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FESTIVAL OF LIGHTS
30TH ANNIVERSARY

The Tradition of Santa Claus

By Ed Helmick

Christmas is coming, and many take great joy in following the tradition of giving gifts from a jolly man named Santa Claus who lives in the North Pole and drives a flying sled led by reindeer.

While the story of Santa Claus is fun and magical, it did originate with some truth - well, according to widely recognized historical documents and websites (Enter: History.com). If you haven't heard of the story of Santa Claus, aka, Saint Nicholas who gave gifts to children in Europe centuries ago, now is your chance to learn a little bit of history about the big guy up north.

Saint Nicolas was born in 270 AD to parents who were very wealthy in the Greek village of Patara, which is now part of Turkey. Unfortunately, his parents passed away when he was a child due to a disease epidemic that swept through the country. Nicholas became a Bishop at an early age and later was

awarded Sainthood. He used his inheritance to give toys to the kids and help the poor and sick with gifts. Children started putting out socks hoping to receive gifts from Saint Nicholas. Throughout his life he was noted for his generosity and love of children.

When he passed away at the age of 73 on December 6, 343 AD, a tradition of a feast and gift giving began. Later in European history the date was moved to December 25 to coincide with the traditional Christian belief regarding the birth of Jesus. So that is why we hang stockings, exchange gifts, and have a Christmas dinner feast

Saint Nicholas's grave was reportedly confirmed by archeologists in early October of this year, 2022. The tomb was located under Saint Nicholas Church in Demre, Antalya Province in Turkey. It was found under the church's mosaic during a survey with Nichols' bones in the tomb.

It had been thought for centuries that his bones had been moved to Italy during the First Crusade in the eleventh century.

The name Santa Claus comes from the Dutch nickname Sinter Klass. The sleigh idea originated in Scandinavia with jolly elves delivering gifts in a sleigh drawn by goats and later domesticated caribou, commonly called reindeer. Those Christmas traditions were brought to New Amsterdam, now called New York by early immigrants.

The modern rendition of Santa Claus was the result of a story by Clement Clark Moore for his three daughters titled An account of a visit from Saint Nicholas in 1822. It was published as The Night Before Christmas by New York's Troy Sentinel.

In 1863 cartoonist Thomas Nest working for Harper's Weekly did a caricature of Santa based on The Night Before Christmas. That story

featured reindeer pulling Santa's Sleigh flying to roof tops.

The image that is most recognized today of Santa as a rotund old man with a white beard in a red suit, was credited to a Coca-Cola advertisement created by Haddon Sundblum in 1933. The ninth reindeer, Rudolph, the Red-nosed Reindeer was the result of a 1939 book by Robert Lee May. May's brother-in-law adapted the story into a song which became a number one hit record by Gene Autry in 1949. Autry's recording sold 2.5 million copies that December and eventually 25 million copies.

No matter how you celebrate the Christmas season, whether it includes Santa, or if you have other religious or seasonal celebrations, a lot can be learned from "Jolly old St. Nicolas," and that is the spirit of giving to those you love and those in need.

AARP Outstanding Volunteer

By Ed Helmick

Annually the American Association of Retired Persons (AARP) honors a senior citizen (50+) in each state for using knowledge, skill, creativity, and ability to make a difference in their local community. The purpose is to recognize an individual who has

volunteered their time and energy to help others with special needs and goals. An outstanding volunteer provides a service commitment "above and Beyond" what would be expected.

For the calendar year 2022, AARP Utah has selected Kenneth Vaughn

as the Outstanding Volunteer for our state. That title will place his name and volunteer work in competition for the National title and a \$3,000 check to be donated to the nonprofit organization of their choice.

Vaughn founded the Chairbound

Sportsman 13 years ago to help people in wheelchairs to get outdoors, and in doing so, he said he realized that anything is possible. He currently serves as vice president of the Springville based Chairbound Sportsman Organization. Vaughn

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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 December for the December issue.

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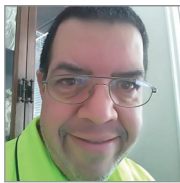
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LETTER FROM THE PUBLISHER

Hello Community,

Winter has officially arrived and the snow is falling. It is a beautiful scene to behold. Like a clean fresh white sheet laid out on a bed, but covering the entire landscape.

Go with me now on a short journey and imagine a world where we help shovel each others snow, share cups of hot cocoa or other favored hot drinks with each other. Spend time together as friends,

family, neighbors, and communities.

Look around you, what do you see? People in need? People that have health issues? People that could use a friend or a listening ear? People that could use help with providing Christmas for their kids, or putting dinner on the table?

There are so many around us, including ourselves, that are in need of something.

Let us all focus on being

a little kinder. A little softer. A little gentler. Let's give the gift of giving the benefit of the doubt that people are simply trying to do their best. Cast no judgment. But cast our love, appreciation, and support to those who need it now during the Christmas/Holiday Season and all year long.

Don't let your light dim but shine brightly for others to see.

-- Chris Baird

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

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 Recreation: 801-423-1035
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The Peteetneet Train Show Has A New Conductor

By Ari Brown

After over 25 years, Doug and Irene Lamb have stepped away from the annual Peteetneet Train Show, making way for another wave of train enthusiasts to climb aboard.

Gordon Reynolds and a group calling themselves the “O Scalers” after a larger scale of model trains, has stepped in to conduct the Peteetneet Train Show that runs from Dec. 2 -19. And while Reynolds and his team maintain the goal of showing their love of all things model trains, the exhibit will look and feel a lot different than it has before.

“Our group has come in and we’ve changed scales,” Reynolds said. “The equipment we’re running is four times the size of what Doug was running, and his was kind of a whimsical layout with fantasy scenes and such. What we’re doing is

we’re actually recreating actual locations here in Utah County.”

Reynolds, who grew up around model trains with grandparents on both sides of his family, said that he got his first model train 50 years ago when he was just nine years old. He explained that the inspiration for this year’s layout comes from Utah photographer Steve Belmont who frequently takes photos of trains in Utah and surrounding areas.

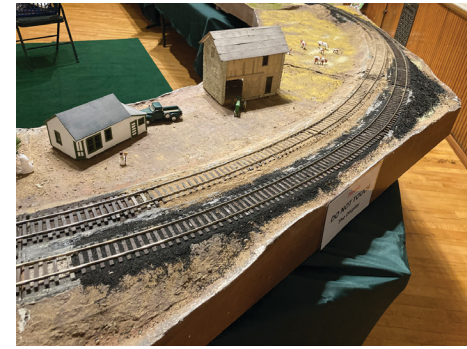
“There is an art show going on here at Peteetneet as well that is featuring art by Steve Belmont who photographs the scenes we’re modeling,” Reynolds said. “There are photographs on the walls corresponding with a lot of the stuff that we’re modeling with our trains.

“We have four different locations that people will recognize,” he continued. “We

have the original Rio Grande Spanish Fork Depot that stood until the 1970’s. We also have the Spanish Fork River Bridge that still actually exists, and we’ve recreated it on a quarter inch scale. We have a scene that is modeled after the town of Benjamin with a farm scene with a barn and cows and a farm house. Right now we’re building the structures for what we’re calling the Goshen site, and over in the opposite corner of the display, we have the Keigley Limestone Quarry that is in Genola.”

Much like the display the Lambs put on, this one is a work in progress, and visitors will be able to see the team put it all together.

“We have the track down, and we’re building the structures for the Goshen Siting, and we



have the track down and a lot of materials to build the tower,” Reynolds said. “People will get to see how the layout is built. We also have a photo essay of this process on display for people to see. ... We’ve only been working on it for about six weeks, so it came together pretty quick.”

The train show is on display Dec. 2 - 19 on Mondays, Thursdays and Fridays from 5:30 pm to 8 pm. It is also open on Saturday, Dec. 10 from 10 am to 4 pm.

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Festival of Lights celebrates 30 years

By Ari Brown

For the past 30 years, the city of Spanish Fork has held its annual Festival of Lights, which is a month-long event showcasing Holiday lights for residents and non-residents to experience. Recently, city officials sat down and reminisced about the years holding the festival, how it began, and the many things they've improved upon over the years.

City Manager Dave Oyler said he remembered when the idea of the festival was first discussed.

"The staff and some of the city council attended a parks and recreation conference in St. George in the early nineties, and at that conference there was a display about outdoor Christmas lighting," Oyler said. "As we were looking at the concept, we said, 'Hey, this is a great way to use Canyon Park! We've got all of that open space, and we've got some roads built in there already for the parking lot. it should be a fun activity!'"

"Mayor Huff wanted to make sure it's family friendly, and we wanted to make sure that the price was right so that people could afford to come, and that when they get there, that it's really neat and fun for the kids. And through the years, that's really what has evolved into."

Parks and recreation assistant director Karen Bradford reminisced about the different lights they had in the beginning that they still use today.

"I remember we had a Frosty the Snowman that waved and it was just this one motion, and the swans kind of moved on the lake, but there wasn't a lot of movement," she said. "As the events team got involved, then we started having a lot more structures that did things in motion. One of the first things we bought was the candy cane factory. Right when we started,



we had a poinsettia arch that was over the entrance and that thing is old and it's been welded and put together and it's not a very easy thing to get up, but we don't want to let go of it because it was the original arch that hung above the entrance.

"...But in the beginning, the people that were taking the money for the Festival of Lights entry stood by a burn barrel; they didn't have a shelter," she continued. "They just stood out there."

Special events director Steve Money also talked about the early days and how much time it took to set up and take down, and how cold it was.

"You know, it was several months of set up and tear down, plus the display of that for a month that, you know, that canyon wind up there gets pretty cold," he said. "... We were dressed up in coveralls and everything and carried that equipment out by ourselves. You know, we were just out there on a little wagon, and a little dugout ... You try to keep your fives, tens and twenties all together (when giving out change), but when you get cold, your hands don't work quite as good, that's

for dang sure. ... So me and Doug, we went to Tuff Shed over there and bought a shed and fixed it up and Doug cut a window in it. And that ticket booth was one of the best things that the Festival of Light did for the workers for sure."

City officials said that in order to make the Festival of Lights worth visiting year after year, it was important to add new and exciting attractions each year. Even so, there are still many older ones that remain favorites.

"Maybe after year 15 or 20, you start wondering whether people would not come back just because they've seen it once, Oyler said. "Karen and Elaine and the others that helped change the design every year. ... So by having new things every year, it kept the people's interest in returning to see what was added that year."

Oyler said that his favorite feature was the "big tree that had thousands of pink lights in it," as well as the swans and serpents on the lake. Bradford also had a list of favorites.

"I love the castle, and a few years before I retired, we added a carriage so that you had the princess throwing her hankie

down to the prince," Bradford said. "But now we have the carriage to be able to take her to the ball. Oh, and I love the Nativity, too. It's always been one of my favorites."

Money was quick to bring up that it hasn't just been the additions in the light design that has improved the overall look of the festival, but that technology has come a very long way.

"We would have to replace a lot of light bulbs every year, and when it came to LED, oh gee, it just it just changed everything!" Money said. "The LED are so much brighter and clearer. ... LED changed the whole thing and it changed our workload. ... Plus the power that it saved. We could put more fixtures in certain areas because we had more power. LED was truly, truly a blessing, and I think it really brightened up and changed that whole atmosphere up there for sure."

This year, the parade route has changed slightly due to a recent reconfiguration of the Powerhouse Road intersection. Event goers will now access Powerhouse Road from River Bottoms Road, rather than US-6.

Even with that slight change, the parade has its same dates and hours which is Thanksgiving to New Year's Day from 6 p.m. to 10 p.m. Admission is \$10 per single-family vehicle, \$25 per commercial van or vehicle towing a trailer and \$50 per bus, with tickets available at the booth upon arrival.

"Festival of Lights brings families together," Oyler said. "It's just a fun activity in the park that is well worth the wait to be able to go in and enjoy it with your family."

*The transcription of the interview was used by permission from Spanish Fork City.

Give the gift of Family Connection & Better Communication

By Melissa Price

I know you want what's best for your children, just as our parents wanted what was best for us, and did the best they knew how. But I am pretty sure my parents did not receive a user's manual when I came along, and I know I didn't get one when I had my children. I believe I have been given the choice opportunity to be a healing person in my family line. Behind me are family that struggled with alcoholism, rage, pornography addiction, food addiction. I have spent years searching, and healing so I could do my part to heal my family as well as heal the generations that come after me.

If our youth are to be free to be who they were meant to be, they need Emotional Intelligence. They need to understand what emotions are, what their purpose is, and how to manage them. It is in the mismanagement, the ignoring, the

running away from emotions, that we turn to our distractions and addictions for comfort.

I created Emotion Commotion, a card game that teaches an amazing amount of Emotional Intelligence! Emotion Commotion is loved by all ages- I've played with kids as young as 4, empty nesters, people at business retreats, in school classrooms, youth treatment centers and with young adults. School counselors and teachers love it! Families and friends are creating better connection and communication as they play this simple card game with BIG laughs!

Emotion Commotion helps you gain powerful insights and skills to help improve relationships at home, school and work

Playing Emotion Commotion helps us-

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Playing Emotion Commotion can turn a room full of strangers into best friends in an hour or two. How amazing is that?

Here are what people are saying about Emotion Commotion-

Melissa Price I have to say this is an INCREDIBLE "Game" - we finally had the chance to get it out and both of my girls didn't want to stop playing!! They had so many emotions we got to talk about and it cleared up so many behavioral things that I didn't even know my girls were dealing with! Gosh THANK YOU!! Thank you for creating this amazing tool! I wish all schools could play this game in the classroom!! Amanda

"We just played emotion commotion as a family. This is truly

a brilliant game! This needs to be in every school classroom, therapist office, theater class, youth treatment facility, teenage hangout spot, and home! Not kidding, it's brilliant! Even the littles could do it! I love how it teaches you to practice expressing and recognizing your emotion and also helps you practice reading other people's emotion."

Lisa

"This game is an amazing tool to connect our family together and recognize how we each individually interpret and handle our emotions. I learned so much about my kids after just 30 minutes of playing this game." Rebecca

If you would like more information, you can visit emotioncommotiongame.com or reach me at creativefamilyconnection@gmail.com.

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SFHS boys basketball, police department provide community with night of fun

By Josh Martinez

Basketball is more than just a game at Spanish Fork High School.

The school's varsity basketball team has used its preseason scrimmage as a means to bring together the community and the school through a common passion. Each year, the basketball team invites the Spanish Fork Police Department for a friendly competition.

The most recent iteration of this tradition was Friday, Nov. 18, which came four days ahead of the team's season-opener against Woods Cross High School.

The event featured a scrimmage between the sophomore and freshman teams before the combined varsity and junior varsity teams took on the police department.

Spanish Fork Head Coach Garrett Johnson said the event is meant to be fun while also providing a way for his players to honor both the police officers and first responders.

"The police officers serve our community so much," Johnson said. "It is important that we try to help them in any way that we can and have some fun at the same time. I want my players to be good people and serve their community in any way they can."



Photo Photo courtesy of Jill Clayson

The Spanish Fork Police Department squared off against the Spanish Fork High School Boys Basketball Team in a preseason scrimmage that has become an annual tradition.

Spanish Fork Police Department detective Kylie Packard, who also serves as school resource officer at SFHS, helped make this year's event possible. Packard said that the police department loves to take any opportunity it can to interact with the community, adding that the scrimmage provides a great chance to accomplish that goal.

"The basketball scrimmage is always fun because you get the student body section who cheers for both sides, but you will hear them cheering for the Police Department louder than the boys team," Packard said. "It is a good

time to again gain that rapport with not only the parents but the high school kids."

Although the basketball team is gearing up for its season, Johnson said the event is meant to be fun. He said there's often a light-hearted nature that surrounds the scrimmage with a lot of joking that happens. Some of the antics include tickets being written, handcuffing players and playing with nine players at a time.

"It is a fun event to play some basketball as well and give the community an opportunity to come and see the basketball team before the season starts," Johnson

said.

This preseason scrimmage has been a tradition that coaches have developed over the years. Johnson said the event started about four years ago under then head coach Ryan Kunzler.

The initial event was a hit among the students, players, police department, community and all others who became involved. Thanks to the initial enthusiasm behind the event, the basketball coaches decided to keep it going.

Packard said she really enjoys this annual event because of the positive interactions the police department has with those who attend.

"After the game, you get many people who come and talk to us officers," she said. "They love watching as much as we do playing this night every year. You get a lot of people in the community who attend this game, so it is fun to see everyone out and about supporting our department."

Johnson said he's really enjoyed hosting this event each year because it allows the community a chance to come together and enjoy some basketball.

"Hopefully, this is a tradition that we can continue into the future," he said.

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Krampus is Coming to Town!

What do you get when you combine Saint Nicholas, a monster, and seven naughty children (played by adults)? A night of thrills and laughs!

This holiday season, treat yourself to a laugh. Charlie and the Chocolate Factory meets The Nightmare Before Christmas in this wacky Christmas comedy in the style of Tim Burton and Danny Elfman. After a phenomenal premiere in 2021, this audience favorite will become yearly tradition, promising a night of suspense, side-splitting comedy, and unforgettable music.

For hundreds of years, Christmas was a time for bone-chilling wonder as fearsome monsters teamed up with Saint Nicholas to punish the naughty. But as Europe's most feared monster, the dreaded Krampus, has faded from tradition, naughty children have been getting

away with everything. It's time to restore balance to Christmas! Reminiscent of Agatha Christie's *And Then There Were None*, but with a heavy dose of farce, join Saint Nicholas, a lurking monster, and seven naughty children (played by adults) for a night of laughs, mystery, and thrills as they disappear one by one.

Playwright, composer, and producer Stephen Gashler (starring as Sasha, the slothful Russian boy) is also the creator of the best-selling shows *Take my Death Away: A Halloween Musical* and *Valhalla: A Viking Rock Opera*. Together,



the Gashlers have been creating fresh and original musical theatre for Utah audiences since 2010. They also run the Great Hall Youth Theatre program at the Angelus

Theatre, offering year-round classes in acting, singing, dancing, playwriting, and more.

While the show has some scary moments, we brand it appropriate for all ages.

As one reviewer put it, "I was pleasantly surprised and humored with the satire that flipped the vilification of the old, German, legend of Krampus. Moreover, the singing, dancing, dialogue, and acting were top notch! Two thumbs way up."

A *Krampus Carol* runs from Dec 12 – 23 at the Angelus Theatre (165 N Main, Spanish Fork). Find someone to hold on to and order your tickets.

Save \$5 on tickets with coupon code "familynight" at krampuskarol.com.

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Add Music to your Child's School Experience, You Won't Regret it

By Bud Marrott

Whether your children attend public or private schools, or if you chose to homeschool them, music instruction should not be overlooked. There are countless studies that will attest that music education plays a critical role in their mental, and emotional development.

Being a parent and lifelong student of music, I have often wondered what exactly music has done for me and my family in real life.

Music can be an outlet for expression that is otherwise unavailable to children. It enables them to express feelings and emotions that may be difficult to communicate verbally. Music education reinforces critical life values including, discipline, cooperation, and social/

communication skills. Music creates a sense of self-worth and accomplishment that will almost always manifest a positive attitude.

Studies have shown that children who are part of music lessons perform better on and off stage than non-musicians.

According to a study conducted by the Neurological Research, students who were exposed to music-based lessons scored a full 100% higher on fractions tests than those who learned in the conventional manner.

A National Educational Longitudinal Study found that high school music students have been shown to hold higher grade point averages than non-musicians in the same school.

Additionally, a University of Sarasota Study and East Texas State

University Study found that middle school and high school students who participated in instrumental music performances scored significantly higher than their non-band peers in standardized tests.

Now that you know the benefits of putting children in music classes, at what age should they begin?

There is no one answer to this question, but as they begin to learn to read and write, they can begin to learn music theory, but some physical limitations may prevent your child from learning certain instruments until they grow.

Then there is the question of how to select an instrument instructor.

The Internet is a great resource to locate instructors in your area, but I would not recommend buying your child's first instrument online,

but to instead go to a music store in your area and try the instruments out.

As a parent of Honor Roll students, I believe wholeheartedly it is their exposure and experience in music and arts that has provided my children with the skills needed to navigate their academic lives. As a music instructor I have seen firsthand the impact music makes in the lives of my students. And as a musician I know the impact it has made on my life.

Don't hesitate. Give your children a gift this holiday season that will change their lives. Give the gift of Music!

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Young Service Missionary Warms 1000+ Heads and Hearts

By Stephanie Ashcraft

A young service missionary for the Church of Jesus Christ of Latter-day Saints whose mission ends in December has made 1000 hats and 101 scarves during his 2-year mission. The items were made for families who receive food from the Bishops Storehouse in Springville. Elder Jason Hallock from the Provo Utah South Stake has spent the last two years faithfully helping those experiencing food insecurity. These handmade gifts that are placed by the entrance, warm hearts and heads throughout the valley.

Elder Hallock makes knit hats on various sized looms in a wide variety of colors and patterns. He has paid for about 75% of the yarn needed to make the hats out of his savings or tax rebates, and has had some donations from various ward members in his ward and others. He has taught other missionaries how to make hats as well.

Elder Hallock freely shares his talents with others. He speaks Spanish and can be found assisting Spanish speaking patrons. He takes his turn leading the “Come Follow Me” lessons before missionaries began to hand out patron orders at the storehouse. He also took it upon himself to make a Kahoots game for that week’s lesson that the missionaries really enjoy every Thursday. He plays the piano and shares his talent with the Storehouse staff, as well as being the Primary accompanist in his home ward. He truly puts the service into Service Missionary.

Provo Utah South Stake President Benjamin Larson said that Elder Hallock’s story is one he loves to tell.

Elder Rodney and Sister Kristine Amussen, the managers at the Bishops Storehouse, love seeing the children’s faces light up when they

can choose one of Elder Hallock’s hats to take home.

“Elder Hallock loves the gospel and the Lord, and often expresses his desire to become more like the Savior. He has been so dedicated and faithful in fulfilling his calling as a missionary,” Sister Cheryl Esplin who serves with her husband as his service mission leaders said. “He is very disciplined and organized. Besides serving at the Bishop’s Storehouse, he has served at Deseret Industries and Beehive Clothing Manufacturing. He plays the piano and leads insightful gospel discussions for missionary district meetings.”

Elder Hallock earned his Eagle Scout award making 50 hats for the American Fork Hospital as his Eagle Project before he started his mission. Elder Hallock doesn’t drive but he has learned how to get where he needs to be on his electric scooter

and the bus whether it is to his service sites, institute, or district meetings. He says that the Lord has blessed him for being a missionary and protected him many times as he rides his scooter to and from his home in Provo to the Bishops Storehouse in Springville. After his mission, he is looking forward to traveling with his parents to visit family in Mexico City, then he will begin his college journey at Mountainland Technical College studying digital media.



Local Veterans of Foreign War provides service, support for veterans, their families

By Josh Martinez

Returning home from active military duty can be a daunting endeavor for many veterans, but that’s where the Veterans of Foreign War (VFW) comes to help.

The Veterans of Foreign Wars of the United States is a nonprofit organization that provides veterans service to all members including veterans and military service members from the active guard and reserve forces.

In South Utah County, there are two posts: Mt. Loafer Post 12061 in Payson, and Art City-Flonette Post 6395 in Spanish Fork. Each post provides resources to local veterans in the area.

While VFW is a national organization, the local posts operate on a community level with local leaders. There is also a state level VFW organization that operates within the state to provide necessary

resources to veterans in need.

At the local level, each post has a host of programs and services all aimed at supporting veterans, service members and their families. Posts also organize community events that are aimed at benefiting local veterans.

One such event was a military family food drive that ran through most of November. The Art City-Flonette Post collected donations and provided them to the Spanish Fork Armory’s Soldier and Family Assistance Center.

Other events the VFW posts host include various social activities. Both local posts host an annual Christmas party that includes fundraisers and camaraderie.

Along with other activities, the posts also provide a support system for veterans who may be in need. Several months ago, the Mt. Loafer

Post put a message on its Facebook reminding veterans to reach out to the post or its members if times get hard.

Each post also differs in size and what it offers.

The Art City-Flonette Post offers the Voice of Democracy scholarship program to youth in the area. This is an essay contest where high school students can earn various scholarship opportunities.

This post also puts on the Patriots Pen essay contest, which is aimed at youth in grades 6-8. Contestants in this contest can earn monetary prizes for their submissions.

Members of the Art City-Flonette Post also provide military honors at the funerals of veterans. This is a service unique to this post.

Each post has a monthly meeting for members that take place in Spanish Fork and Payson,

respectively. Each post has a \$35 annual membership fee.

The Art City-Flonette post, which is led by commander David Vincent and quartermaster Doug Drury, meets at 7 p.m. on the second Tuesday of each month at the Spanish Fork Veterans Memorial Building at 380 N. Main St.

The Mt. Loafer Post is led by commander Brian Bell and quartermaster Darrell Moyer II, meets at 7 p.m. on the third Wednesday of the month at the Payson City Municipal Building, 439 W. Utah Ave. in Payson.

Both posts have Facebook pages where each one highlights its ongoing activities and provides direction to needed resources for veterans.



Outdoor Adventure: Dry Tool Climbing

Drytooling is one of the more unique climbing disciplines where you use ice tools with sharp picks to hook on the rock instead of using your hands. You can also use crampons with sharp front points or rock shoes. Drytooling is an incredibly fun sport that has been growing in popularity all over the world. Drytooling has evolved out of mixed and alpine climbing where climbers would have to climb sections of rock in between ice and snow in order to get to the top of a peak, or where you climb rock to get to a section of hanging ice above the rock face.

The competition sport of ice climbing is actually what we would consider drytooling. Because ice can change so much from competitor to competitor during a competition it requires the consistency of dry tooling holds that stay the same with each climber. The sport of competition drytooling has taken off at an international level with 8 events like the Ice World Cup being held this year in 7 different countries.

Dry Tooling requires mental focus, a great strength to weight ratio and lots of body tension, which means that it definitely helps to live an active healthy lifestyle. Using ice tools on bare rock or even some of the indoor dry tooling holds requires precision and delicacy. You may find yourself hanging on the side of a cliff with

just a few millimeters of steel barely stuck on a dime edge of rock, where any outward pull or wiggling of the tool can cause it to pop off. This requires mental focus, boldness, and keeping your body balanced and tensioned just right. Eating a healthy diet and staying fit is one of the best ways to prepare for and continue to enjoy this style of climbing.

Not only do you need good mental focus to control the tools on the rock and or climbing holds, but you also need good control over your body and things like balance and tension. Drytooling can be a way to work your entire body. Having good core strength, and a good kinetic chain, meaning everything from your fingers, through your arms and shoulders, through your core, legs and feet is key to excelling at this sport. There are many great training methods for this sport which will help you have a consistently strong body and good general fitness. Building bulk is not necessary but lighter weights at higher reps will get your body toned for the demands of the sport.

One of the best things about drytooling is that it can be done year round at dry tool specific climbing areas being developed across the country including The Scratch Pad in Orem. Most people who try drytooling in a gym love it and find that it can be even more fun than regular rock climbing.



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'Andor': not quite must-see TV

By Kelly Martinez

Some have said that since Disney bought the Star Wars franchise from George Lucas in 2012, the entertainment giant has produced way too much content based on the beloved universe. If there's evidence to back that assessment up, "Andor" would be it.

This is not to say that the show is entirely unwatchable, because it has its strong points. Its cinematography, for example, is topnotch and does a great job of capturing the essence of the Star Wars universe.

Another of the show's strong points is its acting. I wish I could say that Diego Luna who plays the titular character, Cassian Andor, fits into this category, but I can't. It's actually the supporting cast that outshines Luna with impressive portrayals of new and not-so-new characters.

"Andor" has its roots in the future, which, if you're not familiar with how entertainment franchises tell their stories these days, can be very confusing. Stay with me.

We first met Cassian in the 2016 motion picture, "Rogue One: A Star Wars Story," in which he played a doomed role. No matter how heroic and swashbuckling his character was in that movie, everyone knew that he and his group were going to die by the end. As good as that movie was, knowing the outcome from the beginning tainted the storyline for me.



This applies to "Andor" just as much. No matter Cassian's predicament in the show, we know he's going to survive because of the fact that he's still alive in "Rogue One," which is set five years in the future.

To recap: "Rogue One" was released six years ago in our world, but in the Star Wars world is five years after the events of "Andor," which, in our world, is actually six years after the future events of "Rogue One."

Don't let that confuse you. OK, let it.

In spite of its drawbacks, there are some entertaining components to "Andor," like a stuttering droid. How can you not feel for a droid with a speech impediment?

Aside from the shortcomings already mentioned, I found the

show's storyline hard to follow and uninteresting at many points, all the while enjoying the acting. Is that weird to you? It is to me.

Though I didn't care for the show as a whole, I do appreciate its patching of a big whole in the overarching storyline of the Star Wars universe that has plagued it for a long time. You'll have to watch the show to find out what it is. No spoilers here!

Apparently, I'm in the minority with my assessment of "Andor" because it's got an 8.4 out of 10 viewer rating on IMDB (based on more than 76,000 ratings) and has been renewed for a second season.

You be the judge.

All 12 episodes of "Andor" are currently available for streaming on Disney+.

VAUGHN FROM P2



works with state and federal officials, as well as ranchers and landowners to arrange some of the scheduled events that give many the opportunity to do things like hunting and fishing.

Vaughn spends 25 to 45 hours a week to plan and carry out Chairbound Sportsman events. If it were not for the efforts of Kenneth Vaughn, many individuals would not have gotten out to hunt and fish again due to their disability.

The Chairbound Sportsman annual Christmas banquet is scheduled for Saturday evening, Dec. 3 at the Provo Elks Lodge. For more information about the Chairbound Sportsman Organization go to their website at chairboundsportsman.org.

Kenneth Vaughn can be reached at kennethvaughnsr@gmail.com. Donations to the cause are always appreciated. New participants are always welcome.

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On November 15, fifth grade students at Park Elementary in Spanish Fork got a surprise visit from the Utah Jazz Bear. And while the infamous mascot may very well have enjoyed time with the students, the visit was for their teacher, Charla Andersen, who was presented with the Most Valuable Educator (MVE) award.

The MVE award was presented by the Utah Jazz and Instructure, which is the company that makes the course management system Canvas. According to the Instructure website, teachers were nominated by their local community, and Andersen was this year's honored recipient of the award that included \$1,000 to be used in her classroom.

Andersen, who has been teaching for 20 years, said that she only recently began working at Park Elementary. It was the move to Park that presented a unique challenge for her, but something she said helped her to grow as a teacher.

"This is my second year at Park," she said. "I spent 15 years at East Meadows, and before that I was at Mt. Loafer in Salem. One of my interns I trained is the principal at Park Elementary, and I moved there when the school was having some struggles."

Anderson explained that when she began teaching at Park, the school was in Comprehensive Support and Improvement (CSI) status, which means that it was in the bottom 5 percentile of Title I Schools. She explained that when a school is in CSI status, that teachers are given special training to help bring student test scores up during a three year period.

"Park wasn't growing, and their kids weren't passing the (year end) test," Andersen explained. "They had someone from the state come in and work with the teachers. I was there for the last year of the three year program. I was able to come in and create lessons and learning targets and

help our kids pass the year-end test so that we could get out of the CSI status.

"Last year we had to prove that the kids had grown, and now we are no longer in the CSI status; we are in the top 40 percent of the schools in Utah. We went from bottom five percent to being in the 60th percentile which is awesome!"

Andersen was first presented with the award in front of her students and entire student body by way of a school-wide parade. A few days later, she was recognized on the court at the Utah Jazz game when they played against the Phoenix Suns on Nov. 18. Andersen said it was an unforgettable experience all brought on by doing something she loves.

"The biggest thing I've learned in the past year is taking kids who were not performing at their level to take them to where they are," she said. "I love giving kids a challenge and expecting them to reach it and giving them

the scaffolding to reach it. ... It's rewarding to see kids build confidence in themselves to reach something more.

"Getting to hang out with 10-year-olds every day is pretty awesome," she added. "It's not always the same thing. Each year there is a different kid with a different challenge that you have never seen, and you have to figure out what you need to do to best help them, so it keeps you on your feet. I dream about them. I think about them. They've become a part of my life. I spend more time with my students than I do with my own kids during the week. I'm with these kids a solid six hours a day, and so they really do become a part of your life, and it's amazing to see them grow."

As for how she is going to spend the \$1,000, Andersen said that she is entertaining the idea of taking her students on a really fun field trip.

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Meet Pete Hansen:

The man behind the ‘Serve Daily’ Lens

By Ari Brown

Have you ever looked at the cover photo of Serve Daily and wondered about the man behind the lens? Surely those pristine photos didn't come from a novice photographer.

Now is your chance to meet the man behind the visual storytelling feature that encompasses the cover article of each monthly edition of Serve Daily. Now is your chance to meet Pete Hansen.

For the past two years, Hansen has taken key stories in the community and brought them to life with his master photography skills that didn't just begin by chance, and haven't just developed in a dark room – although given the longevity of his career, dark rooms were most definitely used.

It was in the late 1970's when Hansen first entertained the thought of a career or at the very least, a hobby in visual media.

“I'm in my sixties, and I started in high school, so I always joke around and say that I've been doing this for just a couple years,” Hansen laughed. “I started off in film and worked for a couple of photo studios in my high school days in Provo.”

Hansen said that he drifted away from photography when he entered college to get a degree in broadcast production at Brigham Young University. That degree took him to Monterey, Calif. where he met his wife, and then he took a job in video production in Chattanooga, Tenn. Hansen said that he was enjoying building a life “out in the world,” but when the call came to come back to Utah to work for KBYU, he took the opportunity.

“I moved back to Utah to be



Pete Hansen, a master behind the lens. Providing high quality photos for Serve Daily.

a director at KBYU, and I did that for four years, and then started my own video production company and world freelance for 25 years,” Hansen said. “I did part-time instruction at UVU in digital media and photography, and then took a job at Spanish Fork City nine years ago, and have been loving it and enjoying the work and the good people of the community.”

Hansen explained that his day job is the channel supervisor for Channel 17 for Spanish Fork

City, and he said that in that capacity, he is also tasked with taking photos for community events. Hansen said that taking photos out in the community has rekindled his love for photography.

“I am officially the manager of Channel 17 for the Spanish Fork Community Network (SFCN), which is a service the city has available as part of that cable TV operation,” Hansen explained. “We work with local schools, with production of sports,

plays and concerts, and we're actively involved in promoting what's happening in Spanish Fork. Because of my interest in photography and media in general, I'm often asked to take pictures.”

Helping to spread good news

Hansen said that being out in the community and taking photos for Serve Daily, specifically has helped him to spread good news, which is something he said he is passionate about.

“I see myself as a happy and positive person, and meeting new people who are striving to make the world a better place in some way, it makes me feel good,” he said. “I directed news in Utah, California and Tennessee in the eighties, and it's the bad news that hits the air; it is rare to have a good news story. This is what makes Serve Daily unique and a great community resource of information.”

“The fact that it's a feel-good type of newspaper, that in and of itself makes the process of creating images for Serve Daily all the better,” he said. “It's good stories, people and events. It's good experiences. That can't help but rub off of you.”

Hansen took some time to reminisce about many of the photos he's taken for the paper.

“There was a story of a family in Payson where the little boy had his bike stolen,” Hansen recalled. “I went down there and met with the mother and the children and took pictures of the boy and his new bike because the community had rallied together



River P. of Payson had his bike stolen on April 29th, 2021. Serve Daily had the article in the June 20221 issue.

to get him a new bike. That was a good story.

“There was a story about the woman who did paintings on the Container Corner in Springville (Hillary Cochran). It was so great to meet her and learn about her painting and the things she does to support her and her daughter. She was a wonderful gal and to

see the artwork that she does, it was very amazing.

“Just to be able to share people’s stories – even as a photographer, they want to tell me the story, and I have to remind them that I’m not the one writing the story. Just getting to know people a little bit and to hear what makes them tick and what drives them, and see how I can in some visual means portray how you really are, is very rewarding. These are your neighbors and your friends. It makes it much more personable because it’s a small paper.”

‘Photo-A-Day’

While taking videos and photos is what Hanson does for a living, he also does it as a way to experience daily life. In fact, four years ago, he began a personal challenge that he calls “Photo-A-Day” where he takes a photo each day and posts it to his Facebook and Instagram pages along with a caption. He says he began this challenge as a way to



July 25, Day 205: A warm summer night, when the music is right..magic happens. And tonight at the final concert in the park for Fiesta Days in Spanish Fork there was plenty of magic happening. I had so many options for the photo of the day, all fun, entertaining and worthy of the honor. But this one stood out to me. And if you have been following the Miss Spanish Fork streak.. it does continue, as you can see her on the right side and her runner ups on the left. That’s five days in a row. That’s got to be a record. Front and center is the lead guitarist for the Flashback Brothers. They had the park rocking for hours! Fine show gentlemen!



November 10, Day 313: Today I was asked to photograph the 2022/23 Spanish Fork High Basketball team. Yes, we did the traditional team and head shots of the players, but then we got to play with lights and fog with the varsity squad. We were all very happy with the results. Never have I heard so many “that’s SICK” comments about my work before. I can get used to that! Thanks Jill and the SFHS booster club!

teach himself how to use his new camera, but has found that doing it has helped him to pay attention to the little things.

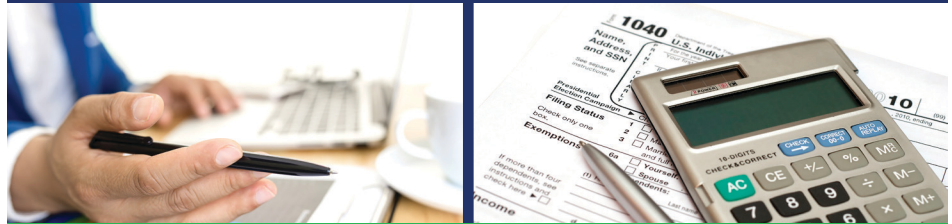
“Every day is a brand new photo that I shoot. My work with the city takes me to a lot of places and events, but there are days that are not filled with city or community events, and those are the days when I have to think of something else. I enjoy photographing people. I ask friends and family if they want to be part of my photo of the

day. I enjoy telling a little story about the photo or a message or a lesson that can be learned from the image.”

So, there you have it. The man behind the lens of our very own paper, Serve Daily.

To see more of Pete’s images, he shared them on his personal Facebook page as well as @petehansenphotography on Instagram.

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Payson Santaquin Chamber of Commerce Welcomes New Executive Director

By Stephanie Taylor



Jim Rowland

The Payson Santaquin Chamber of Commerce is sad to say goodbye to Michelle Lines as its executive director. Michelle led the Chamber out of the pandemic and has been a great ambassador for the Chamber for almost three years. We will miss her and wish her the best of success in her new venture. Thank you, Michelle, for all you have accomplished and for serving so many in our community!

With big shoes to fill, we have turned to a familiar face to pick up where Michelle left off. Jim Rowland, who has served as the

Chamber's treasurer the last 16 months and currently serves as a Payson City planning commissioner, has accepted the position to serve as our new executive director.

Jim moved to Payson from Florida with his wife, Diann in 2020 and said he absolutely loves the area! Jim has run his own business for 16 years providing promotional products and decorated apparel, and has been in the printing business for over 25 years. He loves to serve and is very excited to help our local businesses with all the resources the Chamber can offer. Good luck, Jim!



The Santaquin Library was recently honored as one of ten libraries in the state with a "Making a Difference" Quality Library Award for 2022. Jen Wagner, our Santaquin Librarian (shown here with Mayor Olson and her husband), does a great job with our library's programs and events. The Santaquin Library is currently circulating 6,000 books a month, and Jen has brought in over \$80,000 in grant funding. Congratulations to our excellent library staff!

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He's done both big commercial jobs with different cities and residential work for



Derek Peterson

neighbors and people all around Utah Valley, Heber Valley, and Salt Lake County. From helping people with felling trees, grinding stumps, and cleaning up emergency storm damage,

to climbing up and trimming trees, he's done it all and more.

The end of the year is always a special one though, with Christmas in the air, Derek opens up a Christmas tree lot at his very own home in Elk Ridge, UT. With 1400 trees, hot chocolate, and a warm fire, the atmosphere really is a special one! Even his family plays a large part in working and supporting him, proud of what he has accomplished.

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Community Action Services Food Pantry Inventory Reduced by 41%

By Jennifer S. Gallacher

High inflation and high housing prices have hit many families hard in Utah, Summit, and Wasatch Counties. In January through October of 2022, we've seen a 116 percent increase in the number of unduplicated people who've utilized our food pantries compared to the same period in 2021. This year, we've more than doubled the amount of individuals served from 5,398 individuals in 2021 to 11,695 in 2022.

The ever-increasing number of individuals needing food has put a huge strain on our food supply. And donations are not keeping up with the increased needs. In July through October of this year, we distributed 24 percent more food (1,389,129 lbs.) than was donated to us during that same time period last year (1,061,784 lbs.). This shortage has reduced our food bank inventory by 41 percent. We urgently need your help so struggling families can keep putting food on the table.

Your donations go a long way to helping us meet the needs of families and individuals in our community. There are plenty of ways you can help. Here are specific ways you can make donations to CASFB:

If you need it in your pantry, we need it in ours. Think about what you typically buy: milk, eggs, cheese, bread, meat, vegetables, and fruit. Those are the very kinds of things we need. One way to help is each time you make your grocery trip, choose to buy double of a few things. Then, on your way home, drop them off at our Provo location (815 S. Freedom Blvd.). If you want to go the extra mile, give us a call to see what we are in need of that week. Or watch our #givingtuesdaynow challenges for things like turkeys, hams, and other items that help feed families during the holiday season.

Cash donations allow us to buy food in bulk at wholesale prices. Our pantry managers keep a close eye on items for which we are running low. With your donations, we can

make larger purchases that help us fill in those gaps. It's easy to make a donation to CASFB: Simply use our donation page to send us a donation in any amount. If \$1 can feed a family of four one meal, imagine what a donation of \$100, \$1,000, or even more can do!

Hosting a food drive is a great way to get your family, friends, church group, scout troop, school club, or organization involved in helping the community. We offer lots of advice on how to host, share flyers, and find additional information on our food drive page. Encourage your group to donate specific items the pantry is in need of, and then make arrangements to drop your items off.

Grocery rescue donations come from local grocery stores with leftovers who generously donate those items to CASFB. Between July and October of this year, we received an average of 121,056 lbs. of food through grocery rescue. And with needs increasing every day, we could use even more. If you would like to join our grocery rescue program as one of our donors, please contact wesleyt@communityactionuc.org for more information.

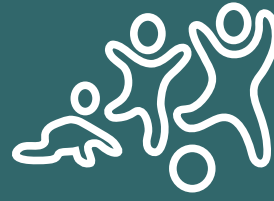
We count on the generosity of individuals, families, and organizations to help those suffering from food insecurity in our communities. One of the best ways you can help is by sharing this message with others! Share what CASFB does with your friends and

Here is a list of our current needs, but we welcome any and all donations:

Canned tuna, chicken, or beef, Granola bars, Snack cup, Seasonings (salt, pepper, cinnamon, and maybe taco mix), Breakfast foods, PB & J, Chilli, Canned Soups.

In the nonfood category, we can always use the following:

Bleach, Laundry soap, Bar soap, Baby wipes, Shampoo, Feminine hygiene products, Household cleaning supplies.



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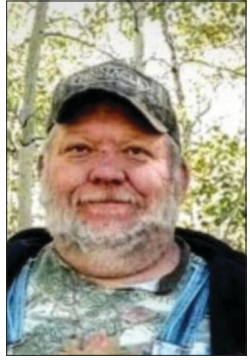
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Tributes

DAVID BUTLER



He enjoyed hunting and fishing, and spending time in the outdoors. He was loved by his neighbors and enjoyed serving them.

He is survived by his son, Skyler Butler, siblings Earl Butler (Charlene), William (Bill) Butler (Bonnie), SaraLee Young (Ron), Brenda Butler and many Nephews and Nieces, along with special friends.

We know he is in the Happy Hunting and Fishing Grounds!!

His viewing was November 16th at Legacy Funerals & Cremations.

Our beloved Brother, Uncle and Friend, David W Butler, died on November 13th, 2022 of cancer.

Dave was born on Feb 4, 1960 to Max and Leona M Butler. Dave was a member of the Mountain Man Association for many years. His mountain man name was "Bull Shit".

LETTIE MARIE WILLMORE



Lettie Marie Harper was born on August 26, 1932 in Pikeville, North Carolina. She was the youngest of five girls (her younger brother Billie, died as a child). Growing up she was surrounded by a large family of aunts, uncles, and cousins. She passed

away November 9, 2022.

She graduated from East Carolina College in Greenville, North Carolina in 1954 majoring in English and Social Studies and went on to teach high school English in Virginia. It was in Virginia where she met her future husband, Donald Willmore. They were married in the Idaho Falls, LDS Temple on February 16, 1955. Shortly after, Don was offered a job working for his uncle in his pet hospital, so they packed up and moved to the San Francisco Bay Area where they lived for most of their married life.

They first lived in San Rafael and then moved

to Corte Madera where they raised their family. Lettie raised 5 boys (Ronald, Reed, Ryan, Rhett, and Regan) and 2 girls (Rachel and Ruth). She was a devoted wife and mother. When Don retired, they moved to Orem, Utah and bought their retirement home which became the hub for all their adult children, grandchildren, and great grandchildren.

Lettie and Don were married for 62 years when her beloved husband passed away due to complications of diabetes.

Lettie had many church callings-too many to enumerate. She loved working in the Relief Society and was a regular at the weekly quilting bees the Relief

Society held. She and Don were principal volunteers at the annual ward fund raiser at the yearly county fair for many, many years.

In spite of suffering from life-long chronic and severe migraines, Lettie carried on with life to the best of her abilities.

She was preceded in death by her husband, parents, four sisters, one brother, two grandsons, one great grandson and one great granddaughter. She is survived by her seven children, 28 of her 30 grandchildren, and 49 of her 51 great grandchildren.

A special thanks to her daughters, Rachel and Ruth for their devoted love and care for our mother in her final years.

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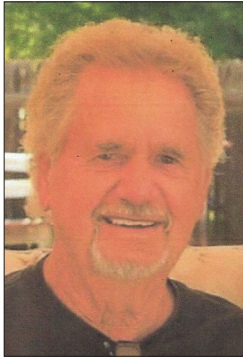


After working with Spring Creek Utah Mortuary, we feel that Steve may be one of the kindest humans on the planet. He is thoughtful and both present when we needed and respectful of our space. He accommodated our every wish for a meaningful service. The space is lovely and peaceful. ~ Laura P.

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RICHARD CLEMENTS



Richard "Dick" Clements, Papa, Dad, and loving husband, passed away peacefully at home surrounded by his wife and children on November 8, 2022, at 89 years old, in Provo, Utah. He was married to his sweetheart, Janet Carter Clements for 63 years. Together they had three children, John, Cathy, and Beau.

He was born and raised in Provo, Utah to John Henry and Olga Johansen Clements. He is survived by his children, John (Jaing) Clements, Cathy (Dale) Woolsey, and Beau (Danette) Clements, sister, Diane Thompson, 5 grandkids, and 8 great-grandkids. He was preceded in death by brothers Henry "Hank" Clements, Robert "Bob" Clements, and sisters Shirley Lassen, and Sally Sheriff.

Dick loved anything that had an engine and could go fast. He set speed records racing cracker box boats and also enjoyed bringing new life into classic automobiles. Kids and grandkids were often involved in projects, learning from a master of many skills. He

worked hard as a boiler maker/millwright traveling around the Western U.S., but also made time to play hard and live life to its fullest.

He was a magician with a cutting torch and an artisan who practiced metal crafting, welding, wood carving, and sketching. He was very intelligent with a quick wit. He loved to fly fish ("no worm dunking") and hunt with his sons. He was an avid hunter (especially birds). He liked camping with the Good Sam Sunburst group, and Sunday drives. Golfing with his friends was also something he loved.

Dick did not want a funeral; instead, have a Coors Light or a Coke and share a fond memory. He will be greatly missed. We love you, Papa.

Special thanks to the help received during his last days from Dr. Brian Clements, Harmony Home Health & Hospice, Nurse Dee, and Chaplain Laurie.

To leave condolences, visit legacyfunerals.com.

EARL KAAE COOK



Earl Kaae Cook loved the 63 years he spent

with his wife and friend Yvonne. His love for her was unwavering. She was his life. He took her on their first date when he was a Junior in high school. They both enjoyed their experiences growing up in Springville, Utah. After their courtship and marriage they lived in Orem and Salt Lake City, Utah, Denver, Colorado, and Omaha, Nebraska. They returned home to Utah in 1973 and lived out their years together in Provo and Orem.

He loved traveling long trips with his family to many parts of the world. They went scuba diving in the Caribbean, Fiji, Australia and Mexico, and heli-skiing in New Zealand. They spent weeks traveling through Europe via car and trailer, as well as most of the United States by motorhome, auto and airplane. Lake Powell was probably his favorite place to be with his family. Most weeks, in the summer, he would leave early Thursday morning and fly his family to Lake Powell. They had all the toys to make it a very fun place to be.

He and his twin sister Kaaren were polio survivors and in later life struggled with post-polio syndrome. He recovered from total polio paralysis after a miraculous priesthood blessing, then pushed himself through recovery exercises and went on to excel in high school sports. The ailments that he suffered

his last week of life in the hospital mirrored his experience in the hospital as a youth with polio.

He was the Son of Earl and Lera (Smith) Cook who were the owners of Cook's Ice Cream. The day that he and his sister were born everyone that came to the shop were given two items for the price of one! Each birthday after that was celebrated with Cook's ice cream. He was preceded in death by his twin sister Kaaren Cook Okey, his brothers Vaun Maurice and Paul Whitney. He is survived by his wife Yvonne Marie Ames and their children Karlyn Miller (Kevin), Jenifer Jackman (Maury), Shuri Glazier (Richard), Jason Aaron Cook (Anja), Heather Weiler (Hadley) and Brett Ames Cook (Heidi) and his brother James R. and sister Marjean Cook Giraud, 24 grandchildren and 16 great grandchildren.

He started his own business, Telum, Inc., a petroleum retailer, in 1967. He opened the first self-service truck stop in the United States in 1968 and grew the chain to operate in 26 states. He sold the truck stops in 1986. Most of the people he worked with remained close friends his entire life. He has started or invested in the startup of over 40 Companies. He earned an associate degree in accounting from Steven's Henagar Business College in 1962. He also designed

many of the accounting and reporting systems. He was a member of the original board of directors of Orion Network Systems, Inc. a Washington D.C. based satellite company with the first commercial satellite and satellite positions over the Atlantic Ocean connecting Western Europe and North Africa with most of the United States and South America. He was an owner and manager of a petroleum retailer with convenient stores and a travel center in western Arizona and a petroleum refiner in western Arizona. He sold his interest to his two partners and longtime friends and retired on December 31, 2011.

He has served on the Provo City Library and the Provo City Municipal Airport Authority boards. He was a certified pilot for small twin engine aircraft.

He loves God and Jesus Christ and served in many positions in the Church of Jesus Christ of Latter Day Saints, including bishop, stake presidency, youth leader, family history consultant and temple worker.

He loved gardening and having a beautiful yard and enjoyed teaching and spending time with his grandchildren there.

Funeral Services were held November 12, 2022.

Condolences can be offered at legacyfunerals.com.

CAL MATTHEW PRUSAK



Cal Matthew Prusak, son of Matthew and Sarah, passed away peacefully in his parents' arms on Saturday, October 29, 2022. He spent six precious and unforgettable months with family and friends before returning to his heavenly home.

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.

A viewing procession was held November 4, 2022. He will be laid to rest at the Spanish Fork Cemetery on Friday, November 4, 2022.

Condolences can be offered at springcreekmortuary.com.

SANDRA KAY PIERCE CARRILLO



Sandra Kay Pierce Carrillo passed away November 1, 2022 in Payson, Utah. Sandra was born on September 15, 1950 to Ivan Dewitt Pierce and Carol Elizabeth Sunbloom Pierce. She was one of 6 children. She spent most of her childhood years growing up in Iron Springs which she loved. She married Marcus Carrillo on November 13, 1973 and later gave birth to 3 children Marco Kristiana and Amy.

Sandra's loved sewing, crocheting and especially spending time with her family. Her pride and joy

were her two grandchildren Preston and Carly who she loved more than anything.

She is survived by her son Marco Ivan Carrillo of Payson Utah, Daughter Kristiana Kay Carrillo of Payson Utah, Daughter Amy (David) Sutherland of Mona, Utah, Brother Karl (Cindy) Pierce of Milford, Utah, Brother Mark Pierce of Filmore, Utah, Brother Barry Pierce of Seattle, Washington, Sister Tina (Doug) Blakely of Orem, Utah and her two precious Grandchildren Preston Sutherland and Carly Sutherland.

She was preceded in death by her Husband Marcus Carrillo, Father Ivan Dewitt Pierce, Mother Carol Elizabeth Sunbloom Pierce, Brother James Charles Pierce Sister-in-Law Elizabeth Ann Pierce.

Funeral Services were held on November 11, 2022 at the Provo Cemetery.

To leave condolences for the family, visit legacyfunerals.com

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WARNER R WATKINS



Warner R Watkins, was 80 years old when he passed on November 1, 2022. His life was centered around his family, whom he loved dearly.

Warner was born in the home of his grandparents, Jesse and Mable Perkins, in Mesa, Arizona on November 19, 1941. He was the fifth of seven children of Warner Russell Watkins and Ida Perkins from Phoenix, Arizona. Warner's mother and father raised their children in Phoenix, where Warner lovingly recalled times riding bikes and running around with his little sister, Loraine. Warner attended Washington Elementary School and Washington Highschool, where he graduated in June 1959.

Warner attended Phoenix College for a semester before heading out to serve as a Missionary for the Church of Jesus Christ of Latter-Day Saints in the Northern, California Mission in 1961. He would often repeat the memorized lines he learned in the mission field, "what do you know about the Church of Jesus Christ of Latter

Day Saints? Would you like to know more?" He loved his mission and told endless stories about catching his companion kissing an investigator, the beauty of California, and his strong testimony. Warner faithfully served as a missionary until being released from his mission in March 1963.

After his LDS mission, he returned to Phoenix College for a second semester. He enlisted in the United States Army Reserves on February 18, 1964. Warner was on active duty for six months at Fort Ord, California where he worked as a dental technician and did all he could to avoid KP duty and peeling potatoes.

Warner and Jan began their marriage in Phoenix, Arizona. They desperately wanted to start a family. Unable to have children, they sought to adopt. They moved to Utah to continue their education. Warner and Jan both attended Brigham Young University. In the fall of 1970, after countless prayers, letters, and phone calls, they adopted their first baby: a little girl they named, Jenifer.

Warner was a dedicated and loving son, brother, husband, father, grandfather, and great grandfather. He was the ultimate family man. He frequently mentioned how long his prayers were because he prayed for each of his family members by name: each of his siblings, their spouses and kids, each of his own kids and their

spouses, and each of his grandchildren and great grandchildren. He was truly loving, kind beyond words, and always caring. He loved his wife and spoke of her often after she passed, always "striving to be worthy of her." He loved his children and was beyond proud of his 28 grandchildren, and 8 great-grandchildren, with one more on the way.

On November 1, 2022, Warner was finally reunited with his love, Jan and is at peace. He will be missed by all who knew him and were lucky enough to feel his love.

Funeral services were held November 12, 2022. To leave condolences for the family, go to legacyfunerals.com

HEATHER SMITHEE BRANAM



Heather passed away peacefully in her home surrounded by loved ones after losing her battle to cancer.

Heather was genuinely kind, caring and compassionate. She adored her children above all else and always wanted what was best for them regardless of personal sacrifice. She loved to serve others and

bring joy into their lives which led to her work with adults with disabilities. No matter how small of a holiday, Heather always had a personalized homemade gift for everyone. She enjoyed singing, dancing, playing games, taking care of cats or other animals in need, music, and motorcycles.

She is survived by her three children Jett Tanner Cazier, Raeanna Dawn Branam, and Tyler Joshua Branam, her parents Raelene Taylor Tedesco, William Trent Smithee, and Sherri Brent Smithee, and her three siblings Sharee Smithee, Analee Smithee, and Bryson Craig Tedesco.

She is preceded in death by her six grandparents JC Smithee, Pauline Frances Smithee, Eldon R. Taylor, Dawn Taylor, Mildred Teslich Brent, and Homer I. Brent.

Services were held on November 5, 2022. To send condolences to the family, go to legacyfunerals.com

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Viewpoint

When Deer Seek Asylum

By James Davis

I was awakened in the middle of the night.

“Stay down. They might be watching,” I heard a voice say.

“What’s wrong?” I asked, rubbing the sleep from my eyes.

“They’re trying to kill me,” it responded.

I’m not used to being woken up in the middle of the night, except by my wife’s dog who will on occasion yawn to tell me she wants to go outside.

Not that she needs to go outside; she just wants to go out in the middle of the night to have a look around.

“Who are ‘They?’” I asked the voice.

“I don’t know,” my late-night intruder responded. “But there’s thousands of them, all dressed in orange.”

I reached out and turned on the nightstand light, and my wife mumbled incoherently and threw the blankets over her head. I wished she hadn’t because I wasn’t quite prepared to deal with what was in our bedroom. There was a deer standing at the end of our bed, looking rather distressed.

“You’re a deer,” I said, stating the obvious.

“I’m a Buck,” my intruder informed me.

“Well, why are you in my bedroom?” I asked.

“Because they’re trying to kill me!”

The deer went to my wife’s drawing table and sat down on her studio chair, shaking his head. “I don’t know who they are. I don’t know what I’ve done. But they’re out to kill me.”

I tried again to rub the sleep from my eyes. “Well, you’re a deer.”

“The dog said you were quick.” the deer responded with a snark.

“You talk to the dog?” I asked.

This conversation was getting stranger by the second, but now I was intrigued.

“Sometimes she comes out at night, and we chat,” it said.

“That explains a lot. What I meant was you are a deer, and it is Deer Season,” I said.

“Meaning?” The deer said as it began to twirl around on my wife’s studio chair.

“Meaning that the people in orange are hunters and they’re trying to kill you for a reason,” I said.

“What reason? I don’t even know who they are.”

“Well, either to eat you or to cut your head off and put it on their wall.”

The buck stopped spinning. “You’re kidding, right?”

“Afraid not,” I said.

“Are you a hunter?” The deer was leaning forward in the chair, either ready to take flight down the hallway or dance a jig on our bed, I wasn’t sure which.

“Nope,” I said. “I don’t care for the taste of deer meat.”

“So now you’re saying I taste bad.”

“I didn’t say you tasted bad. I didn’t realize deer were so hostile.”

“Hostile!” The deer raised his voice, making my wife mumble and bury herself deeper within the covers. “Let me tell you about being hostile.

I’m getting ready for the rut, feeling pretty good about myself, wanting to strut around a little, and then suddenly BAM! People I don’t even know are shooting at me. Wouldn’t you be hostile?”

“Suppose so. But could you keep it down, you’ll wake my wife and the kids.”

“I’m a Buck.” The deer jumped off my wife’s studio chair and pranced to my side of the bed. “They won’t understand me.”

“I do,” I said.

“Yes. But you’re not normal.”

“I’ve been told. What do you want from me anyway?”

“Sanctuary.”

“Sorry, all my neighbors are hunters, and I don’t want them storming through the house looking

for you. You can take my orange hat and vest if you want, maybe they’ll think you’re a hunter yourself.”

“Fat chance. I’ve got a rack to die for.”

“Interesting choice of words,” I said. “Why’d you come to me in the first place?”

“Your dog said you might be able to help.”

“I’ve got to do something about that dog.”

The deer was pacing now, and I could see he was becoming agitated again. “You’re not going to remember any of this when you wake up, are you?”

“I sincerely hope not,” I said.

The buck turned and bounced out of my room, down the hall and out the door and I was able to get back to sleep.

The next morning, I was quite convinced that I either needed to cut back on my caffeine intake or go immediately into therapy. But then I noticed that my safety hat and vest were missing. There were deer droppings on my welcome mat, and to top it off, what I always thought was a yawn from my wife’s dog now seemed suspiciously like a laugh.

Wake Up and Chug

By Zac Price

Hey guys! OK, first things first. If you want to get healthy, fit, and feel amazing, it’s absolutely crucial that you drink enough water and stay hydrated. Here’s what I recommend to make this habit and as easy as possible:

Every morning, the second you wake up, grab some water and chug it. 32 ounces first thing Every. Single. Morning.

Why do I want you doing this? Because I want you to get ahead and enjoy the benefits of being hydrated during the busiest part of your day when you need it most! Staying hydrated boosts your energy, improves your mental clarity, and speeds up your metabolism which are three things you definitely want going into each day.

So, wake up and chug that first 32 ounces, then keep your favorite cup with you and get another 32

ounces (or more) in throughout the rest of the day, and you’ll be feeling amazing!

TAKE ACTION NOW! Set repeating alarms on your phone reminding you to chug your water first thing every morning and throughout each day.

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No, Really, I'm Not Making This Up

By Joe Capell

One bad thing about being a dad who likes dad jokes, is that sometimes I'll say something and my kids won't believe me because they think I'm trying to be funny-ish.



Case in point: The other day I was telling the kids that when I was their age there were no such things as Chicken McNuggets. They stared at me blankly, as if to say, "Sure, Dad, very funny," so I had to tell them, "No, really, I'm not making this up." It took my wife looking it up on Wikipedia to show them the McNuggets were first introduced in 1981 before they

believed me.

It's not the first time they've questioned me. One time I told them that if I wanted to see a movie, I had two choices: 1. Go see it at the theater; or 2. Wait for it to be shown on television, which could be a long wait. It might be several years after leaving the theater before a movie would be shown on TV, and even then it would probably only be shown once a year, so you'd better know which night and what channel it'd be on, or you'd have to wait another year for a chance to see it.

The kids looked at me as if I was talking crazy. "Wouldn't it be on Disney+?" No such thing. "What about video stores? You could just rent or buy it, right?" Nope. There were no videos or video stores. "Couldn't you just record it?" No,

there were no video recorders available. "But what if you really, really wanted to watch it?" they asked. You were out of luck, and you'd just have to wait. I'm not making this up.

The kids were equally baffled when I told them that instead of Wikipedia and Google, I had to rely on encyclopedias. We had a set of about 30 big, thick books that were full of information on a variety of subjects, and if you wanted to know about something, you would look it up in the appropriate book.

"How could they put information about everything in a book?" They couldn't, but they sure tried. "But what if you wanted to know about something that wasn't in the book?" You were out of luck. "If it was a book, how did they update it with new information?" They didn't. By

the time I was in high school, our family encyclopedia set was about twenty years old.

I told them it would be like if they were looking up "Presidents of the United States" on the internet, and the most current information it had was about President Bill Clinton.

"Ha, ha, Dad. Very funny."

"No, really, I'm not making this up."

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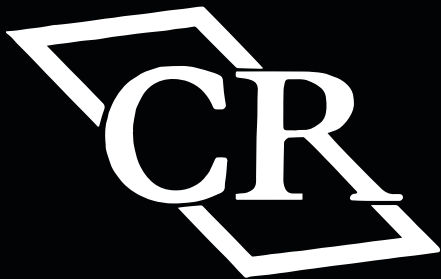
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