, Friday, and Saturday evenings from September 16th to October 1st. Ticket information can be found at www.AngelusTheatre.com/Sirens



Courtesy Photo

Cast and Crew of "Sirens" coming September 16th to Angelus Theatre in Spanish Fork.

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9/30 - Maple Mtn. vs Springville, 7:00PM

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Power Up! Springville Power Official Gives Behind-the-Scenes Sneek Peek

By Kelly Martinez

Have you ever wondered where the power comes from when you flip on a light switch or boot up a computer? Yeah, me neither. But knowledge is power, and the more you know about where your power comes from, the more power there will be.

Chew on that for a second, why don't you?

I recently spoke to Springville City Power Instrumentation Tech Tim Johnson as he tried to explain this (abstract concept to most people) concept that most all of us take for granted.

As I did my best to listen to Johnson talk about amps, volts, and other electricity jargon, he seemed to sense that my eyes were glazing over. Before losing me totally, he said something that turned a lightbulb on in my mind.

"You know the room Homer Simpson works in?" he asked. "That's like the room I work in and I kinda do what he does."

Making sure he didn't mean that he fell asleep at the console after ingesting too many doughnuts,

I asked Johnson to tell me more. He went on to explain that there are nine power substations in the city of Springville that receive massive amounts of electricity and distribute it to smaller transformers—none of which are named Optimus Prime—throughout the city's neighborhoods.

Johnson explained that the power that arrives at these power substations comes in such large amounts of watts (or was that gigawatts?) that if it went directly to your neighborhood, it would fry all of your electronic devices. Instead, these power substations pare down the wattage and distribute it in easier-to-manage doses to your local transformer.

While that's interesting and all, what I really wanted to know about was the man behind the power curtain.

Johnson started working for Springville City on a part-time basis in 1996 performing a variety of office tasks, including filing and taking phone calls. What really interested him, however, was what went on in the city's inner electrical workings.

"I asked my boss what I needed to do to get on

full-time with the department," Johnson recalled. "'You need to get a degree,' is what I was told. So, I went to school and got an associate's degree in diesel mechanics from Utah Valley State College, now Utah Valley University."

Johnson joined the city's electrical power department full-time in 1999 and had to earn extra certifications to move up the ladder to the position he now holds.

Lest you assume he spends eight hours a day in his Homer Simpson-esque room, fear not, he doesn't. Taking company-sanctioned field trips to the various power substations throughout the city—which include four hydroelectric plants in Hobbie Creek Canyon—is also part of his job description. Johnson checks the power substations and hydroelectric plants to make sure they're doing what they're supposed to do and are within safe parameters.

While getting into the technical aspects of what it is he checks for might be interesting for a few of you, if I were to pen it all out, it



Courtesy Photo

Street Racing Among the hangars at Spanish Fork Airport

would get lost in translation. Trust me.

Suffice it to say, without Johnson and his merry band of field technicians—appropriately called linemen, given the arrival of football season—you wouldn't be

able to zap your leftovers or binge-watch Netflix.

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'The Orville': Out-Star-Trekking 'Star Trek'

By Kelly Martinez

SERIES RATING OVERALL: 4 out of 5 Stars
SEASON 3 RATING: 4.5 out of 5 Star

In 1966, an unheralded science fiction show debuted on television that lasted only three seasons and 79 episodes. "Star Trek" was the show, and in spite of its limited initial success, has lived long and prospered in the form of motion pictures, additional TV series, graphic novels, and merchandise. It has also inspired many other movies and TV shows, including the action fiction series "The Orville."

"The what?" you might ask.

In 2017, FOX aired Seth MacFarlane's "The Orville," a satirical take on the science fiction genre that respectfully poked fun at the Star Trek universe. MacFarlane, who is also the creator of shows like "Family Guy" and "American Dad!" is well known for his satirical take on life in general, so it's no surprise that "The Orville" follows suit.

Be that as it may, MacFarlane is an admitted fan of the Star Trek franchise, and it shows in

"The Orville" and its evolution.

Set 400 years in the future, "The Orville" centers on Capt. Ed Mercer, who in the premier episode, catches his wife cheating on him. Following the ensuing divorce, he's unexpectedly promoted to captain of the USS Orville. Soon after, his first officer arrives and is none other than his adulterous ex-wife, Kelly Grayson, who was also responsible for Mercer's promotion in a behind-the-scenes, off-the-record kind of way. Though awkward at first, Mercer and Grayson are able to iron out their differences and forge a solid working relationship.



Like "Star Trek," "The Orville" has a supporting cast that adds layers of richness to the story. Several of the supporting characters are obviously based on characters from "Star Trek: The Next Generation," namely the robot Isaac

Continued on **Page 14**.

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Nebo School District teachers receive grants to use in classroom

By Lana Hiskey

The Nebo Education Foundation board met this summer to discuss the many grants and needs across the district. The Nebo Foundation Board functions through generous donations made by individuals and businesses as well as fundraisers where all the money goes to educate students in the Nebo School District.

Congratulations to the following teachers/staff who continue to make a difference in the lives of Nebo students:

Park View Elementary,
Jordan Johnson

Barnett Elementary,
Kristine Staheli

Mt. Nebo Jr. High
Melanie Wirfs

Taylor Elementary's Kindergarten Team

Mt. Nebo Jr. High,
Carrie Van Nosdol

Mt. Nebo Jr. High,
Tim Mendenhall

Payson High,
Diana Lees

"Our goal this year was to purchase 15 sets of bagpipes for our program," said Diana Lees, who is a pipe band teacher at both Payson High and Jr. High. "This would enable us to replace unusable instruments with new ones. Some of our bagpipes are almost 40 years old! And we wanted to acquire more bagpipe instruments for the incoming students from our program at Payson Junior High School.

The students and instructors have worked hard to show the school(s) and the community the worthwhile work that we do to bring culture,

history, teamwork, and music to Payson and the surrounding communities. We are grateful for the huge help in fulfilling this year's goal. We look forward to future performances where we can share this gift with our schools, the district,

and the community.

Anyone interested in the Nebo Education Foundation or who wishes to make a donation for education is encouraged to contact Lana Hiskey by email lane.hiskey@nebo.edu, by phone 801-354-7400.



Courtesy Photo

Lana Hiskey, Darlynn Menlove, Christine Riley, Diana Lees, Keela Goudy, Earl Davis, Kevin Mecham

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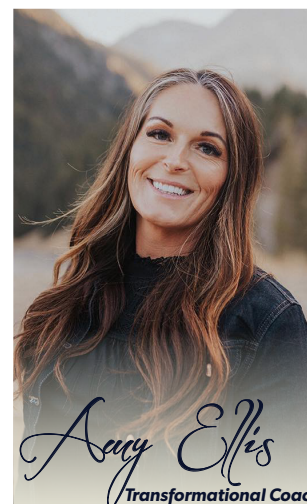


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(based on TNG's Lt. Cmdr. Data) and Lt. Cmdr. Bortus (based on TNG's Lt. Worf). So obvious are the similarities between these characters, that their voices seem to be impressions.

Furthermore, several actors from "The Orville" have appeared on "Star Trek" shows, including Scott Grimes, who plays Lt. Gordon Malloy, and Penny Johnson Jerald, who plays Dr. Claire Finn. MacFarlane himself appeared in several episodes of "Star Trek: Enterprise."

The commonalities between "The Orville" and "Star Trek" don't end there.

Star Trek alums Marina Sirtis (TNG's Counselor Deanna Troi), Robert Picardo (the doctor on "Star Trek: Voyager"), John Billingsly (Enterprise's Dr. Phlox), and Tim Russ (Voyager's Lt. Tuvok) have made guest appearances on "The Orville."

And that's just the on-screen talent.

There are also others from the Star Trek family who have

worked behind the scenes on "The Orville," including Jonathan Frakes (TNG's Cmdr. William Riker) and Robert Duncan McNeill (Voyager's Lt. Tom Paris) as directors, and Branon Braga (co-creator and writer for several Star Trek series) as director, writer, and showrunner.

Big-name guest actors who have appeared on "The Orville" include Rob Lowe, F. Murray Abraham, and Jason Alexander.

A funny thing happened along the way for "The Orville": it gradually morphed from satirical to downright engaging and thought-provoking, which the Star Trek universe has done very well over the years. While comedy never completely went away from "The Orville"—it's MacFarlane we're talking about here—it did start taking more of a back seat, especially toward the end of Season 1 and during Season 2.

Speaking of Season 2, that's when FOX pulled the plug on the

show, much to the dismay of its growing fanbase. In 2020, however, streaming giant Hulu picked up the show for its third season, which was originally planned to stream later that year. The COVID-19 pandemic had other plans, however, and the third season didn't start streaming until June 2, 2022.

The official name of the show for Season 3 is "The Orville: New Horizons," an apt name given the series' tackling of deep social issues and embracing of rich storylines. There's still plenty of comedy involved, but it's not the driving force that it was in the show's early days.

Given the disappointment of the current state of the Star Trek universe ("Star Trek: Picard" and "Star Trek: Discovery," we're talking about you), "The Orville" is a breath of fresh air and is more true to the "Star Trek" franchise than "Star Trek" is right now.

Whether you're a long-time fan of the

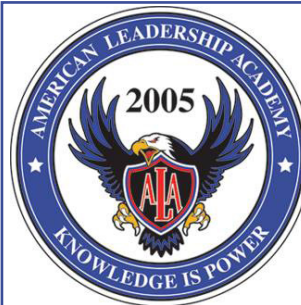
Star Trek universe, a fan of MacFarlane's work, or just want to watch an entertaining TV show, "The Orville" won't disappoint.

All episodes of "The Orville: New Horizons" are currently streaming on Hulu. Rated TV-14 for thematic elements and language, the show does contain more profanity on Hulu than it did on FOX, which shouldn't come as a surprise.



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

- Anonymous



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American Leadership Academy's Child Find responsibility extends to students with physical or mental impairments that substantially limit a major life activity. Such students may be eligible for services or accommodations pursuant to Section 504 of the Rehabilitation Act. Section 504 is a Federal civil rights statute that prohibits discrimination against persons with disabilities and programs receiving Federal financial assistance. Please contact your child's school administration for more information regarding Section 504 eligibility and services.

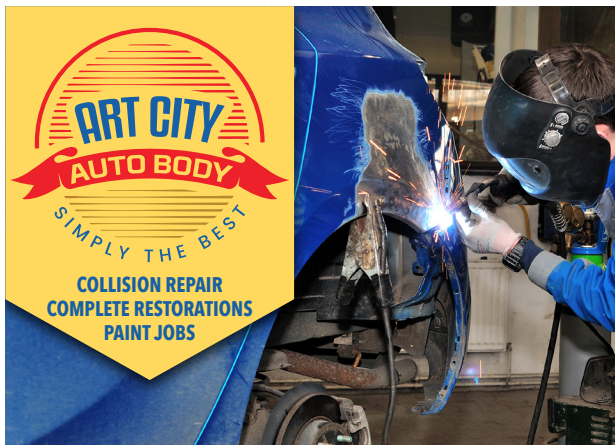
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Woman with cerebral palsy breaks record at Mt. Nebo Half Marathon

By Arianne Brown

PAYSON – On August 27, runners made their way down Payson Canyon for the annual Mt. Nebo Marathon, half marathon and 5K event. And as is par for the course, amazingness was had including a world record.

46-year-old Emily Fairbanks of Sandy has cerebral palsy, and set a goal of running under 1 hour and 50 minutes in the half marathon as a Guinness Book of World Records attempt. Not only did she meet her goal, but she exceeded it by over two minutes, having crossed the finish line in 1:47.55.

According to Fairbanks, who was diagnosed with cerebral palsy at 5 months old, running started as a way to maintain her mobility as she aged.

“I have always been pretty physically active,” Fairbanks said. “My cerebral palsy affects the left side of my body where I have a limp and a slower response in my hands. Many with my condition lose mobility as they age, and I wanted to do what I could to stop that from happening.”

At the age of 38, Fairbanks said she started running on a treadmill at her in-law’s house, and soon moved on to racing 5Ks, 10Ks and then a half marathon. While she said she did dabble in the marathon distance, half marathons were her sweet spot, particularly the down-

hill ones.

“It’s interesting because when I go running with friends, they say that they don’t notice my limp when I’m running,” Fairbanks said. “Running downhill also seems to help with my turnover, and is easier on my body.”

As Fairbanks began to hone her half marathon craft, she began to wonder if there were others like her out there who were running with cerebral palsy. Not only that, but were they clocking fast times? If so, what were those times?

Fairbanks decided to do some research to see if there were any half marathon world records for women with cerebral palsy. Fortunately and unfortunately, her search came up blank. There was no record, which meant that she would be the first to set one.

“I started to wonder what it would have been like for me growing up if I knew of someone with cerebral palsy who was running long distance events,” Fairbanks said. “I wanted to do this to give people like me a goal to work for.”

In order to set a World Record, Fairbanks would need to get all of the logistical items taken care of including two independent witnesses and someone who would time her. 1 hour 47 minutes and 55 seconds later, Fairbanks would break the record.

“I had a great race and



Courtesy Photo

Melissa Willie and Emily Fairbanks.

felt good the whole time, and had a personal record on every mile of the course,” she said. “I’m sure there are many women with cerebral palsy who are faster than I am, but I hope that doing this will inspire others to get out

and try,” Fairbanks said.

As for any more record attempts, Fairbanks said that for now, she is reveling in the experience she just had, and has no plans on breaking any more records just yet.

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Salem Hills High School FCCLA team among top performers at Nationals

By Lana Hiskey

Salem Hills High School's students took home top performance awards at the Family, Career and Community Leaders of America (FCCLA) competition in San Diego, Calif. On July 2.

Kaitlyn Millar and Sydney Murdoch took first place in Promote and Publicize; Samantha Walker took third place in Interior Design; and Haven Harris took seventh place in Entrepreneurship; Bailey Black and Chelsea Mower won Silver Medals.

Seven total students, all coached by FCLAA advisor Mary Alice McCarlile, traveled to compete at Nationals

Congratulations to the SHHS FCCLA team!



Salem Hills High students compete at national 4-H invitational

By Lana Hiskey

Salem Hills High School students competed in the 42nd annual National 4-H Forestry Invitational that took place July 24-27 at West Virginia University Jackson's Mill State 4-H Camp and Conference Center near Weston, West Virginia.

The team consisted of Liesl Adams, Isaac Cabral, Gracie Johnson, Hannah Leshner and Keller Stinson and coached by Brad Shuler, were the only team from Utah at a competition that had 11 states represented.

At the event, 4-H members competed for overall team and indi-

vidual awards in several categories including tree identification, tree measurement, compass and pacing, insect and disease identification, topographic map use, forest evaluation, the forestry bowl and a written forestry exam.

Following the competition, the Joe Yeager "Spirit of the Invitational" award which recognizes an individual who "takes initiative, is enthusiastic and eager to lead," was presented to Keller Stinson.

Congratulations, Salem Hills High School 4-H team on a job well-done!

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Dave Valeti leads Springville football into new age, taking reigns of alma mater

By Josh Martinez

It's been a bit of a homecoming for Springville High School head football coach David Valeti.

Valeti has entered his first season as head coach after spending nine years as an assistant coach. According to Valeti, becoming the head coach of the school he graduated from has been something he's hoped for for a long time.

"It's a dream come true," Valeti said. "When I decided to go back and finish my degree in education, this was the job I had my eyes on. Like I told Willy Child last year, I was already living my dream as the defensive coordinator. It's just been surreal."

Valeti graduated from Spanish Fork High School in 2000, and was on the football team. Some of the coaches he played for over 20 years ago — such as Child and assistant coach Doug Bills — are on his staff helping a team that fell just short in



Springville Head Football Coach David Valeti.

last year's state championship.

In fact, both Child and Bills were head coaches to Valeti at some point in his high school playing career. He's coached alongside them and many other coaches for nine years, adding to the comradery felt throughout the staff.

"They've become some of my best friends," Valeti said.

"It's really fun to play for them as a player and to coach alongside them."

The transition for Valeti hasn't been too difficult, he said. Although, he said he has found that there's a lot of paperwork and other logistics that come with being a head coach.

Springville Athletic Director Mark Binks said Valeti's dedication to building a successful program is what has made him stand out as the top candidate. Furthermore, Binks said his past experiences also helped him to land the job.

While the season is in its infancy, Binks said he's noticed Valeti's

efforts.

"I think he is working hard to make his football head coaching debut a success," Binks said. "He has had great mentors who he realizes are essential in this process and is utilizing them wisely."

Valeti said it's not just returning to his alma mater that's been rewarding.

According to the seasoned football coach and Spanish Fork native, he loves being part of and raising his children in a community that shaped him throughout his youth.

Seeing the impact the community and school have had on people, he said have made him want to join that support system.

Football isn't the only way Valeti gets involved at SHS. Along with his duties in football, he's also the head wrestling coach.

Outside of athletics, Valeti has worked in special education at the school since 2014. He said that this role allows him to interact with people from all walks of life, further rounding his experience as an educator.

What Valeti said he finds most rewarding is the interactions he has with kids and the bond he builds with them.

"You hope that there's some relationship you can build with them," he said. "There's many avenues — whether it be football, wrestling and in the classroom — where I get to do that and I really enjoy that."

As far as football goes, Valeti said he hopes to build a program where

the young men take away lessons both on and off the field.

"Football is a metaphor for life," Valeti said. "I want my players to learn to work through adversity in this setting because it'll help them overcome challenges later in life."



Junior Running Back Trevita Valeti rushes past two Skyline defenders during Springville's 45-17 victory on Aug. 19. Valeti is the nephew of head coach David Valeti, who is coaching at his alma mater.

When it comes to football, Valeti has visions of returning his team to the state championship game where the Red Devils fell, 35-6 to Lehi High School in 2021.

Binks said his expectations for what Valeti can do center on the production of a competitive, energetic team.

"I expect him to build a style of play that requires strong work ethic from players," Binks said. "Grit is a word that resembles the style of play that resembles his coaching style."

Valeti said he hopes to return to the championship game by trusting in what he believes Springville does best.

"I haven't tried to reinvent the wheel," he said. "I believe in what we do. I believe in our offseason training program. I believe in our style of play. I do believe if we stick to our process, we'll get the result and the product we want."



Photos courtesy of Springville High School Football

Springville Head Coach David Valeti (back row, fourth from the left) is coaching alongside several coaches who led his teams when he played at Springville High School over two decades ago.

Tributes

GLORIA GAIL SPERRY HUTCHINGS

Gail was born March 13, 1938 and is the oldest child of Florence and Arthur Sperry from Nephi, Utah. Gail passed away on July 3, 2022 in Salt Lake City, Utah.

Never underestimate a red head who is under 5 feet tall. As a little girl, Gail attended school in Salem and Spanish Fork, Utah. Gail could memorize things quickly and had a beautiful singing voice and enjoyed being the center of attention. During school performances, she had opportunities to share her talents by singing and reciting poetry. During parades, Gail loved wearing her white boots with white



tassels, as she twirled a baton and the marching band behind her.

Gail was spunky, classy and sassy. Gail began modeling and eventually she became a judge for beauty pageants. Gail had a talent for creating beauty with cosmetics and would help contestants with their makeup. Gail became an entrepreneur when she opened "Gail's Optical Boutique", a shop located in downtown Provo, Utah. Her shop was on the 2nd floor with steep stairs, but friends, family and customers made the trip because Gail would take time to visit with each person.

Eventually, she moved from the Salem and Springville area to Salt Lake City, Utah. Gail built a reputation of creating beauty while working for cosmetic companies within large department stores. Gail also received awards and honors for outstanding customer service while employed for a large hotel chain.

Gail loved animals, and they loved her. One cat named "Blaine" could literally speak English and tell time. When it was around dinner time, Blaine would say, "ggggaaaiiill... gggggaaaiiill... " until Gail opened the door. Gail also had a miniature greyhound named Pinocchio and they would always twin by wearing matching sweaters.

Gail, you are loved and will always be remembered. Thanks for all the memories, good laughs and strong friendships. Thank you for being YOU!

Gail is preceded in death by her son Kirt Hutchings, her parents Florence and Arthur Sperry, and by Rodney Sperry her brother. Gail is survived by her sister Karen Wigington of Salem Utah, and by her brother, Bruce and his wife Ronda Sperry of Salt Lake City, Utah.

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CAROL LOUISE MUNFORD BROOKS

Carol Louise Munford Brooks, age 82, was reunited with her husband, James Ivan Brooks, on August 14, 2022. It would have been their 57th Anniversary.

Carol was born in Cedar City, Utah to Mary Wilcox and William Munford on Dec 28, 1939. Carol had no sisters, but had 4 brothers - Billy, Lloyd, Vergene, and Larry. At a young age Carol learned how to sing and play the piano. Growing up she spent a lot of time in music circles and had performed in major productions in both high school and college. She also had leading roles and was a soloist in an all male chorus.

Carol attended the College of Southern Utah where she was affiliated with Xi Lambda Tau social society. She also attended BYU.

Carol served a mission for the Church of Jesus Christ of latter Day Saints in 1963 and was called to France. While on her mission, she contracted a thyroid disorder which resulted in surgery; and had complications which caused one of her vocal chords to become paralyzed. This was devastating for her and caused her singing career to come to an end.



On August 14, 1965 in the St George LDS Temple, Carol married James Ivan Brooks. They started their lives in Phoenix, Arizona and later moved to Las Vegas, Nevada to start their family. There they were blessed with four children; Derek Warden, Danielle Jeanine, Brenda Lynne and Hilary Ann. Carol was called to be the organist of their LDS church and also taught piano. She worked part time, was a busy home-maker and made the best home-made bread. She would sell or trade it for services, because everyone love her bread so much, and she loved doing it.

In 1982, Carol and her family moved to Springlake, Utah where she helped re-model their home, raised cows, sheep, ducks, chickens and rabbits. They also grew gardens every year. She immediately was called to be the organist in their new ward and remained to do so until 5 years ago. She worked several jobs and made friends every where she went. Carol started up teaching piano again after settling in their new home.

Carol is survived by her children, Derek Brooks, Danielle Luke, Brenda Hall and Hilary Lillie. Her grandchildren Brian and Jennifer Brooks, Niesha Luke, Wynter and Hallen Smith, Sklyer, Sean, Audra and Cameron Lillie.

Carol and her kind spirit will be greatly missed.

Leave condolences at legacyfunerals.com

GLORIA ORE

Gloria Ann Ross Ore, passed away peacefully on August 18, 2022 in Payson, Utah after a brief illness with pneumonia.

Gloria was born on September 2, 1936 in Santaquin, Utah to Lavon Ross Sr and Ruth Alice Bray, she attended public schools in Santaquin and graduated from Payson High School in 1954. She worked in the apparel industry, she was an excellent seamstress and pattern maker, she loved to work on ceramics and crafts in her free time. Gloria married Oscar Barton Pride on October 14, 1954 which later ended in divorce. She married Jack Bryson Ore on November 9, 1957 in Santaquin, Utah they were later sealed in the Provo Utah LDS Temple. She resided in Santaquin and Payson.

Gloria worked at Brigham Young University as a cook, she also worked in the apparel indus-



try, later she worked at Signetics, and retired from the Utah State Hospital as a psych tech after many years.

Gloria was a member of the Church of Jesus Christ of Latter-day Saints. Gloria loved to do ceramics and crafts, she also loved to go for rides in the car. She was also an excellent cook and canner.

Gloria was preceded in death by her parents Lavon Ross Sr. and Ruth Alice Bray, her husband Jack Bryson Ore, her siblings Lavon Ross Jr, Clifford L. Ross, Shirley Bowling, Merrill Ross, Roger L. Ross, and Richard D. Ross.

Gloria is survived by her Daughter Pamela Ree Pride of Payson, her sons Todd Ore (DeeAnn) of Payson, Jack Ore (Kristie) of Payson, John Ore (Theresa) of Payson, Trent Ore of Santaquin, eleven grandchildren and sixteen great grandchildren.

We would like to thank Utah Home Health and Hospice, especially her nurse Kelly and her aide Kori, also Orchard View Assisted Living and the many aides there, and Dave and Shannon Morley.

GORDON NEPHI HODGSON

On August 2, 2022, our beloved husband and father, Gordon N. Hodgson, 76, finished his tasks in this mortal life and returned to his Heavenly Father.

Gordon Nephi Hodgson... aka "Phlash" ... was born in Salt Lake City, Utah on August 24, 1945 to Allen Leroy Hodgson and Ivy Jane Campbell Hodgson. The family moved from Salt Lake City to Payson, Utah when Gordon was about four years old. Gordon attended public schools in Payson, where, as he told it, he fell in love with Deanna in the first grade. He played football and track during his high school years and graduated from Payson High in 1963.

Scouting was a huge part of Gordon's life growing up, and he earned his Eagle Scout Badge and Order of the Arrow award. Gordon served as a missionary for the LDS church in the Central States Mission from 1964 to 1966, and after returning from his mission, he married the love of his life, Deanna Christensen, in the Salt Lake City LDS Temple on December 16, 1966.

After they were married, Gordon and Deanna moved to Logan, Utah so that Gordon could attend Utah State University.



Gordon studied Aerospace Engineering and was a member of the ROTC for three years. He earned a degree in Drafting from LaSalle University, and worked part-time as a bus driver while attending school.

Always a hard worker with an entrepreneurial spirit, Gordon bought a business and named it Gordon's Machine and Iron Works, and thus began his first career as a welder, machinist, and custom fabricator. Throughout a thirty plus year career as a welder and fabricator, guided by his impeccable work ethic, Gordon owned and operated several successful businesses including a U-cart concrete company which he built from scratch. Monuments to his legacy as a fabricator can be found throughout Utah and surrounding states in the form of railings, staircases, truck beds, trailers, wind chimes and much more. He found his true

"What you do makes a difference, and you have to decide what kind of difference you want to make." - Jane Goodall

calling, passion and second career later in life as a Tour Director. Having worked as a bus driver and limo driver from time to time throughout his life, Gordon found a love of driving and of travel and of serving others. He attended the International Tour Management Institute where he received a Tour Director Certification and spent the next 19 years traveling through National Parks as a Tour Director. His love of nature and history was evident in every conversation he had about his tours, and he genuinely cared for and developed lasting relationships with the people he served.

Gordon's natural talent for storytelling and humor is what made him an exceptional tour director and what drew people to him in general. He more than just provided the history of an area, he brought it to life and helped increase others' love, understanding and appreciation for the world around them.

Gordon is survived by his beloved wife, Deanna, and their five children Kristie (Robert) Wolf, Daryl (Anna) Hodgson, Jeffrey (Nicole) Hodgson, Ryan (Julia) Hodgson, Lisa (Jon) Sente, and his siblings, Colleen (Glen) Bowers, Mark (Vicky) Hodgson, and Grant (Pam) Hodgson. Gordon has nineteen grandchildren and two great grandchildren.

Wydell passed away peacefully at home August 17, 2022, due to kidney failure.

Beloved husband, father, brother, servant, Wydell was born March 24, 1942 in American Fork, Utah, the oldest of 7 boys, to Irvin Wilbur and Maurine Hacking Jeffery. He was a big help for his dad at the slaughter house or wherever needed. He gained knowledge and experience in mechanics while helping his dad work on his vehicles. He then utilized his skills in building a go cart and later putting a bigger, faster Lincoln engine in his 53 Ford. He also built a water skiing boat which he enjoyed every chance he got, becoming an excellent skier.

His mother put him in ballet lessons when quite young. She was also able to get him singing lessons from Richard P. Condie, choir director of the Tabernacle Choir. He had enjoyed singing in church and school activities. He also excelled in wrestling. He graduated from Delta High School in 1960, with a scholarship to attend Utah Technical College in Salt Lake City, where he attended 1960-61, studying diesel mechanics.

He was a faithful member of the Church of Jesus Christ of Latter Day Saints. Always dedicated to his duties, he earned his Duty to God award before being called to serve a mission in the North Central States.

SHEILA MAUGHAN HARRIS

Sheila Maughan Harris, 73, of Spanish Fork, Utah passed away on July 6th, 2022.

She was born August 4th, 1948 in St Ignatius, Montana to William Rex and Julia Marie Maughan. Sheila was a twin, and the oldest of 14th kids. She grew up in Ronan, Montana area with her



One memorable experience he had while serving, was trying to return to their apartment when a storm warning had been issued. The car refused to run until they turned around and returned to the apartment of the elders in the area where they were.

Upon returning from his mission, he attended Weber State College, where he met Carol Lee Austin at the ward in April. After a short courtship, they were married September 11, 1964, in the Salt Lake Temple, by Elder Gordon B. Hinckley.

Shortly after marrying, they moved to Ely NV where Wydell was offered work as a mechanic at Harvey Young dealership. He served as the Activity Counselor in the Stake YMMIA, which he enjoyed a great deal. Then on December 5, 1965, Elder LeGrand Richards set Wydell apart as Bishop Of the Ely 2nd Ward, where he served until moving back to Utah, January, 1967.

They lived in a mobile home park near Hill Airfield with planes overhead all hours of the day. Wydell worked as a mechanic for Fisher Hess Pontiac and served as Scout Master in the Riverdale Ward. Wydell returned to Weber State in September 1968, and worked for Arv's Trailer Repair. He was invited to sell insurance and joined the John Hancock company. Being very successful, he was transferred to the Salt Lake office as Manager. The pressure was affecting his health and he decided to switch to Allstate.

Wydell's father and brother, Steven, asked him to move to Delta and join them in Jeffery and Son's Trucking.

parents and 13 siblings.

It was while she was living in Provo, Utah, that she met her future husband, Rodney Evan Harris. They were married in the Manti, Utah Temple on December 19, 1969. Sheila was a devoted wife and a loving mother to her 5 children.

She was a lifelong member of the Church of Jesus Christ of Latter Day Saints, in which she held several Church callings over the years. Mostly playing the piano or the organ, which she really enjoyed doing.

Sheila loved to read and sew. She also loved "digging" in the dirt, in her vegetable garden, and her flower



He took pride in helping expand the business and enjoyed putting his skills to the test. He was very talented and able to make or fix almost anything. They added gravel and then cement to their long haul services. He and Carol also put on dinners and sold cookware for Miracle Maid, earning a trip to the Bahamas. Wydell served as the YMMIA president and was a great influence in the lives of the young men in preparing to go on missions. Other church positions held were Gospel Doctrine teacher, Ward Executive Secretary, and a member of the High Council.

When Wydell's father died, the brothers decided to split the business. Wydell took the gravel and cement business. He later sold it to Western Rock when the power plant came to Delta. Wydell sold insurance again for awhile before getting back into trucking, which he was doing at the time he retired and moved to Payson.

He and Carol worked in the baptistry of the Payson temple until his illness. Also at the Payson Veterans Home Branch.

He is survived by his wife, Carol, Payson; son Bradley (Michele), Payson; son Bryan, Pima, Arizona; son Roger (Ruth), Lehi; daughter, Collette (Jeremy), Payson; daughter Monica (Steve), Delta; son Michael (Karli), Springville; daughter Angela (Cory), Spanish Fork; and daughter Nicole (Brian), Nampa, Idaho. 41 grandchildren (counting spouses) and 11 great grandchildren. Brothers Keith (Doreen), Sunset; and Steven (Susan), Orem.

beds.

That was her joy in the spring and summer months. She was also known for making the best homemade wheat bread, and for her pickles, which we all got to enjoy.

She is survived by her 5 children, Heather (Kendall) Thaxton of Heber, Jeani (Craig) Johnson of Springville, Rex Harris of Spanish Fork, Christi (Eric) Snedecor of Spanish Fork, Marie (Don) Chavez of Spanish Fork, 9 grandchildren, 8 great grandchildren, and 12 siblings.

She was preceded in death by her husband, Rodney, her parents, and her sister Myrna.



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Budgeting Don'ts for Parents

By **Ariane Brown**

Have you ever looked in your wallet to find that your debit card is gone only to realize that it still hasn't been returned to you after your teenage daughter "borrowed" it to get lunch?

Yeah, me neither.

Actually, it and many other budgeting sabotagers happen quite often around these parts, effectively qualifying me (a mother of a lot of kids) to give a list of budgeting don'ts for parents.

Don't #1: Don't give in to the "right now's":

Urgency is a red flag that I am often drawn to because I love the color red. "I need money to go to the movie," one child says. "I need new earrings now because my friend said the black ones looked too 'emo,'" another one said.

Too often, I give into the "now's" because I avoid contention and struggle setting boundaries.

Funnyish

Etiquette for the Public Restroom

By **Joe Capell**

When you think of etiquette, you probably think of fancy dinners and knowing how to properly use your salad fork.

Etiquette is "the customary code of polite behavior in society or among members of a particular profession or group." (I got that definition from



dictionary.com.) (Citing sources for quotes is showing proper etiquette.)

But, one thing you probably don't think of when I say the word etiquette is a public restroom. "Etiquette" and "public restroom" don't really seem to go together, but I'm

here to tell you that they should.

Here are a few rules:

1. Flush the toilet--This is about as simple as it gets: If you put something in the toilet, then you should flush the toilet!

2. Do not put paper towels in the toilets--Do you know the difference between a paper towel and toilet paper? Of course you do! And so, you should also know that paper towels do NOT go in the toilet, they go in the garbage. This isn't rocket science, people!

3. It's called a urinal for a reason--Men, a urinal is not an ashtray or a garbage can. Here is a partial, non-comprehensive list of things that should not be put into a urinal: paper towels, gum, gum

Hashtag: admitting you have a problem is the first step.

Don't #2: Online gaming is never "Just \$2":

If you have a child in the 8 to 12-year-old range who likes to play games like Roblox, you know that there are a lot of things that are in the "Just \$2-\$4" range. Let me tell you that when you fall for the seemingly minuscule request enough times, you will end up spending \$20 on "Robux," which I am convinced will soon be AI currency.

Don't #3: Don't feel guilty for saying no:

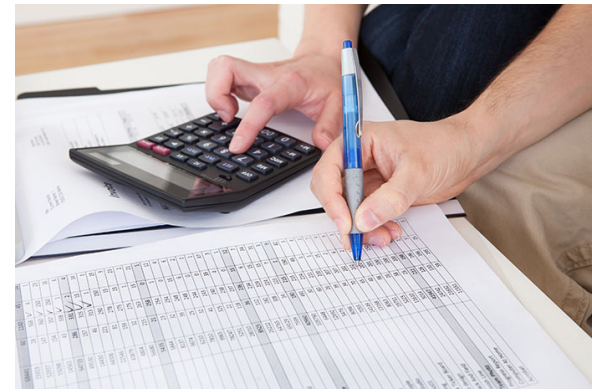
OK, while the other two "don'ts" are totally honest-yet-silly, this one is serious.

Many of us grew up in households where "no" was a regular occurrence, and guilt surrounding money built our own framework around our relationship with finances. I often live in fear of

being that parent who perpetuates the money abuse cycle, and so I often give in.

I'm here to tell you that swinging the pendulum to the other side isn't helpful either.

So, with a (near) empty bank account and a full heart (let's not talk about the two homecoming dresses my daughter just bought), I leave you with this list of Don'ts so that you can feel a little less alone when you look the 200 Robux in your son's Roblox account that very well could be five gallons of milk in your refrigerator.



wrappers, soda cans, toilet paper, coins, chewing tobacco, ashes, cigarettes, cigarette butts, or butts of any kind.

4. When possible, give people their personal space--If there are multiple urinals or toilet stalls and someone is already occupying one of them, if possible, don't use the urinal or stall right next to them, give them some space. For most people, going to the bathroom is an activity they prefer to do in privacy. No one wants an audience. Of course, this is dependent on the number of stalls and urinals, and the number of people wanting to use them. (I hear this is never a problem in the women's restroom, because they always have way more stalls than women wanting to use them.)

5. Don't talk--The bathroom

is not a place for chit chat--unless you're warning me that the stall I'm about to go into is out of toilet paper.

6. Keep your phone in your pocket--Don't talk on your phone. We don't want to hear your conversation. And we probably don't want to hear the podcast you're listening to, either. Also, since all phones come with camera technology, it's best to keep them in your pocket--no one wants someone walking around the restroom with a camera in their hands.

When it comes right down to it, this is the kind of etiquette we should all be paying attention to, isn't it? (Because no one really cares if you're using your salad fork properly.)

Back to school also means drivers must be aware of school zones

By John Chase

School has started, and that means drivers need to be aware of school zones throughout the weekdays.

Recently, I was driving behind a bus on Geneva Road in Provo, and a bus in front of me stopped to pick up some students. Red lights were flashing, and the stop signs were out, signaling drivers to stop and let students cross. While the cars behind the bus stopped, oncoming traffic did not until someone honked. I then observed an oncoming driver pull a little to the side, slow down, and with a confused look, still passed the bus.

With the school year in full-swing, it is a good reminder to all drivers that when a bus is stopped with red lights flashing and stop signs out, all cars in either direction must come to a complete stop. This is to allow students to cross the street safely.

I'd also like to take a minute to address school zones.

A school zone is usually designated with an accompanying sign with flashing lights alerting drivers that the speed limit is 20 mph. Many of these zones also have crosswalks that drivers need to be aware of. I have seen cars zoom through the crosswalks even when the crossing guard is waiving the stop sign.

On Aug. 29, two siblings were hit and killed on their way to school in Provo, and the driver was also killed. Drivers need to be aware of the laws because they are there to protect children going to and from school.

A couple of things to take note of: If you see two people on the sign and ladder bars on the road, you are now at a school crosswalk, which means you have to come to a complete stop for anyone in the crosswalk regardless of which half of the road they are on. This is according to Utah Code 41-6a-1002(2).

This applies to school Crosswalks, and all other crosswalks. You must yield to pedestrians on your half of the roadway or quickly approaching your half.

If a school bus is displaying alternating flashing red light signals, visible from the front or rear, you need to stop immediately before reaching the bus. Do not proceed until the flashing red lights stop.

According to Utah law, If you are traveling on a divided highway having four or more lanes with a median separating the traffic, it is only necessary for the vehicles traveling in both lanes behind the school bus to stop, and not the traffic traveling in the opposite direction. If you are traveling on a two-lane roadway, traffic in both directions are required to stop. If you are traveling on a four-

lane roadway without a median, traffic in both directions are required to stop. If you are traveling on a highway having five or more lanes and having a shared center turn lane, it is only required for the vehicle in both lanes behind the school bus to come to a complete stop. Vehicles traveling in the opposite direction are not legally required to stop.

There are only a few roads in the distribution of this paper where oncoming traffic can pass a school bus like 800 South in Payson. Otherwise, drivers are legally required to stop when red lights are flashing on school buses.

Be a good citizen and protect the lives of our community's young children who will soon enough be leading our community.



Remember to pay attention to school bus stop signs, road signs, crosswalks, and all pedestrians.

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