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Calling all local writers!

Dear readers,

Have you ever picked up a newspaper, held it close to your face, and smelled the ink and the paper it was printed on?

If not, take a second to do just that with this very paper you're holding in your hands.

There is something magical about holding words in your hand, running your finger under each line as you read, and then turning the page. The touch of the paper, the sound of the crinkle. The smell. The sight. Reading the newspaper is a sensory experience that captures the essence of words, and stories pieced together with those words.

Now, for another question:

Have you ever had a story printed in a newspaper?

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I'll never forget the first time my name and picture was printed in a newspaper – well, technically a magazine. I was in the eighth grade, and I frequently read "Fresh Voices" in the Parade Magazine. The author of the column had asked students how they wanted their peers to remember them as at their 20

year reunion. Being a budding writer at the time, I answered the call.

A couple weeks later, the columnist called me on the phone and did an interview. A week or so later, there was my face and a line that read, "I want my classmates to say that I was always as kind and outgoing as I'd ever been."

That simple (and a little bit cheesy) line in the paper sent me on a trajectory to write words printed on paper – words I could hold in my hand. Whether the words are my own that come from my very own mind, or come from words spoken by those of you in the community, there is nothing quite like seeing those words on a piece of paper, and holding them in your hands.

If you love to write about community events, feel good stories, tips or personal essays that may serve the needs of the audience of Serve Daily, we invite you to submit your work to our submission form at servedaily.com/forms/news/.

For more information feel free to reach out to Chris Baird via 801.477.6845.

Sincerely,

Serve Daily Team



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FEEDBACK • IDEAS • SUBMISSIONS

Have feedback, ideas, or a submission? We are excited to hear from you! Deadlines for submissions is the 20th of each month. For feedback or ideas email chris@servedaily.com or editor@servedaily.com.
 Have a submission ready to go?
 Upload via: servedaily.com/forms/news

CONTENT SUBMISSION DEADLINES

Submissions are due on the 20th of the month preceding the month of publication. For example, the 20th of November for the December issue.

ADVERTISING

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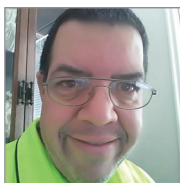
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Do you love our community and have a knack for writing?

Consider becoming one of our independent contributing writers?

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 801-477-6845

LETTER FROM THE PUBLISHER

Hello Community,

From the month of scares onto the month of giving and gratitude we have a wonderful month ahead of us.

There will be so many opportunities available to serve those in need. Simply open your eyes, hearts, wallets, and/or time to make a positive impact where you can.

There will be mouths to feed, people to keep warm, seniors to befriend,

toys and gifts to be collected, and many more opportunities to serve.

I hope you enjoy this issue of Serve Daily, finally after about two years of planning to do a community calendar, there is a start to one. However, as you'll see where it is, the events are mostly those out of our area. So, I'm asking you to share the calendar with your friends and family and invite people you know that host

events to take the time to add their events to our community calendar.

Have a fantastic Thanksgiving!

-- Chris Baird

FYI: We leave some typos in the newspaper for your enjoyment. Find any? Send Chris an email.

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Spanish Fork Gun Club offers unique shooting experience

By Josh Martinez

There's a lot that goes into making the Spanish Fork Gun Club a must-visit among trap shooters.

The shooting facility sits along the slopes of the mountains at the mouth of Spanish Fork Canyon, providing large views of Utah Valley and Utah Lake. Furthermore, its weather and backdrop make it a popular destination for shooters both in and out of Utah County.

Jenny McGowan has been trapshooting for over a decade and has worked with the gun club for several years, taking over as manager this past May. She said she loves managing the gun club because of the people she get to meet, as well as its prime location.

"If you're a trap shooter, you want to come to Spanish Fork. It's people's dream location," she said.

Due to the club's location, shooters are aiming at clay pigeons with a blue-sky backdrop, preventing it from getting lost easily. Elevation and low humidity also allow the clay pigeons to come out at its initial speed and stay at that speed for longer, eliminating a guessing

factor for shooters at the target's speed.

The gun club was initially opened by a small group of volunteers in 1973, but it wasn't until about 10 years ago, when Spanish Fork City partnered with the club to create a "cohesive symbiotic relationship."

McGowan, who is independently running the facility, said that the city provides support through maintenance, and that the facility doesn't draw finances from other city departments.

The Spanish Fork Gun Club offers 13 shotgun courses geared toward trapshooters as well as a rifle range, which is slated for renovation. That renovation will include the addition of pistol and rifle bays as well as archery classes.

While many skilled trap shooters make up the club's patrons, McGowan said people of all levels are welcome. The club also has what's called a "First Shot" program which is a professional class that provides attendees with the materials they need to learn about the sport along with targets for practicing. McGowan said that

there are no set times for these classes, making it so that visitors can take part in them whenever they come to visit.

"(Having classes open to visitors) takes away the nerves," she said. "It takes away the stress and it brings the fun back within the First Shots program."

The Spanish Fork Gun Club, 2912 S. Spanish Oaks Drive, has seasonal hours throughout the year as it is open less during the winter.

The facility hosts numerous

events throughout the year and a detailed calendar is on the facility's website spanishfork.org/departments/parkrec/gunclub/ and its Facebook page.



An evening view of Spanish Fork Gun Club and Jenny McGowan.

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"Small acts, when multiplied by millions of people,
can transform the world." - Howard Zinn

Games on Main in Helper bringing family fun six nights a week

By John Chase

Soda and gifts by day, board games by night? Yes, please!

In April of this year, Becky Driggs opened up Aunt Nell's Soda Fountain on Historic Main Street with the goal of bringing a taste of old fashioned service and ice cream to the town that she now calls home.

Just a handful of months later, her son Nate Driggs opened up Games on Main inside that same shop to allow the residents of Helper good old family fun playing board games.

The Driggs family settled in Helper in 2020, and right away, wanted to become part of the community. Becky, who grew up serving pies and ice cream at her great Aunt Nell's drug store in Bountiful, said that she wanted to recreate that same feeling in Helper.

Nate, who also brought his family including wife and four

children to the small town, embarked on a similar journey by opening "Games on Main."

Nate said that he has always loved playing board games with friends and family, and that he wanted to share that love with his newfound community.

"I love Cooperative games," he said. "It's fun to play as a team and try to beat the game. Currently my favorite game is 'Star Wars The Clone Wars'. I also love the small town mentality. I like being able to recognize most faces. I've lived in big cities most of my life and don't need the extra anxiety that comes with them."

Games on Main is open six nights a week starting at 6 p.m., and currently has a library of over 150 games for people to choose from. For those just starting out on board gaming, Games on Main plans of

having nights dedicated to learning how to play specific games. These will include walk throughs and discussions of deeper strategies to improve your gaming experience, if not success.

Games on Main will do special/private events on request, and Nate says that the retail section is always below MSRP.

The grand opening was Oct 30, and it brought in several locals and individuals from surrounding areas. Nate said that so far, it is turning out to be just what he hoped.

"We wanted to have a space for people to be able to relax, learn and play games with friends and family," he said.

Games on Main is Located at



Brian Lloyd, Nate Driggs, Kurt Harris, & McArthur Cottam Ellwood enjoying a game of Dragonscales on Grand Opening Night.

132 Main Street in Helper, inside Aunt Nell's Soda Fountain and Gifts.

Fundraiser for local family to help with medical expenses



Cal was born on April 30, 2022, and defied the odds from his first day of life. He was born with a rare heart defect, and courageously endured two open heart surgeries before he was a month old. His family, friends, and cardiac team were amazed by his strength and celebrated with him when he began his exciting life beyond the hospital doors.

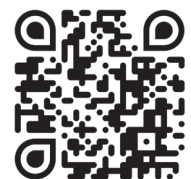
He smiled and laughed, bounced and kicked, and loved to splash and sing at bathtime. He traveled and camped with his parents, went swimming with his cousins, and made instant friends with all who met him.

Cal's survival was a miracle and his life is a gift. Above all else, he will be remembered as a happy little boy who was blessed with the strength of giants, and has now made a triumphant journey home.

Sarah and Matthew are deeply moved by the outpouring of love they've received from their family and friends. They're also grateful for the exceptional doctors and nurses at Primary Children's Hospital who cared for Cal.

Cal passed away October 29, 2022 in the arms of his parents.

Find the fundraiser on GoFundMe to help the Prusak's with medical and funeral expenses.



Flying high: Dean Bristow of Payson reflects on years of military service

By Ari Brown

When Dean Bristow was just three years old, he would often look up to the sky to see the airplanes flying high, and wanted to be among the pilots.

Born in 1938, just a couple of years before World War II started, Bristow knew what it was like to live during wartime. Unlike many during his day, his dad wasn't numbered among the soldiers fighting, but he worked in the orange industry in Orange County, California. Even so, seeing those planes and growing up with an awareness of the need for willing soldiers, after graduating high school, Bristow decided he wanted to attend the U.S. Air Force Academy.

The year was 1955, and it was the first year that the academy was open. Being that there were very few open spots, and the appointment process rigorous, Bristow would need to wait one more year before entering the academy.

"I missed being appointed by one place," Bristow said. "There were 23 men appointed, and I was number 24."

While at the academy, Bristow managed the fencing team, was awarded the aeronautical rating of Navigator, and was commissioned as a second lieutenant upon graduation in June 1960. Immediately after, he began training for what he had wanted to become since he was a child: A pilot.

There was one thing that Bristow didn't know about flying a plane, however, and that is how loud it is.

He described flying a solo twin engine named the T-37 – also known as a "Tweet" for

its loud scream. He also flew what is called the Douglas C-124 Globemaster II, nicknamed "Old Shaky," which was primarily a heavy-lift transport airplane.

Transporting equipment is what Bristow said he mostly did as a pilot, and he said he flew many missions to Vietnam doing just that.

Finding love

It wouldn't be a war story without a love segue, and this one is no different.

In 1960, Bristow met an airline stewardess who introduced him to the LDS religion, which he soon was baptized a member of. While the stewardess introduced him to a belief system, this wasn't a story of pilot meets stewardess and falls in love; he would need to go searching for love.

"I went looking for a Mormon girl," he said. "I had a friend who told me of a girl named Sandy who was serving a mission in Georgia. I started writing her letters, and then I went to Georgia to meet her! I didn't know all the mission rules and such; I just wanted to meet her."

"I remember reading a talk given by David O' McKay where he said that if you found a girl that excited all the things in you that are good, then it's a feeling of true love," Bristow said. "I decided that she was the girl."

Bristow described being out on a picnic with a group of people including Sandy, and for a brief moment, they were left alone. It was during that moment when he handed her the talk by McKay along with his army ring, and he asked her to marry him.

"She took the ring and said yes, but I had to leave that

afternoon," Bristow said. "I got her some roses before I left, but it would be nine more months until she got off her mission."

When Sandy returned, Bristow said that he got her an engagement ring in the shape of a rose with a small diamond, and they were married in the Mani LDS Temple on May 10, 1963.

Taking a break from the military to raise a family

Bristow and his wife wasted no time in starting a family, and soon had four children, including three daughters and one son. He said that being in the military was challenging while raising a family, and in 1967, he decided to go to medical school to become a urologist. He graduated from University of California Irvine in 1972. After his residency, he opened up a practice in Payson.

As the years went on, however, Bristow never lost his love of flying. In 1983, when his children were good and grown, he joined the Air National Guard as a flight surgeon, and in 1992 was called back into active duty during the Gulf War. Bristow was promoted to Lieutenant Colonel, and was assigned to Offutt Air Force Base in Nebraska, then to Tucson, Arizona, North Carolina and then Anchorage, Alaska.

Bristow maintained his home in



Photo by Pete Hansen

Dean Bristow sharing his image blanket featuring treasured memories with people he served with and his wife.

Payson, and said that he and his wife would often fly together to the different Army bases, which he said was something the two of them enjoyed doing. During that time, he even managed to get his MBA from Duke University.

He retired from the military in 2000, and from the medical profession in 2014.

Bristow got choked up when talking about his wife Sandy, who passed away in 2008 after 45 years of marriage.

He now resides at the Central Utah Veterans Home in Payson, and says he really enjoys it there.

"I try to meet everyone who lives here," he said. "This is an excellent place. By far the best."

Can You Navigate Hidden Paths?

By Daniel Poletti

Imagine you're on a treasure hunt where you're given a clue that contains some type of puzzle. Once it's solved, you'll be led to a random destination; search around a bit and you find your next clue. Now, imagine that you could race against friends as you all tried to complete the 30 to 90-minute course first!

Okay, stop imagining - this exists! There are over 40 of these types of hunts already built in and around your town. The best part - you can access them any day, any time at HiddenHunts.com.

Hidden Treasure Hunts was developed by a Utah local, Daniel Poletti, as a way to encourage exploration of communities, participation in mentally stimulating activities, and healthy social interaction.

But why treasure hunts? Growing up, Daniel was fascinated with many things, but competition and puzzles were staples. To stay competitive, Daniel played in almost every school sport at one point or another while simultaneously earning his Eagle Scout at the youngest age seen in his troop. In between school and sports, he'd find crosswords, sudokus, and riddles to keep him sharp, and he later graduated with a master's

degree in Tax Accounting from BYU - after all, what's more puzzling than taxes!?

So how does he combine his love for puzzles with competition? You guessed it - treasure hunts! If you've never done one before, you've got to try them. There's something special about the elation you feel when you're able to understand some puzzling clue and complete a hidden course that perhaps others could not.

HiddenHunts.com is Daniel's way of making these types of creative hunts readily available and affordable for your next date night, family outing, team building exercise, etc.! Next time you're stressing out about planning an activity, instead, try out some hunts which can comfortably handle anywhere from 2 to 54 people at the same time.

Treasure hunts are purchased directly from the site ranging from \$10 to \$20 per hunt, NOT per person. Hunts should be done in teams of 2-3 people which means the average cost is from \$5 to \$10 per person - way more affordable than most activities these days... Once the hunt is purchased, it automatically becomes available under the "Purchases" icon on the website. You can click on the purchased hunt to start it



Daniel Poletti (maroon) and his family.

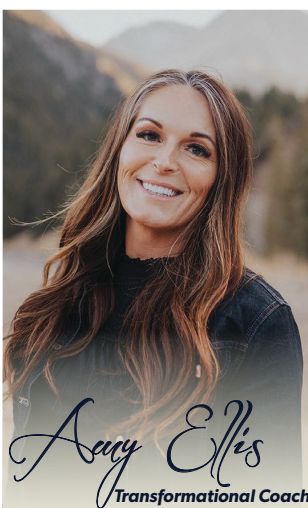
whenever you'd like. Purchased hunts never expire until they are completed; buy it the day of your adventure or a month in advance, it doesn't matter!

Some people wonder, "If this is a treasure hunt, what is the treasure?" While the experiences you'll have on these fun, pre-planned adventures are priceless, you do also win a prize through HiddenHunts.com: a coupon to one of the local businesses listed on the site!

Before you purchase a hunt, try out some sample clues at HiddenHunts.com/welcome. Get a feel for the difficulty and

types of clues you'll experience in Easy, Medium, and Hard hunts. These are not your run-of-the-mill experiences where you're just told, "Go to the library to get your next clue," but the puzzles, riddles, word games, codes, in every hunt are unique and completely original.

Still have questions? Reach out to HiddenTreasureHunts@gmail.com to learn how to host an event with the hunts, how to advertise a coupon for your business on HiddenHunts.com, or if you have any new hunt location suggestions!



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NOVEMBER 2022 | 7

Outdoor Adventure: Ice, Mixed & Dry/Tool Climbing

Human powered action sports or human powered alternative sports, are usually characterized by high speeds and high risk. These sports can include; mountain biking, BMX, skiing, skateboarding, snowboarding, surfing, base-jumping and kite-boarding. Climbing, which can be added to this category, usually moves at slower speeds but holds just as intense risks and rewards.

Climbing in general can be divided into several broad categories including; aid climbing, bouldering, sport climbing, trad climbing, ice climbing, mixed climbing, alpine climbing and mountaineering. Out of all of these different disciplines of climbing, ice climbing and its accompanying sub-genres of mixed climbing and dry-tooling are perhaps the most esoteric.

Ice climbing (ascending frozen waterfalls or frozen seeps flowing out the side of a cliff) mixed climbing (ascending frozen waterfalls or frozen seeps interspersed with sections of bare rock with no ice) and dry-tooling (ascending the sides of a cliff or cave with no ice but dry rock only) are done with 2 short-handled ice axes, ice climbing specific boots, crampons and sometimes rock climbing shoes.

The Grand Universal Theory of Climbing states that in order to get to the top of the mountain or cliff we may need to employ all of the techniques these disciplines entail. Climbing mountains may be the end-all be-all for many vertical outdoor enthusiasts, however, there is an entirely different subset of climbers who train each of these disciplines separately and have little to no desire to summit large mountains.

With this in mind, indoor rock climbing gyms have become wildly popular as a training ground for rock climbers to perfect their technique indoors and then take their honed physical skills to the next level by learning to climb

outside. The indoor environment is controlled and sets a good safety foundation for new climbers as well as allowing for rapid development of strength and climbing technique. However, because the outdoor environment demands a deeper level of attention to safety and training, it is critical that climbers transitioning

develop climbers that are competent and confident in climbing ice, mixed and dry-tool routes. Utah's first and currently only drytooling facility, The Scratch Pad, is also dedicated to teaching outdoor dry-tooling year round as well as outdoor ice and mixed climbing during the winter months, usually

allows new and experienced ice climbers, mixed climbers and dry-toolers to practice in a safe, controlled environment and then go outside and apply their new technical and safety skills.

Utah is unique in that there is year round climbing in every part of the state and the average climber can spend a lifetime exploring the vertical environments, applying the skills of sport climbing, traditional climbing, ice climbing, mixed climbing, dry-tooling, mountaineering and alpine climbing.

November to March. The facility has a series of classes, free clinics, trips and meet-ups that run year round.

The Scratch Pad is similar to other indoor gyms in that they allow the use

Our state has long been a hot-bed of climbing talent and will continue to produce world-class climbing athletes. Many of these athletes have honed their skills in Utah's gyms, local crags and mountain ranges and then traveled the world exploring already established routes, smashing existing speed records on cliffs and mountains or done first-ascents of new climbing routes that they discovered.

The inherently healthy lifestyle that climbing demands is great at producing self-reliant, happy and strong humans. Utah's active outdoor scene has plenty of beautiful locations to travel to and many local crags and mountains to hike to quickly after work. MountainProject.com is a great reference for discovering rock, ice, mixed and dry-tooling routes here in Utah and throughout the United States.

To get started this season with ice climbing, mixed climbing or dry-tooling check out the classes, clinics and meetups at climbthescratchpad.com They have a spot waiting for you as you begin this wild and wonderful journey of fun, fitness and adventure.

Publishers Note: Owing to the great diversity of outdoor activities and locations, our new Outdoor Adventure page will begin appearing as a monthly feature.



Above: Climbers honing their indoor dry-tooling skills at The Scratch Pad, in Orem.



Right: Dustin Lyons ascending "Get Whacked" in Maple Canyon, Sanpete County. Great ice and mixed climbing usually between January and March.

from indoors to outdoors seek qualified instruction.

In order for this to happen there needs to be a way to teach and

of rock climbing shoes, harnesses and belay devices; but they also allow the climbers to use ice tools on the holds. This unique set up

Your Guide to Holiday Giving: How to Host a Successful Holiday Food and Donation Drive

By Tom Hogan

The holidays are a wonderful time to make joyful memories with friends and family. Unfortunately, some families go through rough patches where their holidays aren't so cheery. About 54 million Americans face food insecurity during the holidays. In Utah County, 14% of people live in poverty and may be worried about how to put food on the table this holiday season.

Hosting a food or donation drive can be an excellent way to help people in need and spread the holiday cheer. Community Action Services and Food Bank (CASFB) provides easy opportunities for anyone to host a food drive and deliver food to people all over Utah.

Here are the steps you can take to host a holiday food drive.

1. Plan the Food Drive

Whether you are part of a business, school, club, youth group, or any other organization, you can host a food or donation drive. The first step is to plan the dates, and give people about two weeks' notice. Plan to deliver food donations to the food bank at least one week before the holidays. Monetary donations can be sent directly through the donation

page on the CASFB website. Next, identify who is invited to participate in the drive, and assign a committee to help plan and promote the drive. With the committee, identify goals as to how much food or money you hope to raise.

2. Schedule with CASFB

Scheduling a food drive with CASFB is easy. Simply fill out this online form, including contact information, dates, and collection goals. You will also request the number of barrels CASFB should provide and the support you will need to have those barrels picked up.

Donation drives do not need to be coordinated with CASFB, however, a heads up is always appreciated.

3. Get the Word Out

Promote, promote, promote. Most people are willing to give; they just need enough reminders to do it! Spread awareness of the food or donation drive in a variety of ways: Send out emails, place posters throughout the building, share on social media, and more. Be clear on the dates and what participants need to do to donate.



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Springville High School Girls Cross Country Team Takes State Fifth Year Running

By Ari Brown

With 250 meters to go in the 5A state cross country race at the Regional Athletic Complex, Springville High School coach, Sam Smith called out to her number five runner, Adri Bird to kick it in gear. Smith wasn't sure how close the race was, but she knew that every place counted, and if Bird could just pass a few more runners, they might just have a chance at taking state.

Bird, who is one of three seniors on the varsity team, dug deep, passing three girls in those final meters, earning the points her team needed to clinch its fifth straight state title.

The team won the title by five points, which, by cross country standards, the win was really as close as it gets.

The sport of cross country is scored by awarding the first place winner one point, the second place with two points, and so on and so forth. Each varsity team has seven runners, with the first five finishers in each team having their individual places scored. In the end, the team with the lowest score wins, and this year Springville won over Timpanogos, 78 to 83.

According to Coach Smith, this year has been a bit of a struggle for their varsity team, particularly the number five spot.

"They know how to keep it exciting, that's for sure," Smith said of the state meet. "Adri has been injured all year with bursitis in her hip flexor. Her first real race was two weeks before state. She had a really good race there, but we really didn't know what we had going into state. This meet showed that every single person matters."

Senior, Lydia Templeman was the second runner for the team, and placed 12th at the meet with a time of 18:55.5. She said that she, too, was encouraged by the cheers of spectators – particularly her dad.

"I went into the race feeling pretty confident in myself and our team," she said. "Throughout most of the race, I was running alongside one of the Timpanogos girls, with the two of us pushing each other throughout the whole race. I started to lose my confidence. ... It wasn't until about 150-200 meters away from the finish that I heard my dad cheering for me. He screamed, 'Lydia! This is your moment! Go get those three Timpanogos girls!' That's when I flipped the switch. I thought to myself that the least I can do is my part for the team. Already feeling I was sprinting as fast as I could, I managed to go even faster and pass four girls before I finished – two of them being Timpanogos girls, which helped in a big way to secure our team's win by five points."

Although this was my fourth year winning a state title, this was definitely my favorite year, she said. Barely pulling it out in the end made the win even sweeter. I've loved running with Springville High School and all the girls on the team. To me it is very special to have gone through it all with my cousin, Sara Galbraith, who is the other senior with four state titles."

Sarah Galbraith, who is also a senior, finished third for her team and 15th overall with a time of 18:58.30. She, too, acknowledged a rough start to the season, but said



that pushing through with heart as an individual with a team goal, is what brought her through.

"The race went very well, and I was super proud of myself!" She said. "I was in the zone and felt a lot more positive throughout the race, which made it easier for me to tell myself to catch a few girls in front of me and put a few surges throughout the race. Our team had a rough start to the season, but we

kept working hard and pushing each other and it paid off. It means so much to have been a part of this winning team for all four years, and it is such a great accomplishment."

While the state championship may be in the rear view mirror, that doesn't mean that the cross country season is over. Next up is Nike Cross Country Southwest Regionals in Mesa, Arizona on November 19.

"Run when you can, walk if you have to, crawl if you must, just never give up."

— Dean Karnazes

'The Redeem Team' a good hoops watch

By Josh Martinez

Basketball has long been one of the few Olympic sports where Americans expect greatness, so what happens when USA Basketball is anything less than the best?

That is, in part, the crux of the Netflix documentary *The Redeem Team*, an exploration of the 2008 U.S. men's basketball team that won the Gold Medal at the Beijing Olympics. The title of this documentary is a play on the 1992 U.S. Olympic basketball team's nickname "The Dream Team," which featured the NBA's best at the time, and perhaps of all time.

Before we drive into this documentary, I should note this film is rated TV-MA. This rating is primarily for language, as there are plenty of expletives, including the F-word, though they are infrequent. Other than language, the content is fairly tame.

As far as subject matter, this is geared largely toward basketball fans. There are parts that touch on historical events and how they relate to the Olympics, but basketball fans will enjoy this documentary the most.

The 2008 U.S. Olympic basketball team was in a unique predicament because it was coming off of a bronze medal finish in the 2004 Olympics in Athens, Greece.

What made this situation unique is the 2004 team was the first not to win gold since Olympic rules changed to allow NBA players to

compete starting in 1989. Not only that, but the 2004 team ended USA Basketball's 24-game win streak dating back to 1992.

The *Redeem Team* chronicles the journey of USA Basketball under first-time director Jerry Colangelo and head coach Mike Krzyzewski as they help return the team to prominence.

There's a lot here for basketball fans to love.

First, it tells the story of how the game has shifted from a largely American sport to a more worldwide endeavor. While USA Basketball still reigns supreme to this day, other countries such as Spain, France, and Croatia have started to gain traction, and you see the roots of that within this film.

Second, basketball fans will enjoy seeing the return of the late Kobe Bryant as he served as captain of the U.S. team. Bryant, his daughter Gianna (13) and seven others died in a helicopter crash in 2020.

A key point to remember here is USA Basketball, the NBA, the Olympic Channel and LeBron James's athletic brand Uninterrupted, all contributed to the final product. Mike Tollin and Jon Weinbach who are producers of *The Last Dance*, a documentary about Michael Jordan's final season with the Chicago Bulls, produced this film.

There is some fantastic archival footage that the International

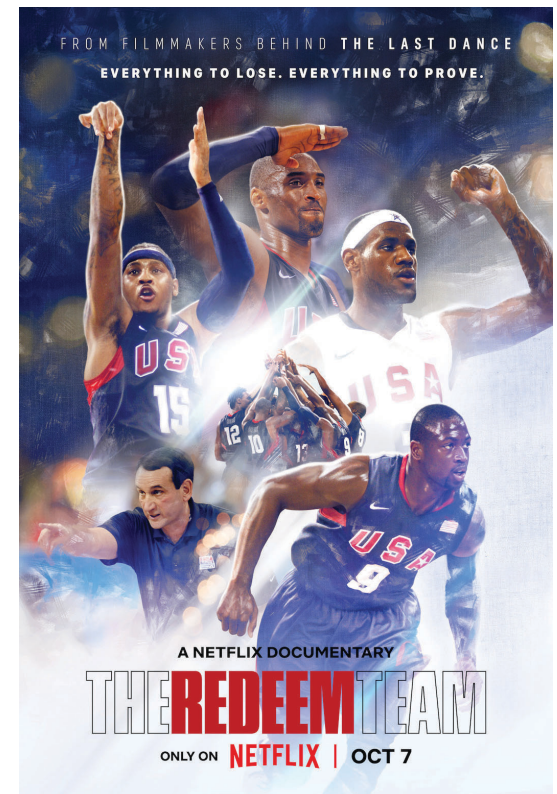
Olympic Committee hasn't released previously, according to Netflix. Viewers get an excellent portrait of this team, its preparations and its performance in Beijing.

That said, if you come looking for salacious stories, then you will be disappointed. This documentary props up the 2008 Olympic basketball team and lionized the players, Bryant in particular.

That's not necessarily a bad thing as the subject matter is interesting, but the production does feel a bit one-sided, which is to be expected given who invested in the film.

As mentioned earlier, this is a documentary for basketball fans and this covers a unique time in the sport and the NBA. LeBron James, Dwyane Wade, and Chris Bosh are two years from forming a superteam on the Miami Heat, and you get to see the seeds of that appearing here. You also get a fun peek at the league during the time Bryant wasn't quite as revered as he is today, as well as the rise of LeBron James in his prominence.

All in all, this was an enjoyable documentary. The back half was a bit slow, and felt like a play-by-



play recap at times, though there is certainly an audience for that.

The overall message is good as you watch a team battle back from adversity to regain the top of the mountain. There's also a strong message of patriotism with Krzyzewski who is a former Army captain who instilled in this team what it means to represent the U.S. at the Olympics.

This is a great watch for basketball fans, Olympic fans and those who just need a good sports documentary.



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Payson Senior Citizens selling art pieces at annual art show

For the past several months, local artists from the Payson Senior Citizen Center have been working hard on their pieces to be sold at its annual art show that will be held at the Peteetneet Academy in the Historical Society Room D until the end of the year.

Each painting is \$99, and have neem hand painted by the following artists:

Barbara Ward
Betty Benson
Carol Hamlet
Kathryn Carbine
Krystal Meldrum
Mary Wolfley
Sylvia Hansen

In addition to the art show, the Payson Senior Citizen Center would also like to invite other seniors to paint with them on Tuesdays and Thursdays at the center from 8-4 pm.

There, they enjoy visiting and painting each week while putting their home responsibilities aside for a day or two. Everyone brings their own paints and works on paintings that they are wanting to paint such as animals, landscapes, portraits, and abstracts. Most people paint in oil, but some paint in watercolor and acrylic.

There are two teachers that assist artists with critiques, questions, and expertise in all mediums. Krystal Meldrum teaches on Tuesdays and specializes in acrylic and oil. Kathryn Carbine teaches on Thursdays and specializes in gorgeous watercolor

The show runs Oct. 15 - Dec. 31, 2022 at Peteetneet Academy in the Historical Society Room D. The address for Peteetneet is 10 North 600 E. in Payson. Peteetneet is open Monday through Friday 10-4 pm. The artist's reception will be at Peteetneet Academy Monday, December 5, 2022 from 6-8 pm. The show will also run during the Peteetneet Christmas Boutique Dec. 2 and 3.

All paintings are \$99 and one can pay cash or check at Peteetneet Academy. Those with questions are asked to contact Krystal Meldrum with questions at (801) 616-1951 or krystalmeldrum@gmail.com.

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John Bird



Featured Professional Utah Health Insurance Advisors

Hi I'm John Bird with Utah Health Insurance Advisors in Spanish Fork. I'm a father of 4 children, two boys & two girls from 20 down to 8 years old. I love spending time with my wife and kids, doing anything outdoors especially motorcycle riding, car rides, skiing and baseball. I love what I do for a living as we get to help families and individuals daily with researching and recommending quality Health Insurance options that can really help you when the need arises.

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Get Your Home Winter Ready So You Can Sit Back, Snuggle Up and Enjoy the Season

By Lorene Moore

When the leaves start falling the temperatures do too. Before winter hits, make sure your HVAC system is ready so you can avoid breakdowns and costly repairs.

Change your filters: The most important thing to do is actually the easiest. Your HVAC system does not work without air flow. Dirty filters stop the air from flowing. An easy comparison is the lint filter in your dryer. If you've ever done laundry and tried to dry clothes with a plugged filter, you understand the problem. The more plugged it gets, the less air gets through, the longer it takes for your clothes to dry. It works the same for your furnace. The more plugged your filter gets, the harder your furnace has to work to keep up. That is the number one cause of system breakdowns.

Make sure your programmable thermostat is set properly: Don't wait till it's cold outside to find out your furnace won't come on. When the seasons change, it's a good time to check your thermostat. Test it by switching it from cooling mode to heating mode. Then set the thermostat for a few degrees above

the temperature in the room. If the furnace doesn't come on, it's time to get your furnace looked at by a professional.

Run a sound check: You can do this at the same time as testing your thermostat. Either turn it on yourself or when it turns on automatically, listen to how it sounds. If you hear anything unusual, knocking, banging or rattling, call a professional.

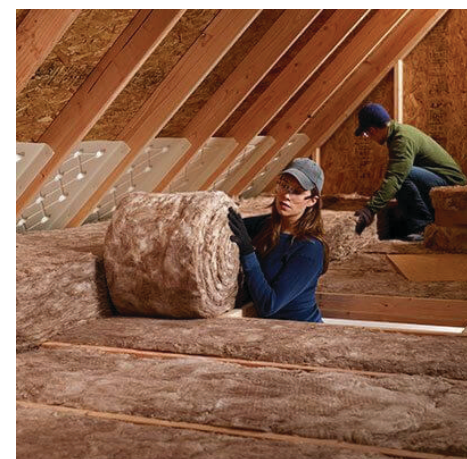
Test your carbon monoxide detectors: Carbon monoxide is a silent, lethal killer. Your carbon monoxide detectors are a life saving defense for your family. Make sure you change the batteries at the start of every season. Make changing the batteries in your carbon monoxide detector a regular part of your daylight savings routine. Spring forward, change the batteries. Fall back, change the batteries. Make sure your detectors are placed properly as well. Carbon monoxide detectors are only good for ten years, so while you are checking the batteries, check the date code. If it's ten years old then it's time to change more than the batteries.

Check for excess moisture: Moisture on windows, rust around the base of the furnace and dirt accumulations around the vent pipe can be an indicator that your furnace is not working properly.

Check your humidifier: Whole home humidifiers are a great way to keep your family comfortable during the dry winter months. A quick inspection will help make sure it is working right for you. The water reservoir should be removed and cleaned to remove mineral deposits that can build up. Let a cup vinegar soak in the reservoir for 20 minutes, then rinse with water. Don't forget to refill the reservoir.

Add insulation to your attic and/or crawl space: Exactly how much insulation you need varies based on location, energy efficiency of your home and hvac equipment, and the weather. Adding insulation, specially around the living areas, will help keep the heat in your home, where you want it.

According to the Consumer Product Safety Commission fireplaces, chimneys, and heating equipment are some of the most



common causes of home fires when they are not operating properly. So make sure they are safe for your family by having them checked and serviced regularly.

Have your chimneys checked: Creosote and other flammable materials can build up in the chimneys of your furnace and fireplace. Whether you are burning wood, coal or gas, it's a good idea to have your chimneys checked for signs of build up, corrosion or animal activity.

South Utah Valley Animal Shelter Pets of the Month

Cornelius (78611) is a black and white male kitten. He is a foster to adopt as we will get him neutered at the first opportunity. (His adoption price will be \$30) He is an inquisitive and playful kitten! He loves being petted and wants that lovey time with someone!

Pistol (78376) is a 3-4 month old male Border Collie Mix. He is a little timid, but seeks out the love and attention of the person he is with. His adoption price (\$130) will come with a first set of vaccinations, rabies voucher, license and a voucher towards a neuter. Microchipping is available. A shelter pet can become

your best friend, confidant, and the love of your life. The South Utah Valley Animal Shelter has many pets up for adoption right now.

The nation is facing a tsunami of pets in shelters, rescues and foster care. SUVAS is no different with a daily count of over 100 dogs and 300 cats in care.

You can find SUVAS hours and pets available for adoption at suvas.org



Pistol



Cornelius

21 Years Later this Game continues to Honor First Responders, Vets & Others

Two days after the attack on the World Trade Center, September 11, 2001, Mike Agrelius – a fairly successful local game creator, and former director of Game Inventors of America, paid respect to first responders and those in the military in about the only way he knew how – he created MADE IN THE USA, the Game.

“It was a time of real American patriotism for about two weeks after the attack,” Agrelius said. “There were no Republicans and Democrats; we were all Americans and we were united together. Unfortunately, that is the last time I saw the country united like that. I think we need some unifying again.”

“I had created the basics of the game before 9-11, but I needed new artwork that had a more serious tone so we could pay tribute to what had just happened.” Agrelius met artist Cary Henrie at an event at the

BYU bookstore where Henrie was exhibiting some of his artwork. “I was surprised at how quickly Cary was able to get me what I needed,” said Agrelius. The game was in the stores in a matter of a couple of months.

Agrelius was particularly pleased with some of the subtle details in the artwork – each of the four “Jacks” for example represents a different branch of the military – Army, Navy, Air Force and Marines. The “Kings” feature Abraham Lincoln, two of the suits have stovepipe hats, one has a fire department helmet and one with a hard hat for construction workers and police. The “Queens” are all slightly different versions of the Statue of Liberty for each of the suits, Stars, Shields, Eagles and Liberty Bells. “But my favorite,” says Agrelius, “are two of the ‘Aces.’” One has an illustration of

the Marines raising the flag at Iwo Jima, and the other is the three firemen raising the flag at ground zero.

MADE IN THE USA consists of two decks of cards. One deck is a fairly standard deck, just with different suits as outlined above. With that deck players can play any card game with a patriotic twist – instead of “Hearts” they play “Eagles,” “All-American Gin” and even “Patriotic Poker.” Add the second deck of cards that have “Event” and “Changes in the Wind” cards and players can play MADE IN THE USA, that unites America by connecting all the cards and suits together, is laid out like dominoes and honors first responders, vets, those in the military and those love this country.

Agrelius sold more than 8,000 copies of MADE IN THE USA, at various stores via the Incredible Game Company, however now the best place to get it is online at www.7xUSA.com then type in “Agrelius” and click on the “shop” button. He has a special offer on all his products only on this website where he has discounted his games and books from now through the end of November.



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Community Calendar

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Visit your local store to be one of the more than two million kids and families to take a photo with Santa. Photo sessions will start on Sunday, November 6. Reservations are recommended. To learn more and make a reservation, visit www.cabelas.com/santa.

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Friday, November 11

Wasatch Contemporary Dance Company in Concert • 7:30-9 p.m.

On Repeat, an evening of dance produced by Wasatch Contemporary Dance Company (WCDC), will be presented November 11 & 12 at the Orem Library Hall. Family audience and a minimum age of 8 is suggested.

OREM LIBRARY HALL: 58 N STATE STREET, OREM

\$16.00 - \$21.00

Saturday, November 12

Wasatch Contemporary Dance Company in Concert • 7:30-9 p.m.

On Repeat, an evening of dance produced by Wasatch Contemporary Dance Company (WCDC), will be presented November 11 & 12 at the Orem Library Hall. Family audience and a minimum age of 8 is suggested.

OREM LIBRARY HALL: 58 N STATE STREET, OREM

\$16.00 - \$21.00

Saturday, November 19

Uah Masters Fine Art Studio Tours • 1-8 p.m.

Utah Masters Fine Art announces the third annual tour of fine artists' studios in Utah County. The tour is Saturday, November 19, from 1:00-

8:00 PM. Everyone can visit the studios of master painters and sculptors currently working in Utah County. More information at www.utahmastersfineart.com

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Author Meet-and-Greet: The Sacred Web Tarot

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Nebo SD gives #Award to SFHS educator

By Lana Hiskey

Hashtag Award! No, not #award, but an actual “Hashtag Award” was given to Spanish Fork High School’s PR Ambassador Seth Spainwater.

This award is given to the school that communicates to their parents and students, in a variety of ways, to let people be aware of the events and important news items happening at school.

Spanish Fork High has posted over 55 stories on their website so far this year with many more on social media. Also, the school also has approximately 259% of their student enrollment connected on social media to get the latest news from the school.

“Seth is amazing at taking on any assignment given to him,” Spanish Fork High Administration said. “When given the School PR Ambassador role, he jumped in and embraced the challenge despite the fact he does not do social media on a personal level. From the beginning, Seth’s focus has been on celebrating our students’ accomplishments at Spanish Fork High School. He seeks out

individuals and groups that are often overlooked and under-represented. Seth is a tremendous asset to our administrative team and to our school community.”

When asked about the award, Spainwater said that the award meant a lot to him.

“This recognition brings a lot of joy to me,” he said. “Not just because we were able to take a picture holding the infamous Traveling #Hashtag Trophy, but because it means that wonderful things are happening at Spanish Fork High School. It’s a privilege to highlight our amazing students, faculty, and all of the exciting events taking place at our school. Spanish Fork High is such a great place to be! It’s filled with the best kids, and surrounded by the best community. People inside the school



and in the community are passionate about learning and providing worthwhile experiences for our students. It’s a privilege to share these celebrations and help highlight the good news about what’s going on! I truly believe that our website and social media pages prove that ‘everyday is a great day to be a Don!’”

Lana Hiskey, the Nebo Communications Administrator, presented the award to School PR Ambassador Seth Spainhower and the SFHS Administration team. Congratulations on a job well done!

Go check out all the wonderful things that are happening at Spanish Fork High School on Facebook.

Special Education teacher receives award for excellence



By Lana Hiskey

Nate Melton, a special education teacher at Maple Grove and Spanish Fork High, was recognized at the Council for Children with Behavioral Disorders (CCBD) Conference in Salt Lake City. Melton was recognized with the Ken Reavis Special Educator of the Year award.

Melton has been teaching in the Nebo School District for 10 years. Until this year, he worked in the elementary options units providing support to a wide range of students. Now he is working with middle school and high school students.

The CCBD Conference

theme was centered around connections.

“It was no surprise that connections is where Nate excels,” Nebo’s behavior specialist, Neeley Kay, said. “Nate has a great ability to connect with his students, the parents of his students, as well as his colleagues. He works hard to increase his capacity to help others and enhance his lessons for the students.”

This group focuses on addressing the social emotional needs of tough kids and making a difference for those that need extra help.

Congratulations Nate Melton for being a Nebo Hero and being recognized with this well-deserved award.

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Local Family Seeks Help For A Medical Service Dog for Young Daughter

By Ariel Higgs - Public Submission

I have lived in Spanish Fork since 2003. I married my husband Preston in 2012 and welcomed our oldest daughter Hannah to our family in 2013. We love the community here and the unique mix of the small town feel with everything you need nearby.

2020 was particularly eventful for our family. We adopted Noah and Gabe, whom we'd been fostering and learned around the same time that I would be expecting our second bio child. Going from a family of 3 to a family of 6 in less than a year was daunting but I trusted that this was God's plan for our family and we welcomed a baby girl, Vivian, to our family in July.

As she grew I noticed little things. Vivian seemed to startle more easily than any other baby I'd ever seen. When she was eight months old, I noticed twitches that looked like the startle reflex beginning to clump together. I researched and stumbled onto a medical website that mentioned seizures that looked like the startle reflex. I immediately contacted Vivian's pediatrician. He listened to my concerns and advised me to document as

much as I could and assured me he would work on getting her in to see a specialist.

While waiting to see a neurologist, Vivian's condition worsened and in June of 2021, she had a seizure that lasted 10 minutes. I called her doctor and told him that I was taking her to the hospital and asked if he had a recommendation on where to take her. He suggested Primary Children's Hospital. She was admitted and I was given an official diagnosis after testing and imaging. Vivian has West Syndrome, a rare form of epilepsy, as well as NF1, a genetic condition that causes tumors to grow along nerves.

I was both relieved and devastated by the news. Yes, my mommy instincts were right however, my baby had been having seizures and suffering for MONTHS while I second guessed my intuition and waited. I realized that my little girl would likely never have the average life I had always imagined for

her. West Syndrome and NF1 are known to cause developmental delays. West Syndrome is also likely to develop into other forms of epilepsy over time. I knew that Vivian's best chance at having as much independence as possible was early intervention and using every resource I could. I got in touch with some wonderful local programs including Kids Who Count who provide occupational therapy,

speech therapy, and other services to help her reach her full potential.

As I have walked down this difficult path with Vivian, my number one priority, aside from her health, has been her future independence. Even with medication helping to control them, Vivian still experiences multiple epileptic episodes a month. They are impossible to predict and very stressful for everyone in our household. I was looking for a solution that would give Vivian as much independence as possible as she grows with her disabilities, and something that would ease some of the burden they put on our entire family. I found a non-profit that trains service dogs to alert to seizures, provide comfort and safety to their handler during an emergency, and assist with mobility. I consulted with her medical team who agreed that Vivian would benefit greatly from having a service dog to assist her.

I am working with 4 Paws For Ability to acquire a professionally trained service dog that will be Vivian's constant companion to help her become as independent as possible with her disabilities. We have agreed to fundraise \$20,000 to do so. It costs between \$40,000 - \$60,000 to raise, house, train, certify, and place a service dog. If you are looking for a cause to donate to, I humbly ask that you consider donating towards Vivian's service fee.

You can mail your donations directly

4 Paws for Ability
In Honor of Vivian Higgs
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You can also donate online at 4pawsforability.org/dreams/vivian-higgs/ remember to put Vivian Higgs in the memo line so that it goes to her service fee.



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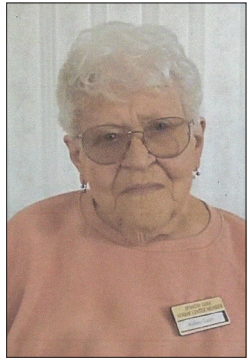
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Tributes

AUDREY DAVIES GAVIN



Asay in 1953 and had 2 sons; Rodney and Greg. She married David L Carter in 1959 and had 3 children; Connie, Corey, and Lucinda. She married Terry C Gavin in June of 1976 and had 2 more sons; Warren and Clint.

The world lost a true angel, Audrey Davies Gavin, who was born May 4, 1938, to Frank and Winona Fietkau Davies, in Duchesne, Utah. She lived in Duchesne until she was 8 and then moved with her family to Mapleton, Utah. She married Jack

In Audrey's younger years she was teased about running out of gas anywhere and everywhere she went but was never left in the lurch thanks to her father and brothers. Her claim to fame was "I put \$5 in last week". She always welcomed people into

her home and made them feel like family. She was called "Mom" by her children's friends and they looked forward to eating her tacos, and beef stroganoff. Audrey sewed many costumes for the pep club and a suit coat and pants for her husband Terry and was a wonderful seamstress. Her children's friends, nieces, and nephews loved coming to spend time with her and also loved her cooking. She had a bubbly personality and connected and maintained

relationships with many she came in contact with.

Audrey was a wonderful cook and will be remembered for carrying on family traditions of making her mother's boston creams and cookies at Christmas and sharing them with her friends and family. Audrey was talented in knitting and especially crocheting and loved giving her handmade gifts to others. She loved the outdoors and fishing. Her excitement when catching a fish was evident as her pole widely whipped around in every direction stopping only after hitting everyone

in arms way.

Audrey struggled with diabetes and was diagnosed with kidney failure in 2014 and started dialysis 3 times a week. She encountered many rough times with her health but was blessed to have medical professionals, neighbors, friends, family, and especially her daughters Connie, Lucinda, and husband Terry by her side who tenderly took care of her daily needs.

She is survived by her husband, Terry C Gavin, and her 7 children: Rodney (Lani) Asay, Greg (Chris) Asay, Connie Carter, Corey (Karen) Carter, Lucinda Carter,

Warren (Misty) Gavin, Clint (Trish) Gavin, and her grandchildren: Adam, Cliff, Allyson, Weston, Braydon, Chelsey, Cody, Camille, Cortney, Shalyn, Colby, Natalie, Tyler, Keylee, Travis, Ciera, Dylan, Ava, and 29 great-grandchildren and her sister Mildred Haymond.

She was preceded in death by her parents, Frank and Winona Davies; her brothers: Eugene, Verl, Lyle, Kirk, and Russell. She also sadly lost her grandson Dylan Gavin, and great-granddaughter, Madilynn Rose Cooley.

To know Audrey was to love Audrey! She touched many lives

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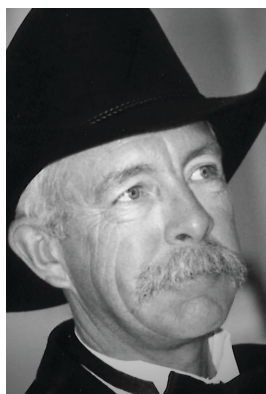
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and she will be greatly missed.

A celebration of life will be Friday, October 21 at 1 pm at Legacy Funeral and Cremations in Spanish Fork. The family wishes to thank the kind and expert medical care she received at Mountain View Hospital and the dialysis team.

COREY L. MARROTT



Corey L. Marrott, age 65, of Lake Shore, passed away October 10th, 2022, at Mountain View Hospital, from complications of a heart attack, with loved ones by his side.

Corey was born October 3rd, 1957, in Provo, UT to Joseph Ascil Marrott and Nancy Christensen Marrott. He married Annette Pierce June 14th, 1974. They were later divorced but remained dear friends. He then married Terry L. Sutton on December 11th, 2004. Corey graduated from Orem High School in 1975. Then later in life he completed the apprenticeship

program to become a substation foreman for Rocky Mountain Power, where he was employed for 39 years.

Corey enjoyed everything including boating, fishing, hunting, golfing, trap shooting, and bowling. He was also a gifted guitar player and had an amazing singing voice. He loved reading, learning new things and was a great teacher to many. He loved horses and horses loved him. Corey was a great man, brother, husband, friend and neighbor. Though his greatest accomplishment in life was that of being a dad, grandpa, and great grandpa.

Corey is survived by Terry Sutton Marrott (Gary Young); Children, Bud (Adarienn) Marrott, Cody (Jessica) Marrott, Angel Marrott Jacklin, and Chevi (Laura) Sutton; Brothers, Joseph (Deborah) Marrott, Tracy Marrott (Jen); Sister, Natalie Marrott Grant; and 16 grandchildren, 6 great-grandchildren with 1 on the way. And many others that called him Grandpa or Uncle Corey.

He was preceded in death by his parents Joe and Nancy Marrott, Annette Pierce, his niece Paige Amelia Grant and his great grandson Remington Jax Marrott.

A funeral was on Wednesday October 19th, 2022, at the Lake Shore LDS Ward Chapel. Interment was at Genola Cemetery.

STEPHEN MINER



Stephen Boyd Miner of Orangeville, Utah returned home to the loving arms of our Heavenly Father on October 6th, 2022. Steve is a beloved husband, father, son, grandfather, brother, and friend, and we are all better because of him. He married Laurel Marie Miner (Schauerhamer) on July 21, 1973, and they were sealed for time and all eternity on July 21, 1979, in the Salt Lake City Temple. They are multi-stake dance sweethearts and each other's "spice of life!" Steve and Laurel have seven children and twenty-three grandchildren. Each of Steve's children and grandchildren love him immensely and have a special relationship with him.

Steve was born in Antigo, Wisconsin on July 21, 1954, to Boyd and Maxine Miner. He

was the second oldest of eight children; he was the only son. As a boy he loved scouting and was proud to be an Eagle Scout. He also loved riding his horse named Prince. Steve grew up in Provo, Utah and graduated from Provo High School. Steve joined the Army at Ft. Carson, Colorado from 1975-1979 serving in the "Steadfast and Loyal" 4th Infantry Division. In 1980, the family moved to Emery County where he became a coal miner to support his growing family. Steve worked the longwall and was a sheer operator working in Des-Bee-Dove, Wilberg, Cottonwood, Trail Mountain and Deer Creek mines and was known by his co-workers as "Miney". Steve retired from the mine in 2003. While working, he also earned an associate's degree in business.

Steve had the most incredible and admirable work ethic. He was a jack of all trades, inventive, ingenious, and could fix anything. We all have fond memories of holding the flashlight for dad while he fixed countless vehicles over the years. He would say, "If someone else can build it, I can fix it." One of our favorite "jimmy rigs" of his was hot showers off the back of the boat using a garden hose

and lake water that was heated by the boat engine.

Steve loved his family with every fiber of his being. He worked hard to support them and loved spending time with them. Steve's favorite family activities were riding dirt bikes, boating, skiing, camping, fishing, and hunting. Oh, the stories we have! As their kids grew up, Steve and Laurel had the opportunity to explore new hobbies and activities together. They studied the scriptures together, worked together on emergency preparedness, gardening, and getting wood and gathering coal for the winter. For fun they enjoyed golfing at Mill Site and road trips to visit their children and grandchildren in different states. Steve could do anything he put his mind to. He discovered a love for archery, enjoyed setting up and shooting targets, and loved driving golf balls in the backyard.

Steve had a passion for classic rock. He was always listening to Rock 103 and would call the radio station to request deep tracks. His favorite bands were Pink Floyd, the Eagles, and Great White. Steve and his sons would attend as many rock concerts as they

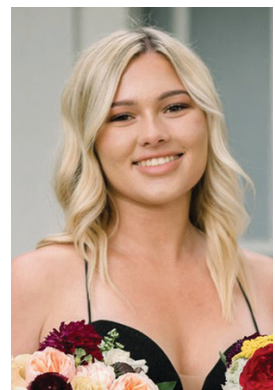
could. Music soothed his soul. He had a great sense of humor. He loved telling and hearing jokes. He was witty and full of puns. He got a kick out of pulling practical jokes on us all. His love for music and witty jokes were such a part of his endearing personality and we will all miss that so much.

Steve and Laurel served eleven wonderful years as temple ordinance workers in the Manti Utah Temple. Dad took pride in everything he would do. He memorized his parts for the live temple ordinances and knew the meaning and importance each part held. Steve has a superb and unwavering testimony of our Savior Jesus Christ. He exemplified the Savior by showing love, patience, selflessness, discipline, and service. There is no way to adequately describe the heartache we feel with him gone. We are so grateful for the gospel of Jesus Christ and the promise of eternal families.

Steve is preceded in death by his father and mother, Boyd and Maxine Miner. He is survived by his wife, Laurel Miner and their seven children: Jeff (Shelley) Miner, Stephanie (Bill) Bundrock, Dustin (Heidi) Miner, Danette Miner, Sharden (Vandi) Miner, Shalantie (JJ) Robertson, Reuben

(Jeanette) Miner; and 23 grandchildren. Steve is also survived by his sisters, Lynette (Mike) Robertson, Vickie (Ken) Khuni, Deniece (Ron) Tracey, JoAnne Colaizzi, Meredith Harris, Sharlene (Bob) Coleman, and Rachel (Jason) Hone.

LILLY WARREN



Lilly Warren, Age 17, passed away surrounded by her family October 26, 2022 as a result of an accident on Canyon Road in Springville, Utah. She was born March 8, 2005, to Sam and Holly (Robertson) Warren in American Fork, Utah.

She is survived by her parents and younger brothers Atticus and Johnny Redd, her grandparents Liza (Chris) Carter, Kent Robertson, Suzanne Robertson, Great Grandmother Juel Belmont, and many aunts, uncles, cousins, and the numberless "adopted" members of Lilly's family circle that she accumulated over her life. Those who knew Lilly best called

her by a long list of nicknames including, Too loud Lilly, Lillyputt, Queen of the Lilliputians, Darling Lilly, Putter, Gigi, Lills, Idia, Willy, and Lilly Bug. Lilly was passionate and daring enough to try anything. From high school wrestling, to running heavy equipment with her dad, to begging to join the boys football team. She flew an airplane, wanted to skydive at 5-years-old, rode roller coasters with her brother Atticus and played any game conceived by Johnny Redd's brilliant mind. Lilly's creations were impressive from putting countless sharpie tattoos on her brothers, to traditional artwork with watercolors, to welding projects that her teachers displayed on the "table of champions" as an example for other students. She loved old music had awesome lashes and fingernails, and wore beautiful cowboy boots, and belt buckles, although she did not own a horse.

She was strong and fierce. Her Bio on Instagram read, "I have a degree in smart-ass, a black belt in sarcasm and just a few credits short of being a b####". She loved any small fuzzy animals and would bring them home with an explanation that she had decided to ask

forgiveness and not permission. She loved Dr. Pepper but only if poured correctly by her dad from a fountain, had an endless list of movie quotes, and could name any song from just the first few notes. She drove more miles in her dads Cobra, and while riding motorcycles with her mother to work at La Casita, than any other girl with no driver's license and only a learner's permit.

One of the ultimate highlights of Lilly's 17 years was seeing her parents married last year after a 19-year courtship that she orchestrated with her two younger brothers. She loved as fiercely as she lived, and she described time with her boyfriend Dylan as some of the happiest moments of her life. She lived two lifetimes in her short years.

We are so grateful to all the witnesses, first responders, bystanders, and Utah Valley Hospital staff who rendered lifesaving care to Lilly and helped her to survive one more day so that we could all be gathered around her and let her know how much she is loved before she passed. A special thank you to Patriarch Neil Strong who assisted by giving Lilly her Patriarchal Blessing at the hospital. We had an amazing day. Lilly will live on through organ

donation and will bless the lives of other families who have waited for their own miracles.

AGUSTIN GARCÍA GOMAR



Agustin Garcia Gomar nació el día Jueves 28 de Mayo de 1936 en Cautla Morelos, Mexico. Murió el jueves 13 de octubre de 2022 en Provo, Utah, EE.UU. Segundo hijo de Modesto Garcia Toledo y Carmen Gomar Gracián.

Su madre murió cuando él tenía 5 años y quedó huérfano de su padre a los 12 años. Debido a esto, él desarrolló un instinto de supervivencia único que lo impulsó hasta los últimos momentos de su vida. Su niñez fue difícil y no tuvo oportunidad de estudiar más que 3 años de primaria. Sin embargo eso no frenó su deseo de progresar y prosperar.

Después de trabajar por 18 años como empleado, a la edad de 30 años junto con su esposa, emprendió un negocio de venta de autopartes al que

llamó: "Refaccionaria Agustin". Esta empresa proveyó para su familia y le dió la oportunidad de ayudar a los demás de innumerables formas. El entregó su vida al trabajo no con el afán de acumular riquezas, sino con el deseo de ayudar a los demás a ser felices. La sencillez personal fue un estandarte de su vida.

Se casó con Maria del Socorro Garcia Molina el 13 de marzo de 1958 y procrearon una familia de seis hijos: Carmen, Guille, David, Agustin, Edgar y Dulce.

En Abril 1 de 1975, "Don Agus", abrió las puertas de su casa y las puertas de su corazón a los misioneros de la Iglesia de Jesucristo de los Santos de los Últimos Días. Este evento marcó un punto definitivo en su vida y la de su familia.

Mucha gente lo amó y sintió apego y aprecio hacia él. Múltiples jóvenes recibieron su apoyo y amor por lo que lo consideraron como un padre. Una característica de su vida fue compartir de su abundancia con los demás.

"Don Agus" tuvo un profundo amor por la vida, siempre viendo un nuevo día como una nueva oportunidad. Enfrentó sus retos con optimismo y con alegría pero siempre dijo: "que se haga lo

que Dios quiera". Con frecuencia al preguntarle cómo estaba, él respondía: "¡De maravilla!"

El fue un hombre ejemplar y su trato a los demás fue parejo y nunca vio a nadie como inferior. Todos "somos hijos de Dios" con frecuencia decía.

Durante los últimos años de su vida, se mudo a Provo para estar cerca a su familia. Esto no fué fácil para él debido a su amor por México y por su "pueblito" Cautla, "la tierra de Dios" como él le llamaba.

Le sobreviven su esposa Maria del Socorro, sus hijos Carmen, Guille, David, Edgar y Dulce, yernos y nueras, Marco Bolan, Monica Guirado, Joanna Wadell, Tania Garcia y Paige Benjamín, así como veintiún nietos y once bisnietos (el último solo nació unas horas antes de su partida) y su cuñada Estela Garcia. Se reúne con su hijo Agustín, sus padres, su hermano Salvador, su cuñado Gonzalo y otros buenos amigos de él.

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The Benefits of Gratitude

By **Kelly Martinez**

It's that time of year again. You know, the time when the leaves are falling, the temperatures are dropping, and "Turkey Day" is looming large. Oh! Let's not forget what Turkey Day represents: Gratitude.

There are lots of social media posts that remind us to foster an attitude of gratitude, and to give thanks for what we have. Those are good pieces of advice, but will seeing them on your phone or computer really move you to be more grateful? Maybe, but probably not.

Humans tend to want the promise of something in return before investing time, effort, or money into changing or improving. Due to that, the chances of someone expressing and embracing gratitude because of a

motivational message on Facebook or Instagram are slim.

So what will move one toward mindful and heartfelt gratitude? Maybe the following benefits of gratitude will do the trick.

Improved mental health. For those who struggle with depression or anxiety, studies suggest that practicing gratitude can rewire how the brain deals with these challenges.

Better physical health. Researchers have also found that practicing gratitude is linked to improved sleep, stronger immunity, better cardiovascular health, and reduced pain.

Stronger social bonds. Everybody likes to feel appreciated. When someone expresses gratitude toward someone else, a social bond is formed between the two and a stronger

relationship results.

Resilience. Gratitude has the power to redirect our thoughts to focus on positive emotions, which leads to higher levels of optimism and hope. This can improve our overall quality of life and help us to bounce back from life's trials and challenges.

By now you're probably thinking that these benefits are good and all, but how can one express gratitude without it being cheesy or hard to do? That's the beauty of gratitude; it can be done on an individual or interpersonal level.

Perhaps you're an introvert and aren't comfortable expressing grateful sentiments to others. In this case, you can start small by listing three things that you're grateful for every day.

If you're comfortable with expressing gratitude to others, you

can strengthen your relationships by telling one person a day how much you appreciate them.

What is it about being grateful that you find most challenging? How have you overcome it?

Like the emotion of love, gratitude requires action. If you wait to feel grateful before expressing it, you won't express it very often. However, if you make an effort to find something to be grateful for, the emotion follows. As counterintuitive as it might seem, the best way to feel grateful is to put forth the effort to find something to be grateful for.

While forging an attitude of gratitude might seem daunting, the above benefits might provide the motivation to do it anyway. With so many benefits, what've you got to lose?

Fast food: big business that's only getting bigger

By **Kelly Martinez**

Would it surprise you to learn that in the United States alone there are 197,653 fast food restaurants that collectively generated \$296.6 billion in revenue in 2021? That revenue jumps to \$797.7 billion on a global level.

In 2019, U.S. fast food revenue reached a then all-time high of \$295.9 billion only to see a dip in 2020 to \$256 billion due to the COVID-19 pandemic. As stated above, the industry bounced back in 2021 to another all-time high and if the upward trend continues, will probably do it again in 2022.

Considering that the industry generated \$209.4 billion in 2011, the gradual climb in revenue is pretty amazing. Looking around Utah County, it seems the trend is going to continue as you don't have to look far to find a "coming-soon" fast food advertisement.

So what is it that's so appealing about fast food? Aside from convenience you might be hard-pressed to come up with a good trait. Sure, fast food can be tasty, but what about nutritional value? Fast food is some of the least-nutritional grub out there, but yet we continue to patronize these establishments.

Okay, let's leave the nutritional aspect of fast food for another article. How about we focus on the consistency and customer service aspects of the industry?

Have you ever gone to a fast food restaurant expecting a tasty favorite only to get your meal and realize the meat was overcooked or that the portion was more of a snack size? Or that a favorite ingredient was left out?

Yeah. That's happened to me a lot, too.

Unless you're eating at the restaurant, correcting the mistake is more of a hassle on a drive-thru

or takeout basis, so many of us just shrug our shoulders and dig in anyway.

If you think about it, why do so many people pay increasing prices for food prepared by people who you can't even see in a kitchen that you have no idea about its cleanliness and sanitation?

Consistency is another issue to consider about the fast food industry. Customers should be able to expect the exact same product from visit to visit, but that's not the case. For example, if you go to a fast food restaurant during a dinner rush, chances are high that the food is going to be prepared in a rushed fashion, increasing the possibility of mistakes. That hearty dish you had at the same restaurant last week might be half the size with less of the tasty stuff this time around.

These inconsistencies are commonplace enough that you

probably know exactly what I'm talking about. But yet, we continue to flood fast food establishments instead of putting forth the effort to make something to eat at home.

My intent is not to shame anybody for eating fast food. I've done it too often in my own life to cast any stones. On occasion, however, I do wonder why, for the aforementioned reasons, we put so much faith in the fast food industry when there is so much wrong with it.

For now, it seems the fast food industry is only going to get bigger. Maybe there will be a day when we collectively come to our senses and rely less on fast food and more on our ability to make something tastier—and better for us—at home.

Until then, please pull forward for your total at the window.

Top Ten Thanksgiving Foods

By Joe Capell

Food is an important part of almost all the holidays we celebrate (except for President's Day, where nothing is as important as a good sale at the furniture store). As we enter the most foodiest holiday of them all, here is a countdown of my top ten Thanksgiving foods:



10. Fruit salad: Fruits are woefully underrepresented on the Thanksgiving Day table, but a good fruit salad will help balance the meal. This is especially the case if the fruit includes Jell-o, whip cream, and/or sour cream to keep it all together, because this is

Thanksgiving, and nothing should be too healthy.

9. Mashed potatoes: It may be sacrilege to rank potatoes so low, but the problem is, they're so filling that they might not leave enough room for everything else.

8. Sweet potatoes (with marshmallow topping): I'll leave the debate on the difference between sweet potatoes and yams for another day. Just don't be the guy who skims all the marshmallows off of the top. (Nobody likes him.)

7. Green bean casserole: I've always said that the best way to eat vegetables is in some gloopy soup mix covered with onion rings and cheese!

6. Turkey: Turkey is the most overrated food on the Thanksgiving Day table, in my opinion. It is the food most associated with Thanksgiving, but it's also the

most difficult thing to cook and to prepare. (I've never had to wait for someone to "carve" the green bean casserole).

5. Cranberry sauce: Do you like your cranberry sauce to have actual berries, or shaped like the can? (Personally, I'm a "can cran" fan.)

4. Rolls: Of course, rolls are better when they're hot and homemade, but even cold, store-bought rolls are pretty essential. Smother them in butter and maybe some jam, and they really complete the meal. Furthermore, rolls are the MVP of the leftover meal, stuffed with a little bit of turkey for a quick, cold sammich!

3. Stuffing: Yeah, some may call this "dressing," but I don't get it. Dressing is something you put on top of a salad to "dress" it up, and not something you stuff a turkey with to suck all the juices out.

There are many kinds of stuffing, from in the bird, to made from scratch, to Stove Top. All of it is good! (Although Grandma's was the best.)

2. Gravy: Ah, gravy! Gravy is groovy! A good gravy can make so many of the other things on this list taste so much better. Just slather it on, and bland mashed potatoes become flavorful, dry turkey becomes moist, and stuffing becomes more delectable. You can even dip your rolls in it. Gravy is the (figurative) glue that holds the whole meal together! (Just don't try to drink it as your beverage.)

1. Pie" You're not surprised to find pie at the top of the list, are you? Mmmm...pie!!!

So, this Thanksgiving be sure to be thankful for all of your blessings...and save some room for pie!

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