

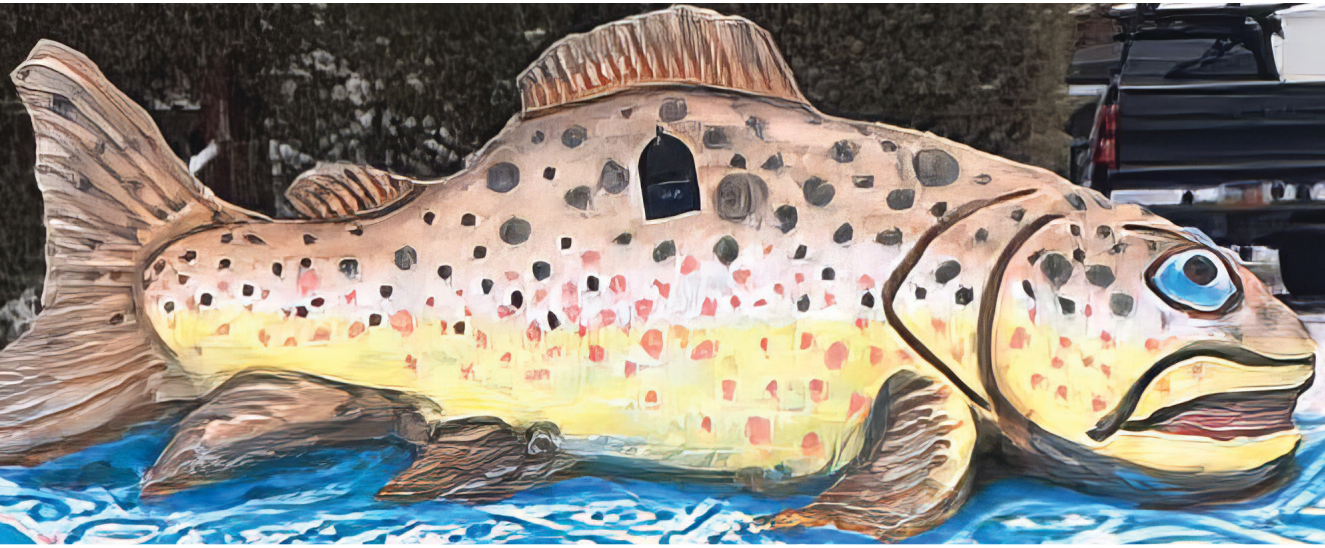


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**ART TODAY,
GONE TOMORROW** PAGE 5



A guide to managing your persistent fears and anxieties

By Stan Popovich

Are you looking for all of the answers on how to reduce your persistent fears and anxieties?

Fear and anxiety can ruin your life if you do not know how to overcome it. Here is a brief list of techniques that a person can use to help manage their everyday anxieties, stresses, and fears.

Take your fears apart

When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one step at a time. Completing these smaller activities will make the stress more manageable and increase your chances of success.

Take a break

Sometimes we get stressed out when everything happens all at once. When this happens, take a deep breath and try to find something to do for a few minutes

to get your mind off of the problem. A person can get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

Get all of the facts of the situation

Gathering the facts of a certain event can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. This is a great way to take control of your mental health.

Use Self-Visualization

Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you have to play in the championship volleyball game in

front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. By doing this, you will be better prepared when the time comes.

Don't try to predict the future

While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Visualize a red stop sign

At times, a person might encounter a fearful thought that may be difficult to manage. When this happens, visualize a red stop sign, which can serve as a reminder to stop thinking about that thought.

Regardless of how scary the thought may be, do not dwell on it. This technique is great in dealing with your negative thinking and will help reduce your fears.

Get some help

Sometimes it helps to be able to talk to someone about your stressful situations. Talking to a trained and reputable mental health professional, a trusted family member or friend might help you gain insights on how to deal with your current situation.

Overcoming fear and anxiety takes practice. In time, you will become better able to deal with your fears and anxieties.

Stan Popovich is the author of the popular managing fear book, "A Layman's Guide to Managing Fear". For more information about Stan's book and to get some more free mental health advice, please visit Stan's website at managingfear.com.

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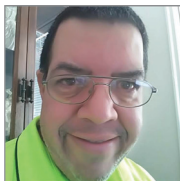
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LETTER FROM THE PUBLISHER

Hello Community,

I have continued on the short journey, and on that journey, my goal, was to do one Act of Kindness a day. Achieved it.

I invite you to do one Act of Kindness a day for the next 30 days. Be intentional in your acts of service.

The nice thing about this journey, is that the white sheet was laid out during the start of the new year and that allowed

for neighbors to serve neighbors by shoveling snow, or plowing it.

Much gratitude to my neighbors and to those that plow driveways, in front of driveways, or the near by streets and parking lots to make it easier for the rest of us just out there with shovels.

In this issue - you will find a couple articles dealing with anxiety, depression, and so forth. There are some tips and suggestions, however, the

best thing for you -- is what you decide is best for yourself. If you need help, reach out to family and friends, and loved ones. Don't try to keep everything bottled up inside.

May you have a wonderful 2023 and reach for your New Years Resolutions all year long, not just the first 45 days or so. . .

-- Chris Baird

FYI: We're not perfect and neither is this paper. Find any typos? Send Chris an email.

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Addict to Athlete is changing the how many recover from addiction

By Earl Dyer

Sitting on a folding chair in a freshly painted room, Coach Blu holds a card in his hand. He looks around the room and calls out the name of an athlete from those gathered around him, holding his card up so he can read it.

“Tell me your favorite part about school.”

The athlete who was asked the question looks around at all of the friendly faces and tries to think of an answer. Finally, the athlete provides a one-word answer but is prodded by the coach to add more.

The Addict to Athlete (AIIA) meeting this particular Tuesday evening involves Ungame, a game meant to spark conversation and communication.

This is a typical AIIA meeting. Instead of being an anonymous group, AIIA is a group where past problems and addictions are shared openly so others can learn. “Turn your mess into a message” is a quote heard often when around the team.

AIIA was started in 2011 by Blu Robinson, a man who struggled with his own addictions. Sober since 1996, he has spent his life counseling others and building AIIA from the ground up –

literally turning his mess into a message.

There are no fees, no commitments, and nothing required other than a desire to improve your life. “Erase and



replace” is another quote often heard around the AIIA athletes.

The team does not care what addictions you may have struggled with, or if you even do.” Muggles” (those who do not suffer from addiction) are commonplace at the meetings and

events. Almost everyone knows someone who has struggled, continues to struggle or has lost their struggle with addiction. The lessons and discussions are useful for everyone.

Not only does the team hold weekly meetings, but there are monthly races that Addict to Athlete tries to support around the communities. Service projects, such as Project Elf, provide Christmas for families in need. AIIA even has its own 5K

and team half marathon race that both begin at the Sports Complex in Spanish Fork.

There are podcasts, One-on-one with Coach Blu on Facebook on Wednesdays, and open gym nights where the team exercises together.

Many athletes will even enter local races and challenges. In fact, in October, AIIA proudly sported neon pink shirts during a 24 hour trail challenge.

As an athlete and recovery coach myself, I can truly say that this team has saved my life. While I may not look like an athlete, I have completed a trail ultra marathon, multiple 5K races, and have learned how to take care of and love myself. These are things that I struggled with for a long time while I was deep in my addictions.

Please join us every Tuesday evening at 7:00 p.m. at 1875 S. State St. in Orem or any of the other 12 chapters across Utah, Colorado and Nevada to immediately become an athlete, a member of our team and start changing your life for the better.

Athletes, who am I?
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ART TODAY, GONE TOMORROW

Local artist and auto-body worker creates one-of-a-kind sculptures out of snow

By Ari Brown

A Grinch on a motorcycle. A Nome. A Dalmatian next to a fire hydrant. A Tiki. A Smurf driving a car. A candle.

This may sound like a random list of things that don't belong together, but if you happened to drive near the fire station in Springville in mid-December, you would know that each one of these things had a place in Jerry Gardner's front yard of holiday snow sculptures.

For the past 30 years, Gardner, who is a local artist and auto body worker, has done his part to bring a smile to the faces of residents and passer-bys during the winter months. And he's done it through creating one of a kind snow sculptures.

"I've been doing it here in Springville for about 30 years, and I do it for the enjoyment of the people who drive by," Gardner said.

"It's my way of cheering people up and enjoying the snow and the cold season. Things get a little dreary around here."

With the recent snow accumulation across the state, it made for the ideal conditions to create such a conglomerate of sculptures. Gardner said that snow like this is often hard to come by. He also said that even when it snows, it has to be the perfect snow packing temperature for things to come together.

"It depends on the weather," he said. "You can't pack the snow together unless it's like 34-37 degrees. The last one that I just did, I had to mix water with the snow and mix it up like concrete, and then do one handful at a time until it was built. It can be very laborious, but it's worth it."

Gardner doesn't just rely on the

white stuff to make his creations stand out. Since he is a painter by trade, he uses cans of spray paint to the sculptures to make them colorful. He said that he likes the challenge of trying to come up with new ideas, and that he loves each one of the sculptures for their uniqueness.

"I'm always up for something different," Gardner said. "I try not to repeat sculptures so there's a good variety, but it's getting kind of hard to find something that's different. I do like making motorcycles – Harleys and stuff with different characters on them. It just makes it kinda fun and there's a lot of other people that are in this area and at the canyon that enjoy Harleys and motorcycles, so they always look forward to that."

Not only does Gardner like to watch travelers ride bikes up the

canyon, and create snow sculptures in their likeness, but he is a third generation Harley rider. To make matters better, he has a degree in art from BYU, as well as a degree in collision repair from UVU. Gardner also owned his own auto body shop working on show cars, and has done a lot of work with Legends as a painter.

Needless to say, when Gardner is creating motorcycles and cars out of snow, he knows what he's doing. Even with all of his expertise, he is quick to say that creating snow sculptures is much more about giving back to the community he has called home.

"It's just fun for the people and it puts a smile on their face," he said. "That's the whole reason for doing it."

Spanish Fork woman known to locals as the ‘Dancing Crossing Guard’

By Ari Brown

You’ve likely heard of a dancing queen, but have you heard about the dancing crossing guard?

Well, if you live in Spanish Fork, you may have seen a woman before and after school, having a good old time dancing on the sidewalk as she waits to help children cross the street.

Shannon Sharp became a crossing guard in the fall of 2020 when she noticed that the crossing guard who was usually there wasn’t there anymore.

“My family moved to Spanish Fork in Nov. 2019, and my daughter was in kindergarten at the time,” Sharp explained. “We live close enough to the school that I can’t justify driving, so I would walk every day. And then Covid hit and everything shut down, so we weren’t going to school anymore. And then in 2020, I was walking my daughter to school again, and there was a crossing guard a few times, and then suddenly there wasn’t. I wondered where they went, and so I decided to apply to be a sub crossing guard, and I got the job. I was then asked to become the full time guard for my post.”

The first couple months, Sharp described as being pretty routine with a steady flow of kids ready to cross the street to and from school. A couple of months later, however, she found herself standing outside in the cold with fewer kids crossing the street. It was then, when she found that she needed a way to both stay warm and find a way to pass the time with a smile.

“As it gets colder, it gets kind

of boring because you’re standing out there and it’s not as busy,” she said. “I thought that I’d turn some Christmas music on, and I can’t remember what song came on that made me want to dance, but it was just one of those songs and I was like, ‘This is great!’ and I started to dance. Of course, I started getting some weird looks from other people, and then other people would smile and wave and some would give me a friendly honk.

“So, I was just dancing to Christmas music, and after Christmas break I was like, ‘Well, I can’t really listen to Christmas music anymore,’ and so then I just made a playlist of music I could dance to. It started to catch on, and more people started to smile and wave.”

Sharp acknowledged that she has absolutely zero background in dancing, but said that it really didn’t matter to her because she doesn’t get embarrassed that easily.

“I have no dancing background,” she said. “At first, I felt super awkward, but I’m like, ‘Who cares?’ You know, I’m just having fun, and I have all my awkward dance moves and kind of just have the same old steps I guess, if you want to call them that. I don’t get embarrassed too easily. I’m the type of person who will speak to strangers at a grocery store. I’m just really friendly and I like to be social and interact with others.”

Sharp said that her job as a crossing guard is first and foremost about getting the kids across the street safely. Due to this, she does not dance while she’s crossing the

street, and she makes sure to do it away from cars entering the intersection.

“I try to stay 2-3 sidewalk squared back, and I don’t hold my sign when dancing, that way people aren’t confused,” she said. “As I see kids get close, I go and grab my sign and stop dancing because then that’s more of a serious time.”

Sharp’s dancing has caught the attention of students, teachers, parents and community members.

“Someone actually took a video of me once and put it on the community page,” Sharp recalled. “A mom at the school got me a shirt that says, ‘I’m a dancing crossing guard. What’s your super power?’ People have just been really nice, and I really like it when people wave and smile. It makes me want to dance even more because it just



Shannon Sharp

makes you happy to make other people happy.

It’s the domino effect of happiness, I guess. It’s really fun to interact with the kids and to be able to be out there helping them and just have fun with it.”




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Spanish Fork Rotary Supports Sub for Santa

By Lana Hiskey

The lights are strung, the snow is sparkling all around, and there's a bit more cheer in peoples' countenances. It truly is "the most wonderful time of the year." And with this magical time derives love and charity, something the Spanish Fork Rotary is continually focusing their efforts on all year long. This season the Spanish Fork Rotary has teamed up with Nebo School District's Nebo Dragon Pantry for the seventh year in a row to provide clothing and food for those students and families in our educational community.

"It truly makes the season right to participate in giving to the Dragon Pantry in Nebo School District," Karen Payne, a long-time member of the Spanish Fork Rotary, said. "Our Nebo students that need it the most truly benefit."

The Nebo Pantry is a program based at Landmark High School in Nebo School District. Its purpose is to collect clothes, coats, hygienic supplies and food to give to students and their families in the district. The Nebo Pantry was started in 2014 by Monica Hullinger who works in student services as a social worker and has been employed with Nebo for 19 years.

"It's a great opportunity for our

kids at Landmark to get involved," Hullinger said. "The students organize and prepare the items that come to the pantry through generous donors."

Julianne Roberts, a past president of the Spanish Fork Rotary said that she enjoys working with the pantry.

"As part of this Rotary project each year I always appreciate learning so much about Nebo's Dragon Pantry and all of the services that are provided at Landmark High School," Roberts said. "There is so much good done for the students of the Nebo School District through the programs at Landmark, and I don't think many people realize that."

Many Nebo District employees also donated generously to the pantry this year, bringing in many needed items for our Nebo students.

"Thank you to all those who donated this year! It truly is a Merry Christmas in Nebo School District," current Rotary President Lana Dahl said.

Publisher's Note: People continue to be in need. Make whatever food or monetary donation you can today to this pantry or one near you.



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Springville grandma puts on holiday display with over 50 varieties of dinosaurs

By Ari Brown

Holiday decorations come in all varieties, but we bet you haven't heard of the dino variety.

Then, again, if you had the chance to drive by Chris Metcalf's house in Springville over the holidays, you know just what we're talking about because her yard was dotted with holiday-themed dinosaurs from triceratops to pterodactyl and nearly everything in between.

Metcalf, who is a full-time grandma to her five grandchildren, began collecting holiday dinosaur blow-ups about four years ago when her grandchildren started showing an interest in dinosaurs. She said that it started out small, and things have gotten a little out of hand.

"About four years ago, my grandkids were just crazy about dinosaurs, so I bought a couple of them and that was fine at the time," she recalled. "And then the next year they offered a few different varieties, and so I grabbed a couple more. Then last year, they had even more designs, so it was up to 23 dinosaurs. I pretty much had everything that was available, and I would just go online looking for different types of designs. But



this last year, I started buying back in July and there was a small explosion of new designs that became available. So I just started buying them as soon as they became available, and pretty soon I had over 50."

Metcalf said that even with her vast array of dino designs, her grandchildren still wonder why she doesn't have all the dinosaurs represented.

"I just had my fifth grandchild,

and my oldest is seven. They know all the names of all the dinosaurs, and they know everything about them and they want to know how come I don't have a parasaurolophus or an ankylosaurus. This year I got a pterodactyl," she said.

"My grandkids would like me to do dragons, but I tell them they're a little bit of a different creature. I try to keep it all strictly dinosaurs. I try to get the ones that are more animated and look like a real

dinosaur rather than the painted blow-up ones."

It isn't just her grandkids who enjoy the holiday dino display, but locals and passers-by have taken notice.

"I constantly get people all night driving by and taking pictures," she said. "I get lots of feedback that people love the theme of dinosaurs, which is kind of unique and it's just been fun. It's just fun for kids and my grandkids to enjoy and for the community to have fun with."

Metcalf said that she keeps them up all season long rather than deflating them at night because she said there gets to be ice buildup and it's hard to dig them out without damaging them. She acknowledged that it's a lot of work to put up, take down and to maintain, but that it's all in a (several) days' work for this full-time grandma.

"I've basically been working as a full-time grandma since I retired," she said. "It's the best job, and I love watching them get excited about all the dinosaurs. Next year I plan to expand into my backyard."



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

- Howard Zinn

How one family is bringing new life into historic town of Helper

By Ari Brown

The city of Helper has a new family in town that is taking Main Street by storm – well, maybe not storm. More like, by love. Yeah, love.

Gregg, Becky, Nathan and Kenny Driggs are four members of the Driggs family who moved to Helper in 2020, and now own four successful businesses in newly renovated historic buildings on Main Street: Driggs Mortgage, Aunt Nell's, Games on Main and West Coast Show Support.

During the summer of 2020 when Gregg and Becky Driggs, who lived in Spanish Fork at the time, were traveling around nearby areas visiting RV parks. According to Gregg, his wife suggested that they stay at a new park in Helper that is about an hour south. This stay, Gregg said, turned into the couple not only staying a while longer at the park, but indefinitely.

"During our visit, we were just walking up and down Main Street, and Becky fell in love with Helper and she said, 'We're going to move here,'" Gregg recalled. "(Becky) said that God told her to move here, and I'm not going to argue with her, and I won't argue with (God) either. So I told her that if she wanted to move to Helper, we'd move to Helper."

Gregg said that soon after the move, he noticed that Becky had a renewed energy that fueled her drive to not only build a home for her family, but to become part of the community.

"Becky started to get to know people in the community including Gary DeVincent who owns a lot of the older buildings and has done a lot of renovations in town," Gregg said. "She started talking to Gary and told him all of her ideas. Gary talked to me and said that he wanted to do a financial institution in the bank, and asked if I'd be willing to relocate my mortgage company there, and I said I would.

"What we thought initially was probably going to be a six month project turned out to be almost two years, but Gary did a beautiful job with the building. When you walk in my office, you walk into the

lobby of the bank and the ceiling is still original. All the trim work that had been buried for over 50 years has been renovated and restored. It's beautiful. The way we have it set up, you can walk in here off the street, sit down and just look around and see things on the wall that tell the story of Helper and the history of the building. My assistant's office is in one of the two vaults, and the original vault from 1914 we use as our conference room."

In the building next to the bank, Becky Driggs opened up a soda and gift shop named for her Aunt Nell, and soon two of the Driggs' sons joined them in Helper. Nate runs Games on Main inside of Aunt Nell's, and Kenny operates the Rio Theatre as part of his business' contract with the city.

"Kenny is our son and worked for Disney for several years, and now owns West Coast Show Support and they contracted with the city to run the Rio Theatre that produces local performances," Gregg explained.

"They put a new sound system in at the theater, and he called in some of his friends he knows from Disney, and they spent a week in the theater fixing it up. They sat in every seat in the theater until they had the sound system perfect. The theater only sits 250 people, but we have these amazing shows in Helper that you would expect to see at the Capitol Theatre. ... It's just the funniest thing. We live in a town of 2,500 people where the majority are blue collar workers, and then they have this symphony orchestra for Christmas, and they get all dressed up and it's packed, and they love it!"

"There's no place like Helper"

Gregg, who grew up in neighboring Emery County in the town of Orangeville, said that moving to the small town of Helper was like stepping back in time, and that there is something magical about being there.

"It's just an incredible art town," Gregg said. "You can walk up and down the street here and I believe there are like 15 art galleries. It's just amazing. I don't even know how to describe it. I tell people that I work

with across the country what it's like living here, and they just don't think that it sounds real."

Gregg spoke about all of the festivals that run throughout the year, and the community gatherings and the efforts locals like DeVincent are making to keep the original historic small town feel intact.

"My mortgage company is what was the original helper state bank building that was built in 1914, and the owner of the building is Gary DeVincent," Gregg said.

"We partnered with him and he did all the renovations. We actually got visited by Governor Cox earlier this year. He wanted to come down and see what we had done because he said that he was just super excited to see somebody renovate and restore rather than tear it down and build something new."

Gregg said that when they bought their home, they wanted to do something to pay homage to the community.

"When we bought our home, it faces Highway 6, and it's in a place where people coming into town can see it," Gregg explained. "We had one of the local artists by the name of Kate Kilpatrick paint a mural on the side of our house that has a coal miner, an electrician and a railroad worker. It's just kind of a tribute to the community. My dad worked for the power company and he's actually the electrician in the mural.

"Soon after we moved in, we were told that the house was built in the 1950's for the president of the



Becky & Gregg Driggs

Helper State Bank. It's kind of an odd twist."

Giving credit where it's due

As Gregg spoke about his family's new life in Helper, he continued to speak highly of his wife for encouraging them to take a leap of faith.

"Becky is the reason we're here, and you know, everybody here loves her," Gregg said. "She's just a very colorful, energetic, happy person that people just want to be around. I know there are three gas stations in nearby Price that she bakes cookies for. It will be interesting to see over the years how things develop for her. For some reason she has more energy now than she ever did. She saw a vision and it was something that she wanted to do and she pursued it. To see it in real life, it's actually turned out better than we could have imagined."

Becoming a foster parent

By Ariel Higgs

Growing up, it was common for an extra kid or two to be around my family's house. When I was young, they were just brothers that stayed for a little while and then went away. When I got older, I learned that my parents were foster parents and that my seemingly transient brothers and sisters were children who had needed a safe home for a while, which my parents happily provided. I was inspired by their sacrifice and willingness to help out people in their hardest times and wanted to do that myself when I became an adult.

After I married and had a child of my own, I approached my husband and asked him if he would be comfortable with us opening our home to children as foster parents. After careful consideration and discussion, we decided that we were ready to explore the possibility. Being in our early 20's and renting, we were sure that fostering wouldn't be an option for us at that time, but to our surprise, we were eligible to become foster parents.

We worked through the rigorous training, background checking and inspections required by state law and became licensed foster care providers about six months after we initially reached out and asked for information. Within a few short weeks of becoming licensed, a social worker reached out to us and asked if we had room in our home for two little boys. We answered yes and were told that a 1-year-old and a 3-year-old would arrive within a few hours.

Having experienced pregnancy and childbirth, I can tell you that nine months to prep for a child's arrival is a leisurely stroll in the park on a warm summer morning compared to the absolute pandemonium that was trying to gather together all of the essentials two toddler boys needed in just a couple of hours. Dinner plans were canceled, pizza was ordered, a massive Wal-Mart run was organized, and every favor was called in as we outfitted our spare bedroom as best we could on such short notice.

Two little boys, a blonde dressed

in messy, mismatched pajamas, and a brunette in nothing but a wet diaper showed up on our doorstep with two small sacks filled with donated clothing. They were dirty with wide glassy eyes that seemed excited, scared, yet somehow haunted and detached at the same time. We were given first names, and promised that we would be given more information on Monday, as they were being dropped off long after office closing hours on a Friday night. That night, we were left alone with these two tiny people who had no idea who we were any more than we knew who they were.

After giving them some juice and new plush toys, we decided that the next logical step was bath time. I picked up the oldest boy who was curled around a filthy mickey mouse blanket, and carried him gently upstairs towards the bathroom to wash him up. When I reached the upstairs landing, he laid his little head against my shoulder and threw up all down my back. Strange as it was, we were irrevocably bonded in that moment as I gently sat him in the still filling bathtub and assured him that I wasn't mad, after all, everything will come clean in the shower and the washer.

The next six weeks passed in a blur as I worked through the list of tasks every new foster child has when they enter the system for the first time. There were doctor and dentist appointments to care for their physical health, and mental health and educational assessments to help them begin healing from any trauma and get any additional help with any deficiency education wise.

It was a chaotic time running here, there and everywhere while squeezing in weekly visits with their families and learning their little personalities.

We originally planned to just house the boys for a short time because reunification of the family is always the primary goal of foster care, and kinship placements are preferred and we were sure that one of those two things would happen shortly. Even with placement with family being the goal, we were asked if we would be willing to have the boys in our home for a bit longer, allowing them to stay together in our home where they were already comfortable. We agreed and hunkered in for the long haul adding court dates to our list of appointments.

In our home, the boys began to bloom and grow. We learned that the blonde boy thought of himself as the parent, looking after his little brother the way a mother would. Through weeks of gentle assurance, he was able to relax and be a big brother, letting me be 'Mom' and learning to trust that my husband and I would provide for his and his brother's needs so he could just be

a kid.

The youngest boy who was so quiet began to speak with articulation far beyond his age. We celebrated his second birthday just days after he came to our home and he was thrilled to be the center of attention like a normal boy his age. And, much like his older brother, he began to learn that his words were heard and his needs would be met by the grown-ups in the house. It was amazing to watch these two little people who had experienced far too much in their short years, learn and grow while also watching my husband, daughter and I grow in ways I never could have imagined along with them.

If you are interested in learning more about foster care in Utah, want to learn about becoming a foster parent, or want information about volunteer opportunities to help out kids in foster care, please visit utahfostercare.org, or youthvillage.org. They are always looking for supporters in the community so that they can provide these children in hard situations as much support, resources and care as they can.



The two boys enjoying time with their new big sister.

“What’s that buzz about?”

By Skip Gordon

In May of this year, the Spanish Fork Chamber of Commerce held a ribbon cutting at the Hive Adventure Park Grand Opening, and the community is buzzing about this new attraction.

The Hive Adventure Park is the largest Indoor Family Entertainment Center in the Utah Valley.

The Park is located at 955 N Main in Spanish Fork in the old Shopko building, and offers a trampoline park and much more.

Owner and General Manager Russell Jackson said that opening the park was his family’s way of bringing family fun into the community.

“My wife’s family has lived in the Spanish Fork area for multiple generations, and we wanted to bring something that was fun, exciting, and unique that would benefit our community, and especially its kids,” he said.

The Hive provides extreme fun for all ages. Attractions include, a seemingly never-ending open court of trampolines and over a dozen other trampoline-based attractions ranging from interactive gamified dodgeball, dunk hoops, obstacle course, interactive trampoline games, airbag pits and even the world’s first trampoline tetherball court.

The park also includes Utah’s largest inflatable park coming in at over 7,500 sq.ft. of inflated fun. The inflatable area includes extreme slides, obstacle course, volcano climb, wrecking ball, the largest

throne you’ll ever see or sit on, and even a dedicated toddler arena for the little bouncers!

Do you want to be a ninja for the day? The Hive includes a multi lane ninja course that will bring out the ninja in everyone. If you like soccer, the AirTrack Sport Court with interactive soccer goals will be right up your alley. Do you feel like climbing? The Hive’s interactive gamified 3D traverse climbing wall will fit the bill! Birthday parties will also take on a whole new meaning at The Hive with full-service hosted parties available 6 days a week. All you need to bring is the cake and they will handle the rest.

Great detail and thought have gone into its interior. Large high end graffiti style murals adorn the walls, oversized pink and black checker patterns dominate the entry area floor, along with bold bright colors throughout the park that will glow when overhead lights are dimmed, and UV lights are turned on. A high-end sound system, strobe, and laser lights can really amp up the fun.

A sense of cleanliness is expressed through the bright shiny clean surfaces that are the foundation of the play areas, including cleanable coverings on all foam pits. A touch of comfort is felt in the many plush loveseats where parents can comfortably rest or be involved with the nearby action. Or for that deep relaxing plunge, enjoy the full body massaging chairs. This hive really has a high energy buzz in the air, as you can hear joyful noises of kids



and adults laughing, cheering, and having a great time.

The Hive Adventure Park may just become the most sought-after location in Utah for good clean fun for family and friends. Russell Jackson’s vision of wanting to bring in something that is fun, exciting,

unique, and that would benefit our community, and its kids is definitely coming true. This highlighted business truly is serving as it allows for family, and friends to enjoy a safe, clean environment that is filled with fun.

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'Tales of the Jedi' continues Star Wars drama

By Kelly Martinez

When George Lucas created Star Wars in the 1970s, he could scarcely have imagined the richness of the foundation he was laying for future storytellers to build upon. Yet, that's exactly what he did and Disney Plus's "Tales of the Jedi" is proof.

Set in several points of the prequel trilogy, "Tales of the Jedi" includes back stories for several of the franchise's favorite Jedi, including Ahsoka Tano, Anakin Skywalker, Obi-Wan Kenobi, Mace Windu, and Qui-Gon Jinn.

Consisting of six short episodes, the show provides glimpses into what helped form the spotlighted Jedi into who they became in the various Star Wars movies and animated series. Unlike some of the franchise's other animated series, which created more questions than answers, "Tales of the Jedi" offers lots of answers and creates only a few questions.

Remember the bad guy Count Dooku from the prequel movie trilogy and Clone Wars animated series? In "Tales of the Jedi," you get to see how he went from being a Jedi to being one of Darth Sidious' sidekicks.

Ever wonder how Ahsoka became a Jedi? Watch "Tales of the Jedi" to find out.

I won't spoil all that the series has to offer, but suffice it to say, the show is worthwhile viewing for those who are fans of the Star Wars franchise.

One of the benefits that animated series like "Tales of the Jedi" have over movies and television shows is that they can squeeze a lot more story into a shorter amount of time, not to mention the money saved in producing the content. This fact works well for this show as it doesn't take long to fill in some of the gaps of the Jedi characters' lives that the movies and other shows created.

At the same time, while the show does a lot to answer questions, it also creates jumping-off points for future shows or movies. This is further evidence of the fleshing-out of the already-rich universe of Star Wars.

Let's not lose sight of the fact that future revenue for Disney is also at the heart of these shows and has a big influence on the storytelling of each of the franchise's shows and movies. They likely don't want to give too much detail that could spoil future profits.

Be that as it may, if you're looking for rich storytelling that delves deeper into the Star Wars universe, without having to invest a lot of time, "Tales of the Jedi" is for you. All six episodes of the show are streaming now on Disney+.

AMC review: 'Tales of the Walking Dead'

By Kelly Martinez

The Walking Dead premiered on AMC on Halloween night in 2010. Based on the popular graphic novel series of the same name, the show ran for 11 seasons, concluding last November. Not only did the series turn out to be a long-running hit for the network, it also spawned several spinoffs, including last fall's "Tales of the Walking Dead."

Like its parent show, TTWD is set in an apocalyptic world infested by the reanimated dead (aka zombies). In standalone episodes, viewers get glimpses into the lives of people who are dealing with the fallout of a society that's unraveling in the wake of a virus that not only kills people, but also resurrects them into flesh-eating undead creatures.

While most of the characters in the series' six episodes are ones viewers don't know, there is one that focuses on the backstory of the villain Alpha (Samanta Morton) from the parent show's Season 10.

If you're a fan of the original show, you might remember a flashback from Season 2 in which Lori Grimes and Shane Walsh are stuck in a standstill traffic jam on a freeway as society starts to unravel. They venture off the highway to see military helicopters bombing downtown Atlanta in an attempt to destroy the undead. It was an interesting glimpse into the past that got me wanting more of this type of content to further flesh out the storyline. But it never happened in that series and is all that TTWD is about. On the surface, it works, in

actual execution, it doesn't always.

Having read some of the reviews of TTWD before watching it, I didn't expect much from the series but was pleasantly surprised by how good the show is. Guest appearances by Terry Crews (Brooklyn Nine-Nine and America's Got Talent), Parker Posey (Lost in Space and Granite Flats), and Anthony Edwards (ER and Top Gun) add star power to the show.

This isn't to say that everything about TTWD works. Some of the storylines are a little out there, like Posey's episode which had its moments, but struggled overall with its "Groundhog Day"-like premise. Even Bill Murray couldn't have saved this episode.

Edwards' episode was thought-provoking as his character, a doctor, looked at the undead through the lens of science while grappling with the common sense point of view that they were beyond being human any longer. Deep stuff.

If I had to pick one episode of TTWD as my favorite, it would be the backstory of Alpha, the leader of The Whisperers on the parent show. The episode provides a better understanding of how she became the unhinged character we first met on the original series.

For fans of the parent series, TTWD is worthwhile viewing and is a good addition to the franchise's world.

As of this article, AMC has not decided if TTWD will have a second season.



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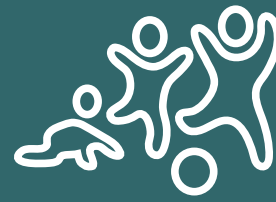
Payson Station Area Plan - Public Visioning Workshop

By Jill Spencer

UTA and Payson City are developing a new community plan around the future UTA FrontRunner Station in northern Payson. The development of a new transit hub presents many opportunities for improving transportation to and around the area, and to define the surrounding streets and neighborhoods into a vibrant new community.

Located at the northern entry point into the city, this development is poised to become the Gateway to Payson. A Public Visioning Workshop will be held to collect ideas and comments to help shape the Station Area Plan.

Come share your vision for the future development on Thursday, January 12 from 6:30 to 7:30 p.m. at the Payson City Center, 439 West Utah Avenue.



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New staff at Springville City

Some big changes in leadership at Springville City have taken place at the Museum of Art and at the Justice Court.

Emily Larsen has been selected as the new director of the Springville Museum of Art. She has worked at the museum for more than 10 years and was most recently the associate director. Emily is a passionate believer in the museum, its collection,

its impact, and its potential. She replaces Dr. Rita Wright, who is retiring after 10 years.

Eric Jewell is the new justice court judge. He has been serving the communities of Payson, Santaquin, Genola, and Goshen. He was recently sworn in by Sherlynn Fenstermaker, who is retiring after serving our community for decades as both a city prosecutor and judge.



Emily Larsen



Eric Jewell

Drive-thru dining at Costa Vida in Spanish Fork

By The Drive-Thru Diner

Greetings! Welcome to the inaugural installment of this new feature which delves into the dining options here in south Utah County.

Food reviews are a dime a dozen these days. You don't have to look far to find one. However, what the vast majority of these dining reviews offer are typically based on walk-in, sit-down dining experiences. What this column will feature is reviews of drive-thru dining experiences.

After all, the drive-thru dining experience can be quite different from what you get inside the restaurant, and is, more often than not, the one that most people have.

Our ranking system will be unscientific and purely subjective, and based on five categories: Drive-thru maneuverability/design, menu board clarity/orderliness, service, packaging, and food accuracy/quality/portions. A total score will convey the dining experience as a whole.

Without further ado, let's dive into our first review of a community-favorite Mexican food establishment.

Livin' la Vida loca

When it comes to fast food, timing is everything. You're more apt to get a generous, accurately made-to-order meal shortly after the restaurant opens for the day or during the mid-afternoon, non-rush hours. Lunch and dinner rush hours are the times you're most likely to get dishes that are often put together in a hurry and are neither generous-sized nor accurately prepared.

That said, I chose to visit Spanish Fork Costa Vida on a Monday night at about 6 p.m., which, according to my timing theory, was more likely to result in an inferior dining experience. Did my theory hold true in this instance? Let's find out.

Drive-thru maneuverability/design

I've never been a fan of this restaurant's drive-thru design, so timing doesn't appear to be a factor.

Upon approaching its entrance and menu board, there's a stop sign with a companion sign that instructs patrons to leave a gap for the exiting traffic from nearby Kneader's. The companion sign is no longer readable due to the lettering being weathered and worn. Even when it was legible, most patrons I observed either ignored the instructions or thought they didn't apply to them.

Because this Costa Vida shares a strip mall design with other establishments, its drive-thru maneuverability suffers.

Category grade: 2.5 out of 5 stars

Menu board clarity/orderliness

This part of the dining experience was topnotch. Once I overcame sticker shock from the prices listed, the menu board was easy to read, nicely organized, and understandable.

Category grade: 5 out of 5

Service

The drive-thru window staff at Spanish Fork Costa Vida has consistently been good over the years. Staff members have been friendly, helpful, and accommodating. Such was the case on this visit. The young man who took my order had a voice that was worthy of radio.

Upon repeating my order back to me, there was no need for correction.

Category grade: 5 out of 5

Packaging

Anyone who's ordered at a drive-thru understands the importance of secure packaging for their food orders. Well-packaged orders are key to getting the meal home without spilling and moving all over the place.

On this visit, Spanish Fork Costa Vida, though guilty of poor packaging in the past, did a good job of securing my nacho topping serving cups in place so they didn't slide all over the bag with their tops popping off.

A slight deduction for not including a fork/knife/napkin packet.

Category grade: 4.5 out of 5

Food accuracy/quality/portions

This category is usually the one with which fast-food restaurants—particularly for drive-thru customers—struggle. Even

when the window staff gets the order right, it's not uncommon for someone along the preparation line to get it wrong. Be it asking for nacho toppings to be put on the side or the omission of pico de gallo, inaccurate fulfillment of orders happens more often than we like.

Fortunately, that didn't happen on this visit. Not only was the food made to order accurately, it was done in the form of a generous serving. Given the rising costs of dining out, this should be the rule and not the exception, which it often tends to be.

The only knock on the food on this visit was that the chicken in my nachos was a bit overcooked and overly chewy.

Category grade: 4 out of 5

Overall drive-thru grade: **21 out of 25.**

(On an old-school grade scale, that's a solid B grade.)

It's no secret that Spanish Fork Costa Vida is a good source for Mexican food. Just look at how crowded the establishment is most of the time. Whether you're dining in or hitting the drive-thru, you're in for a dining treat—most of the time.

Here's hoping your drive-thru dining experience here is as favorable as mine was on this visit.

Stay tuned next month for another anonymous review of a local restaurant.

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Juab County Ranch offers a chance for families to live off-grid through a co-operative community model

By Jesse Fisher

Many families in the state are ditching the rat race, rush-hour gridlock, mortgages and utility bills in exchange for life in a rural, co-operative farming community away from all the city's insanities.

Riverbed Ranch is a self-reliant, agricultural community being built in Juab County's West Desert on an old 1,245 acre alfalfa farm. 125 shareholders have already joined the off-grid farming cooperative created under Utah's "Uniform Agricultural Cooperative Association Act." This initiative provides individuals and families with an opportunity to experience sustainable living, growing all their own fruits and vegetables, while remaining connected online through Elon Musk's Starlink Internet service.

Co-ops were plentiful in every town in Utah during the 1800s but got their start in Brigham City. Brigham Young had challenged Lorenzo Snow to build a self-sufficient community. In their tenth year of operating as a cooperative community a world-wide recession depressed Utah's economy as well. That year, Brigham City had its most prosperous year to date. They enjoyed 0% unemployment and built homes for all the widows and orphans. Everyone who had a job worked for one of the town's 40 cooperatives. Brigham City's board of directors estimated that the city had achieved 85% self-sufficiency.

In the same spirit of innovation,

the Utah Operation Self-Reliance community and Land Co-op is pioneering the non-profit land development movement in Utah. Through their efforts, they have created Riverbed Ranch: an off-grid community designed to provide members with access to low cost farm land and water rights. Here they can create a sustainable lifestyle for both themselves and future generations. By operating as a cooperative versus traditional profit motivated developers, all who join benefit from reduced costs associated with ownership and construction.

Addressing community concerns

Many who hear about the efforts to bring a co-operative community into the area, many residents bring up concerns with several calling communities like this a "cult."

Those at Riverbed Ranch want to assure the community at large that there is a difference between a cooperative and a cult. Cults are top-down hierarchies created for the power, gain and glory of their leader. Cooperatives are the opposite, where groups of people who work together as equals for their mutual benefit. T

Riverbed Ranch founder Philip Gleason (until recently a resident of Orem), has already retired from leadership, giving up his role as CEO, making room for other leadership. Even with a "leader," the co-op

is run by a volunteer board of directors, elected from among the shareholders themselves.

Each shareholder is granted exclusive rights to 2 - 2.4 acres of farmland with at least 2.5 acre-feet of water rights, with most shareholders ending up with four or more. Each member agrees to build a passive solar home, a barn or shop, a greenhouse and a garden. Each shareholder is also required to drill a well, and per Juab County guidelines, a septic system, and solar power system are required.

What next?

Like all homeowners, those who live on Riverbed Ranch are expected to finance their own home, and the minimum cost for homes is at minimum \$235,000. The co-op is not able to offer financing, so most members have sold their existing homes and are using the equity to



Residents of Riverbed Ranch as of November 2022.

build out their off-grid farms. There are currently 11 homes under construction with many more in the planning stages.

The co-op has set aside an additional 500 acres of farm land and water for agricultural projects run by individual shareholders, groups of shareholders, or the entire cooperative. This is done so that if a family who lives on their two-acre farm wants to run a herd of goats, they can apply to the board of directors and be allotted additional acreage and water.

For information on Riverbed Ranch, go to riverbed-ranch.com.

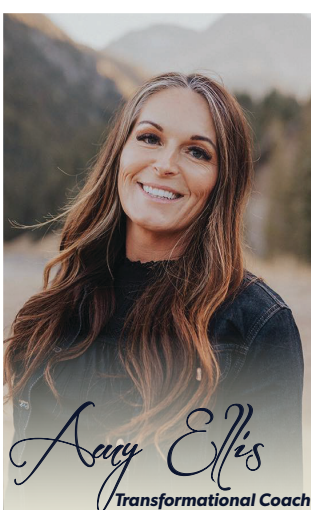
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Springville-Mapleton Chamber: Battle of the Pizzas

By **Melanie Bott**

On December 13, the Springville-Mapleton Chamber of Commerce held its annual Battle of the Pizzas.

The event was created when former Commerce executive director Shirlene Jordan added it to the "Lunch and Learn" education events.

The Chamber is the business connection between the local businesses, the city, and community members. The Chamber partners with Springville City, and Mapleton City to create an environment

for networking, education, training, and growth.

The purpose of The Battle of the Pizza was to spotlight participating pizza restaurants while networking alongside other business members. Pizzerias brought a few of their best pizzas, and guests were able to try each pizzeria's best pizzas and judge their favorites.

This year's event was supported by Papa Johns of Springville (Gordon Hansen), Marco's Pizza of Spanish Fork

(Reyn Spencer), Matteo's Artisan Pizza (Guillermo Verdi), Pier 49 Pizza Springville (Wes Harris), Nico's Pizza (David Bertasso), Gandolfo's Deli Market (Enrique Gonzalez), and Zubs Pizza & Subs (Rena Peacock) with this year's Table Sponsor, Springville Provo KOA, and many other businesses.

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Mike & Emily VanDyke Family

Hello! My name is Dr. Mike VanDyke. My wife, Emily and I moved to Spanish Fork in 2016 with our three wonderful daughters. We have absolutely loved living in South County and feel like this is an amazing place to raise our family. Our daughters all enjoy the arts and performing. Emily has a jewelry business, helps manage the office, takes care of our girls, and is currently serving on the school community council. Dr. Mike likes playing basketball, watching his girls grow and perform and served on the board for the chamber of commerce in Spanish Fork for 3 years.

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Payson Community Theatre brings local community together both on and off the stage

By Josh Martinez

When it comes to stage productions, Payson Community Theatre holds itself to a high standard.

The local theater has had almost 55 years to perfect its craft, and, according to its mission statement, has “Sought to further enhance the theater experience and elevate the community in the process,” and have a “Long-lasting tradition of creating meaningful memories and uplifting theatrical opportunities.”

PCT President Kristina Holley says she is fully committed to this mission statement, and hopes to expand upon it as time goes on.

“We value all those in the community and beyond,” she said. “We do what we can to maintain quality theater and encourage all in the area to participate both on stage as well as behind the scenes.”

Holley has only been president for a year, but has been involved in the theater for over 13 years, formally joining the board in 2019. She also teaches film and drama at Spanish Fork Junior High School.

She has studied theater and worked in numerous capacities over the years including costuming, and says she knows “a great production when [she sees] it.” Her behind the scenes work for the community theater also promoted her to audition for a part in a production.

“After seeing how much fun the actors were having, I decided to audition for *Beauty and the Beast*,” she said. “Since then, I have been heavily involved with each show, either on-stage or behind the scenes.”

Payson Community Theatre runs numerous shows throughout the year with 5-10 performances of each show depending on the demand. These performances happen at Payson High School as well as other locations in the city.

The theater is a nonprofit organization that operates on a modest budget of \$15,000 to \$20,000 annually. Due to its nonprofit status, it receives most of its funds from ticket sales and grants from the

city, the Utah Arts Council and the National Endowment for the Arts and local business sponsorships.

Holley said those involved in the theater are able to strike a great balance between professionalism and family.

“I have worked with other community theaters in the past, but PCT seems to have that extra something that those theaters didn’t have,” she said. “I feel as though I now have more good friends. I love the friendships and relationships that are developed in theater. There are many tears (when the performances are over) because they don’t want to stop being a part of something great.”

How the PCT began

That passion has been a key part of PCT since the beginning.

In the summer of 1968, four Payson High School students decided to use the new stage to put on a musical production during the homecoming festivities, a celebration that would become Golden Onion Days.

The teenagers — Jay Jolley, Janie Marvin, Lemuel Harsh and Robin Anderson — worked alongside the city to secure funding. With the assistance of advisors Doris Gasser and Marian Wilson, they were able to run three performances of “*Little Mary Sunshine*.”

The theater has run shows non-stop since those humble beginnings.

The theater has blossomed into a host of moving parts. While the actors are the most visible on stage, there are numerous people who volunteer behind the scenes. This includes set building, props, costumes, lighting, sound, choreography and a host of other areas.

“We all work hard and support each other,” Holley said.

Holley described one instance this past summer during the production of “*Matilda*” when she stepped in to assist with the set building and painting team because it was needed. She also spoke about director Perry Ewell who would go



Actors in costume from a production of “*Shrek*.” There is a lot of effort that goes into putting on a production at Payson Community Theatre including costume design. (Photo Courtesy of Payson Community Theatre)

into the theater after hours to work on sets to make sure they were ready for the show.

It’s not just those involved who enjoy the production; It’s also the audience members.

Payson Community Theatre has a 4.8 ranking on Google with many commenting about their positive experiences attending the shows.

“It’s no secret why this program has been going on for more than 50 years now,” Jacob Richey said in a comment. “Those who participate and run the program are stellar actors who present only the best they can offer. You will never be disappointed by going to anything that PCT produces.”

Fellow attendee Megan Neal commented on how much she enjoys all that PCT puts out throughout the years.

“They’re always engaging, fun and creative,” she said in a comment. “The talent and hard work put into these shows are what make them great and leave the audience wanting to come back for more. It’s a wonderful experience to be a part of, whether you’re an actor, techie or audience member.”

PCT has long been a staple in the Payson community and the doors are open to all interested in participating. Holley said she highly

encourages anyone interested to inquire about volunteering in any capacity.

“If you want to be part of a great group of people and theater, we welcome all to join us,” she said. “Even if you don’t feel you have anything to offer, we’ll gladly do on-site training. We want to fully embrace the community and welcome them to participate in the success of Payson Community Theatre.”

PCT is preparing for its upcoming production of “*You Can’t Take it With You*,” which will feature Jan Hunsaker as director. Hunsaker has over 30 years experience teaching theater and was an administrator for Tuacahn High School of the Arts.

Auditions for the production are Jan. 17 and 18 at Mt. Nebo Middle School, 851 W. 450 South in Payson. Those interested in acting or backstage work can contact the theater via email at PaysonCommunityTheatre@gmail.com.

“If you want to be a part of great theater, then you couldn’t be involved in anything better,” Holley said. “We also have great directors and creative teams that are friendly and welcoming. It’s a great place to make long-lasting relationships.”

Tributes



Alvino Quintana

Alvino Quintana passed away at his home in Price Utah on 11/26/2022 at the age of 46.

A funeral service was held in Salem Utah at the Emerald Eve Event Center.

Alvino was born 07/03/1976 to Flora Arana and Albino

Quintana in Payson, Utah.

Alvino was a very meticulous person. He had to have everything clean and tidy. He believed there was a place for everything and everything had to be in its place. He loved to listen to music, and to paint. He could decorate any room. he could make any home bright and colorful. He taught himself how to cur and lay tile. he enjoyed handyman work. Alvino loved to help others.

Alvino is survived by his Mother, Flora Arana, his Siblings, Carlynn Serrano, Lucinda (Rodolfo) Urquijo, Freddie

Quintana, Amy Quintana, Lionel (Elvia) Quintana, Albino Quintana and Eduardo Quintana, along with several nieces and nephews.

Alvino is preceded in death by his Father, Albino Quintana and his Grandmothers, Patsy Garcia and Lucinda Lopez de Quintana, his Grandfather, Gilberto Quintana and Uncles, Jesus Quintana & Eduardo Quintana. He will be greatly missed.

To leave condolences, visit www.legacyfunerals.com



Andrew Wittusen

Andrew Thomas Wittusen passed away on November 29th 2022 with his boots on doing what he loved.

Andy was born on July 8, 1967 and grew up in Mapleton Utah and graduated from Springville High School. He followed in his dad's footsteps and

became a Journeyman Electrician. He joined the IBEW where he took great pride in his craft and had a deep love for his brotherhood and teaching apprentices.

He married Michelle Brown in 1995, his world revolved around her. Andy was always the life of the party. He loved shenanigans, jokes, music, and most of all his family. He loved spending time with his kids, being silly and making them laugh. He had a 'unique' sense of humor that always kept us rolling. Home was his favorite place to be. He spent a lot of time puttering around the

yard, dancing in the kitchen and talking smack to whoever would listen. He will be greatly missed by many.

Andy was the most loving and supportive dad. He always made sure his kids felt loved and secure and would do anything to make them smile and fill their home with laughter. He made it a point to involve himself in any and all of their activities so he could spend as much quality time with them as he could. He made sure his kids never went without anything, they always had more than enough and the best of the best. His irreverence, bad jokes and banter will be

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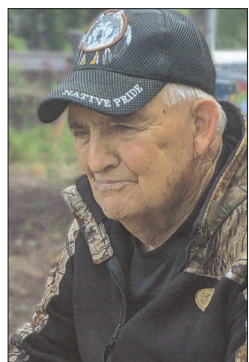
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carried on by his whole family.

Andy is survived by his dad Ronald Alan Wittusen, his wife/punkin Michelle Brown Wittusen. His boys Joshua Andrew Wittusen, Zachary Brian Wittusen, Otis Mirick Wittusen and his little girl Alex Sandra Wittusen. His siblings Brad Wittusen, Troy (Michelle) Wittusen, Courtney (Andrew) Hopkins and many nieces, nephews and friends. He is preceded in death by his mom Dianne Bills Wittusen, his birth mother Sandra Mirick and his favorite dog Maxy.

A Celebration of Life will be held on January 9, 2023 at the Bright Building, located at 33 W 400 S in Provo, Utah from 6 pm to 8:30 pm.

Condolences can be offered at www.legacyfunerals.com.



Edward Harness

Edward Wayne Harness was born in Little Rock, Arkansas on August 14, 1941, to James Warren Harness and Maudie Lee Tackett.

Edward, who always went by Eddie or Ed, wanted to make his

appearance before Maudie could get to the hospital, thus he was born at the Dew Drop Inn that was on the way. When Ed tried to write about his birth in school his teacher didn't believe him. Ed had to bring his mom to school to confirm his story. Ed was the youngest of nine children, six boys and three girls. Ed's roots are in Arkansas where he spent his childhood. His older siblings remained in Arkansas while the three younger siblings moved with their parents.

The Harness Family moved around a lot because James was employed by the railroad. They lived in Arkansas, California, and Oregon, and finally put down roots in Provo, Utah in approximately 1950. Ed attended Dixon Junior High and graduated from Provo High School in 1959.

When Ed was in the eleventh grade, he asked his friend Pat to introduce him to all the blondes she knew. Lucky number 13 was Gena Maree Palfreyman, a ninth-grader attending Springville Junior High. Pat pulled Gena from her weekly church mutual activity to meet Ed for the first time. They dated for three years and then decided they needed to date other people. Just about the time Gena was asked on a date by someone else, Ed found a ring and proposed. Five days after Gena graduated from high school, Ed and Gena were married. It was

May 31, 1961, the last day of May because Gena did not want to be a June bride.

Ed and Gena began their family the following May by welcoming a beautiful baby girl, Khristina. Necole was born in 1965, Boone came along in 1969, and Jeremy completed their family in 1974. Besides building an amazing family, Ed was a builder of many things. He began with his father-in-law by building a home for Ed's family in 1965 in Springville, Utah. In 1979 Ed and Gena would build a small cabin near Scofield, Utah by cutting the logs from their forty acres and dragging them up to the site, laying them like Lincoln logs. Their main tool was a chainsaw. They worked on the cabin all summer and finished it just in time for the deer hunt that fall.

Ed worked as a surveyor for UDOT for 30 years. During this time, he completed his HET certification for surveying. He surveyed and built roads all over the state of Utah.

In 1995, Ed and Gena bought five and a half acres in beautiful Mapleton, Utah. After Ed retired, he built a big, red barn on their Mapleton property because he wanted to be close to his horses. In 1996, Ed and Gena would build their dream home on their Mapleton property. Gena designed the home, and one of their greatest accomplishments as a couple was building the

home together. Ed was so proud that Gena cut every piece of 2x6 pine and he laid it all in place.

Ed also built many birdhouses for family and friends. He even sold a few. He built tables, chairs, and large, intricate, toy barns for the grandchildren. He also built a countless number of picture frames; however, for each project, only Ed could pick out the wood. Only he could choose the best pieces of wood for each project.

Ed loved camping and hunting, especially when his children were old enough to go with him. Many family vacations were centered around deer hunting in the fall. His love of hunting really was about his love of family. His last hunt was a moose hunt in 2013, after he was diagnosed with multiple myeloma cancer. He was very excited because his sons, son-in-law, and wife got to come along. For a while, Ed and Gena were snowbirds in Arizona and met many new friends. They enjoyed golfing and hanging out at River Lodge.

After Ed became more homebound because of his declining health, he loved to watch "Gunsmoke". He watched the show 24/7 and as such was the recipient of mugs, t-shirts, socks, and a blanket, all with the "Gunsmoke" logo.

Above all else, Ed loved his family. A few weeks before he passed, he was playing poker with family members.

Dominic, his grandson, asked Grandpa "What was your greatest accomplishment in life?" Without hesitation, Ed answered, "Marrying your grandma!" Ed and Gena's family all reside in Utah County. The home they built in Mapleton has been a safe hub for many parties and stop-bys for over 25 years. Ed is lucky enough to have four generations of boys to carry on the Harness name.

Ed is preceded in death by his parents, five brothers, Vernon, Richard, Thomas, Herbert and David, two sisters, Lorraine and Maxine, his son-in-law, Jim Miller, and his grandson, Jayson Miller. He is survived by his wife Gena, his children Khristina Miller, Necole Mitchell (Scott), Boone, Jeremy (Michelle), 11 grandchildren, 16 great-grandchildren, and his sister Pauline Christensen.

The Harness Family would like to express their gratitude for the care Ed received this past year from A Plus Hospice, especially Heidi Lafferty, the wonderful nurse who has become like a member of the family.

A public celebration of Ed's life was held on December 1st, 2022, at Spring Creek Mortuary.

In lieu of flowers, the Harness family asks that you take your family, gather them close, and do something you all enjoy together.

To leave condolences, visit www.springcreekmortuary.com



Kelvin C. Clayton

Our loving husband, father, grandfather, great-grandfather, and friend passed away peacefully at the age of 87 on December 10, 2022. He passed at home with his beloved wife by his bedside on December 10, 2022.

Kelvin Clarence Clayton was born to Clarence Donald Clayton and Isabella McBride Clayton in Orem, Utah on March 16, 1935. He was raised in Orem on a farm where he helped his father raise sheep and grow produce. He graduated from Lincoln High School where he was a great student and had many friends.

Kelvin loved sports—especially basketball. He graduated from BYU with a bachelor's degree in physical education and then continued his education, receiving his master's degree in education administration. He has been a coach, a high school teacher, and an education administrator in Illinois, Wyoming, and Utah. He served many years as an Orem City Councilman. He never quit working.

Instead of retiring, he owned and managed Clayton apartments until three weeks before

he passed away.

He married the love of his life, Mary Ann Rowley, August 4, 1956. They were sealed in the St. George temple and were blessed with four children. With his great sense of humor, being with him was always a time filled with laughter and joy for everyone he knew.

He loved hunting, camping, hiking, 4-wheeling, and dancing. He was an avid BYU fan and watched every game of every sport he could either in person or on the television. He also loved to read and do word puzzles.

He is a faithful and active member of the Church of Jesus Christ of Latter-Day Saints. Kelvin faithfully served seven years as a Bishop of his church and frequently served in the temple. He and his wife served a senior mission for several summers at the Heber Valley Girls Camp.

Above all, Kelvin is a stalwart example of faith, optimism, and love of family. He always followed his father's counsel to give good will to everyone.

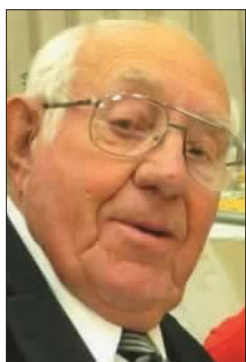
Kelvin is survived by Mary Ann Rowley Clayton, his wife of 66 years, his son, Kelvin Douglas "Doug" (Ann) Clayton, his daughter, Nancy (Lyle) Poulsen, his son, Gregory David (Violet) Clayton, and his daughter, Annalee (Troy) Poulsen, 20 grandchildren, 25 great-grandchildren, and his brother, Conway.

He is preceded in death by his parents C. Donald and Isabella Clayton, his brother,

Glade, and four grandchildren.

There was a funeral was on December 16, 2022. Interment will be at the Orem City Cemetery. In lieu of flowers, please send donations to the LDS church educational fund. A special thanks to Suncrest Hospice for helping us lovingly care for Kelvin the last weeks of his life.

To leave condolences, visit www.legacyfunerals.com



Garth F. Noyes

Payson/Escalante, Utah, – Our beloved husband, father, grandfather, great-grandfather and brother, Garth Frank Noyes, age 93, passed away December 13, 2022, in Payson, Utah. He was born November 29, 1929, in Victor, Utah, son of Hyrum Albert and Martha Annetta Wells Noyes.

Although he didn't graduate from high school, he got his Master's Degree in Psychology and went to Law School.

He served his country during the Korean war in the United States Army.

He married Connie Lorraine Worthen June 17, 1960, in the Manti LDS Temple. She

passed away May 23, 2014. He then married Laurel Ann Robison Harrison October 29, 2016, in Provo, Utah.

Garth was an active member of the Church of Jesus Christ of Latter-day Saints, serving as Bishop, on the High Council, as a Branch President, High Priest Group Leader, as well as many other callings. He served two missions, one in France and one in North Carolina.

He was active in politics and served as President of the Escalante Chapter of the Sons of the Utah Pioneers. He was also the Justice of the Peace in Ticaboo, Utah for many years.

He enjoyed hunting, fishing, gardening, being with his family, helping others and doing missionary work.

Garth is survived by his wife, Laurel, of Payson; children: LaMiya Morrill of Hanksville; Nephi (Heidi) Noyes of Blanding; NaTani (Alan) Taylor of Curtis, Nebraska; Utahna (Jon) Green of Waxahachie, Texas; Helaman (Stacy) Noyes of Trinity, Texas; 18 grandchildren; 16 great-grandchildren; step-children: Shanna (Regan) Burningham of Wellsville; Kevin (Angela) Harrison of Lehi; Stephen (Lark) Harrison Spanish Fork; Monica (John) Fairey of Vernal; Marianne (Nathan) Allred of Payson; Brian (Janet) Harrison of West Valley City; Brad (Becky) Harrison of Rigby, Idaho; 30 step-grandchildren; 4 step-great-

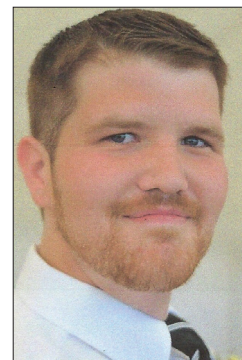
grandchildren; siblings: Lawanii White of Cottonwood, Arizona; Melissa Formo of Mammoth, Arizona; Nathan (Lorraine) Noyes of West Valley City; Laura John of Springville; Ronney Noyes of Orem; and Toinette Thomas of Gray Court, South Carolina.

He is preceded in death by his parents; his first wife, Connie; three siblings: Wells Noyes, Charlie Noyes and Bonnie Noyes.

Funeral services were held December 29, 2022, in the Escalante LDS Stake Center, where friends may call for viewing Thursday morning from 11:00 to 12:30 prior to the services.

Burial with military honors accorded by the Escalante American Legion Post #0114 and the Utah Honor Guard will be in the Escalante Cemetery under the care of the Springer Turner Funeral Home of Richfield and Salina, Utah.

Online guest book at: www.springerturner.com



Kent G. Brown

Our sweet son Kent Gerald Brown passed away on Nov 23 in the Huntsman cancer hospital in Salt Lake City, Utah.

The youngest of our four children, he was born in Payson Utah on Jan 12, 1982. We lived in Elberta, Utah and he started school in Goshen. He enjoyed scouting, camping and fishing. Kent graduated from Provo High School in 2000. He accepted a mission call from the Church of Jesus Christ of Latter-Day Saints to the Tulsa Oklahoma Mission, where he served faithfully.

Kent loved the gospel, he would listen to conference talks on his way to work, he listened to nearly every one. After returning from his mission, he moved to St George, Utah where he took CNA classes. He worked in a bakery and found he really enjoyed cooking. He started watching on-line cooking shows and became a good chef, always trying something new.

Kent moved back home to Salem, Utah to help care for our handicapped foster son. He found work in a boarding school for troubled teens where he was able to put his concern for others and

his love of cooking together. Kent loved gardening and raised corn, potatoes, melons, tomatoes, peppers and pumpkins, lots of pumpkins to make pumpkin pie. This last summer while he went through Chemo he made a lot of jams to share with others hoping to give as gifts at Christmas. Sadly he didn't live that long. Kent led a quiet life. We often joked he was a hermit. He was a kind and gentle soul and he will truly be missed.

Kent is survived by his parents P. Lynn and Nancy Brown, his brothers Mark Lynn (Tess) of Orem, Utah, Justin Clair (Leslie) of Spanish Fork and his sister Katie Regina Gappmeyer (Daniel) also of Spanish Fork. He has nine nieces and nephews whom he loved and his Grandmother Elsie Sopp of Orem. He was preceded in death by his grandfather Gerald Sopp and his grandparents Clair and Mae Brown.

Services were held on Friday, Dec 2nd at the Knoll Park Chapel in Salem Utah. Interment was at the Salem City Cemetery.

To leave condolences, visit www.legacyfunerals.com

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Addressing My Depression & Anxiety Through A Climbing Lifestyle

By Richard Harrison

In the past several issues of Serve Daily we have discussed ice & mixed climbing and drytooling. Technical aspects of the sport were introduced to the readers so as to help us gain an understanding of what appears to be an overall healthy lifestyle. As previously mentioned, diet, exercise, flexibility, strength, self-reliance balanced with camaraderie and a strong sense of community were all identified as components that make up the climbing community.

Most of the benefits of this healthy lifestyle appear as external markers or outwardly visual cues that persons who are regularly involved in the climbing community are generally living a healthy and fulfilled life.

However, in the current times that we live in, depression, anxiety, isolation, suicide ideation and suicide itself are all afflicting people in all walks of life including the climbing community.

As a father of 10 children, 4 of which are adopted, I have felt the pressures of life over the years as many of you have. Finances, home/auto repairs, job loss, daily family management, personal/family spiritual development, illness/injuries etc. have all been a part of my life. With a spouse who has worked full-time outside of our home we learned to divide up household duties and nurture our children to the best of our abilities despite our demanding work schedules.

Underlying this family "life" was climbing life. The motivation to carve out weekly agreed upon time for strength/technique workouts, mindfulness/visualization/meditation, daily stretching, healthful food preparation, continuing technical education, first aid training and, actually climbing, all gave me a direction and purpose to do better and be better in all aspects of "real life" as a citizen, husband, father, employee and business owner.

Owing to some unknown issues in 2019, I was overwhelmed with life and spent weeks struggling to stay out

of bed during the day, get adequate sleep at night, take care of my parenting/household duties and work on my business. A darkness that I couldn't shake kept me looping depressive thoughts about perceived failures of my past and highly anxious thoughts about future plans and responsibilities. I was, however, able to fall back to the baseline of exercising 2-3 times a week, eating mostly healthful foods and stretching daily. I wasn't able to climb, run or mountain bike due to my lethargic state of mind but the occasional thoughts of what it would be like to do those activities again kept me engaged, at least mentally, in the climbing lifestyle.

This all came to a head one day with some new, low-level stressful family event that unleashed a tidal wave of loud incessant voices which had been growing in force. They reasoned that based on my past choices I was no longer fit to be here and that there was no purpose in continuing forward since I held no value to my spouse, family, community because I was only able to lay in bed and feel sad. I was overwhelmed and frightened by the suggestions to end my life but almost seemed powerless to disagree.

It was almost at the same moment I suddenly became angry and very aware of what had been happening for the past several dark months.

Climbing has always been for me a physical AND mental game and while climbing I am constantly monitoring the balance between the two. The subconscious mind recognizes the absurdity of climbing and tries to shut you down mentally with a constant stream of negative comments or thoughts about why you shouldn't be doing it. Learning to separate fact from fiction in that moment as you dangle from the edge of a tricky sequence on the rock or ice is critical to success. Learning to find peace and flow-state while climbing is even better. This is accomplished through voluntary, graduated exposure to climbing techniques



under non-stressful situations and then voluntarily practicing in more and more stressful or challenging situations. If left unchecked, at precisely the wrong moment while climbing at or near your limits, the subconscious mind will say almost anything to make you retreat and conserve calories.

I recognized, as the anger washed over me, that the "voices" I had been listening to were not outside-of-me-voices, but my own subconscious voice trying to 'shut down the system.'

I had reached in my personal, family and professional life what is sometimes known as "The Terror Barrier." A place or point where the subconscious mind decides it will not go voluntarily past in regards to changes in dropping old behaviors, taking needed self-improvement actions or forming new, positive habits. That same internal voice that I knew from climbing was outed as the culprit for my depression and anxiety over the past few months but at a much deeper level.

As I reflected on this in the moment of anger, I was shown how there had been a definite uptick in 2019 to change my behaviors in a myriad of positive ways, not in just one or two areas of my life but spiritually, physically, financially,

professionally and familiarly. It was too much, too fast and the primal calorie counting, self-preservation mechanism had reached its saturation point. It was as if I was dangling on the edge of a personal breakthrough, about to successfully complete a myriad of changes that were critical to the success of my marriage, my family, my businesses and unbeknownst to me at the time, helping others with struggles they would face associated with the CV-19 Pandemic a mere 6 months later.

"The Voice" came back a few hours later and I listened to its looping fear stories and then told it to shut up. Numerous times over the next few days it came back but each time I forcefully shut it down. Each time I did so the darkness of the past several weeks began dissipating. I felt as if I was moving upward and forward. I went on a hike in the mountains and got a needed chemical infusion of Vitamin D in my brain. I went for a mountain bike ride and got positive endorphins released into my brain. I read the book "Atomic Habits" by James Clear and learned how to create new habits without triggering the subconscious mind. I read the book "The 5 Second Rule" by Mel Robbins and learned how to train and work

Continued on **Next Page.**

with the subconscious mind. I read the book, "This Is Your Brain on Food" by Uma Naldoo which helped me understand higher quality foods that helped regulate my wild brain/mood swings. I lowered my caffeine usage and began studying "clean" sleep habits which eliminated most of my feelings of anxiety. I followed up on a climbing work opportunity and spent the rest of the summer working

in Moab teaching climbing and mountain biking.

When CV-19 started I was on the top of my game in a myriad of areas and had one of my best seasons ever ice and rock climbing. More importantly was the sharing of that positive energy and lessons I had learned in 2019 with family, friends and strangers who were now suffering from the mental stress and fatigue of a worldwide pandemic.

As a final note, please seek

professional medical help and counseling for challenges associated with depression, anxiety, suicide ideation or anger. Talk to people and tell them what is going on in your head. As a society we are doing much better at reaching out and talking about those feelings but we must do better. My success is due to divine intervention and a stubborn will that climbing has developed over the years that I have played the game. Your mileage may vary. I opted to change

my sleep habits, clean up my eating, reduce caffeine, increase lifting of heavy objects and spend consistent time outside which have all created a much more mentally stable and peaceful me.

SEEK TO MAKE POSITIVE CHANGE IN 2023. RESOLVE TO BE A BETTER YOU DAY BY DAY!

Viewpoint: Confessions of a recovering sports junkie

By Kelly Martinez

The Miami Dolphins and Washington Redskins faced off in Super Bowl VII at the Los Angeles Memorial Coliseum on January 14, 1973. My family lived in Long Beach, California at the time and my dad, older brother and some of our neighbors gathered around the TV watching with great interest and excitement. My mother was not so interested and decided to retire to her bedroom to watch something else. I joined her because, like many 5-year-olds, I had no interest in football. My mom expressed gratitude that she had a partner in her disinterest in sports. That partnership didn't last.

Two years later, I watched with great interest as Terry Bradshaw led the Pittsburgh Steelers to victory over the Dallas Cowboys in Super Bowl IX. My interest in football expanded to include baseball and basketball over the years, and by the time I hit my teens I was a bona fide sports nut.

The National Football League, Major League Baseball, the

National Basketball Association. It didn't matter. I loved them all and consumed large quantities of these organizations' products. With the creation of the Entertainment and Sports Programming Network (ESPN), my already insatiable appetite for sports became even more-so.

If there was a sporting event that interested me (and most of them did), I found a way to watch or listen to it.

NBA Finals? I'd use the TV at church to sneak peeks at the game. World Series? Super Bowl? I'd find a way.

As a newlywed, I once skipped my congregation's Sunday services and attended our building's sister congregation's meetings just so I could be at home to watch the NBA Finals.

While attending a birthing class with my wife in anticipation of the arrival of our first child, I took a transistor radio with me and paid more attention to the NBA Finals on the radio than I did to the class.

Sports meant a lot to me as a child and young adult. Way too much, I realize now.

An awakening

As a young father in the 1990s, words spoken by a church leader in 1988 impacted me greatly. He said, and I paraphrase, that when we put what should matter most first in our lives, everything else will fall into its proper place or out of our lives altogether. These words caused me to evaluate the role sports was playing—and had been playing—in my life.

By that time, my career had grown to include sports as I worked for an NBA team, was a collegiate sports information officer, and covered sports for several newspapers. My career and love of sports had become the main focuses of my life. How could I ever change that? I won't go into the details of how it happened, but it happened.

Over the years, I've been able to put sports into their proper places. A career change (several, actually), refocusing, and a willingness to

change has helped me to see sports from a new perspective. Though I wanted to change, I also fought the change. I didn't watch as much as I used to, but still yearned to watch, at first, at least.

Gradually, not only did my sports-watching and sports-following habits change, but so did my attitude towards sports. The urge to tune in began to lessen to where now, I can't even remember the last time I watched a sporting event in its entirety. When I do tune in, I don't watch for very long as an awareness settles in that there are other things I could be doing that have meaningful significance.

Am I saying that it's bad to watch sports? No. What I am saying is that it's possible to put them into perspective and into their proper places. The formula? Put the things of lasting significance at the top of your to-do list. It might come as a surprise that what you're clinging to really doesn't matter in the big picture.

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Lilith is a three month old kitten. She is spayed, vaccinated and micro-chipped. She is a curious and playful girl! She has a longer coat that will need some brushing to keep her mat free. She is displayed at the Petco store where you can get to know her. You can then come to the Shelter to complete the adoption process. (\$45)

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They've Got My Number

By Joe Capell

I have a name, but no one seems to care.

When I go to do taxes, they want my Social Security number.

When I go to purchase something online, they want my credit card number.

When they ask for my credit card number, they also want that super-secret three-digit security code number that's on the back of my credit card.

When I try to pay for fuel with my credit card, they want my zip code.

When I try to get a prescription, they want my date of birth. When I try to refill a prescription, they want my prescription number. When I



try to get a subscription, they want my address. When I try to fill out my address, they want my apartment number even if I don't live in an apartment.

When I try to buy something at some stores, they want my phone number. When I try to buy anything at any store, they need to scan the barcode number.

When I was a truck driver and got called in to do a random drug test, they wanted my driver's license number.

When I place my order for a burger at Carl's Jr. they want me to take a big, plastic number, place it on my table, so they will know where to bring my food when it is ready.

When I try to get money from the bank, they want my PIN number. When I try to put money into the bank, they want my account number. When I try to register my car, they want the

VIN number.

When I buy a new appliance they want me to register it by sending them the serial number. When I go to look at the instruction manual for my new appliance, I need to know the model number.

When I want to win the lottery they ask for my lucky numbers, caveat being that my lucky numbers aren't actually lucky unless they happen to be the same as their lucky numbers.

When I want to change the channel on the television, I enter the channel number. When I want to watch something different, the "Shows You Might Like" section usually recommends the show NUMB3RS.

I guess you could say that the way numbers impact us is innumerable.

Nebo Community School open for Winter 2023

Nebo School District has opened enrollment for its Community School classes that will begin in January.

This is an amazing opportunity to expand your horizons and improve your abilities. The goal of the Community School Program is to meet the needs and interests of the people in the community. There are many course options to choose from, including painting, quilting, pilates, welding and much more. Recommendations for the types of classes offered are encouraged.

To see class options and register online: Visit our website: nebo.edu/community-school

Most classes will begin in January and will be taught at following locations:

Maple Mountain High School, Payson High School, Salem Hills High School, Spanish Fork High School, Springville High School

If you have an idea for a class or activity, please call the Nebo School District - Community School Office at 801-354-7418.

17
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