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A PASSION TO SERVE PAGE 5

Four upcoming community events you may not be aware of

By Ariel Higgs

It's that time of year again: Dreary winter where we long for spring, lament the lack of sunshine, and curse the gray sludge piled up in every parking lot that is never noticed until a poor, unsuspecting soul is knee deep in a freezing motor oil slushy. Finding family friendly and even community activities seems like an impossibility, but they are out there. Here are just a few options to get out of the cave and into the community.

Free breakfast and community connection

The Spanish Fork Area, Springville/Mapleton and Payson/Santaquin Chambers of Commerce have teamed up to host a FREE breakfast meeting on February 11th at the Summit Center (Timpanogos Room; 165 S 700 E, Springville).

The breakfast will include forum discussion that will take place from 7:30-9 a.m. with a breakfast buffet at 7:15 am. Legislators from South Utah County invited to speak

include Sen. Mike McKell (District 7); Sen. David Hinkins (District 27); Rep. Norm Thurston (District 64); Rep. Stephen Whyte (District 65); Rep. Jeff Burton (District 66); and Rep. Doug Welton (District 67).

The meeting is a great opportunity to meet local legislators and business leaders as well as express your thoughts and concerns about local issues in a place where those with the most ability to make changes happen are actively listening. Come on out and leave well fed and well informed about your local representatives and local issues.

Stallion Service Auction

On March 4th, there is a PHCS (Panorama Horse Show Circuit) Stallion Service Auction. The auction will take place at Heritage Arena at the Spanish Fork Rodeo Grounds with a 10 a.m. preview and noon start time.

This is a great opportunity to find your next equine breed prospect or showcase your stallion. Bidding

starts at half the current breed fee and all stallion donations benefit the PHSC Club and Futurity. Participating stallion offspring are eligible for futurity winnings and receive one free weanling entry. Mare owners are eligible for futurity and receive one half priced entry. This is a great opportunity that benefits local horsemen and women in our own community. All stallion entries are due by February 24, so don't delay!

For more information, go to www.showPHSC.com or contact them directly at showPHSC@gmail.com or by phone at 801-369-6234.

Airsoft Skirmish

For those of you who aren't afraid of getting a little cold and wet, there are several Airsoft Skirmishes scheduled for February. Revolver Airsoft is hosting a Sunday Skirmish at Hobble Creek Dr, Springville at 9 a.m. Equipment regulations and coordinates can be found on the event Facebook Page: facebook.

com/RevolverAirsoft/. This is a great chance to get out into nature in a less traditional way.

PopCon

PopCon is coming back to the Springville Library on March 3 from 7-9 p.m. This is a great family friendly event with something for everyone. This event includes a costume contest, an Author's Ally featuring more than 25 local authors, photo booths with family friendly characters, LEGO bricks, minifigs and racetrack, local vendors and so much more! Fly your geek flag high (or don't) and enjoy a night filled with fun, prizes, and discover a new favorite story written by someone in your own community.

These are just a few of the many great community activities out there. Your local library is another great place to go to find wonderful activities for people of all ages and stages of life.

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Contributing Photographer: Pete Hansen & Contributing Writers

FEEDBACK • IDEAS • SUBMISSIONS

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

CONTENT SUBMISSION DEADLINES

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

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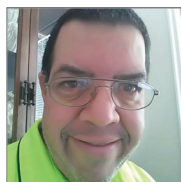
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LETTER FROM THE PUBLISHER

Hello Community,

Well this journey - is going on now for three months. I'm glad you are still with me. If you haven't seen the prior two papers, check them out digitally at servedaily.com and simply search "December" & "January".

For you to answer to yourself . . . and recollect the last 30 days. Were you able to find someone to serve each day? Did it make them feel good? How do you feel knowing that

you served 30 people? Do you plan on continuing to serve daily? One simple way to serve and to be kind at the same time is to send a Thank You letter to anyone who has done something nice for you.

Grab a stamp and an envelope and let someone know you care or are grateful with a good old fashioned piece of snail mail.

This entire paper started on the premise of service to the community. It continues as a way to share

the less told stories of big news media, and share the small town stories that need more light and acknowledgment.

Have an idea for an article? Do one of two things: Write it and submit it, or email us and let us know your idea so we can get someone on it. We love your written stories as this is very much a community newspaper!

-- Chris Baird

Did you read this line? If so, send an email by Feb. 21 to Chris to enter to win a \$20 gift card.

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LOCAL COMMUNITY PHONE NUMBERS

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Recreation: 801-489-2730
Utilities: 801-489-2706
Volunteer: 801-491-2701

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Library: 801-423-2622
Police Department: 801-423-2770
Recreation: 801-423-1035
Utilities: 801-423-2770
Volunteer: 801-423-2700

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Police Department: 801-754-1070
Recreation: 801-754-5805
Utilities: 801-754-3211
Volunteer: 801-754-3211

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Police Department: 801-489-9668
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Utilities: 801-489-2706
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Police Department: 435-623-1626
Recreation: 435-623-1004
Utilities: 435-623-0822
Volunteer: 435-623-0822

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Police Department: 801-804-4700
Recreation: 801-804-4600
SFCN: 801-798-2877
Utilities: 801-798-5050
Volunteer: 801-804-4500

PAYSON

City Offices: 801-465-5200
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Police Department: 801-465-5240
Recreation: 801-465-6031
Utilities: 801-465-5200
Volunteer: 801-465-5200

OTHER USEFUL NUMBERS

Dominion Energy: 800-323-5517
Republic Services: 801-785-5935
Rocky Mtn. Power: 888-221-7070
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Juab Sheriff Office: 435-623-1349

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Nebo School District holds 12th Annual Welding Competition

By Lana Hiskey

Every year Nebo School District's five high schools rotate the location of the annual Nebo Welding Competition Invitational. This year the competition was held at Spanish Fork High School, and Provo High School was invited to participate.

The students prepare all year and host their own in-house contest to select the three best welders. For the competition, each student receives a blueprint for a "Welding Widget" and a stack of metal.

The students are then tested to see if they can follow the plans within the contest guidelines, to create a widget. The welds must be in the proper place while also reaching dimensional accuracy.

"I love the challenge of assembling the individual widgets into one at the end," First place winner Ben Cornaby from Maple Mountain High School said. "Competing with welders from schools in our school district is always fun!"

In the competition, each of the competitors rotates through several timed stations for welding processes. The processes are



Cinch Sorensen from SFHS 2nd, Ben Cornaby from MMHS 1st, McLayne Balzly from Payson High 3rd.

OFC (Oxy Fuel Cutting), GMAW (Gas Metal Arc Welding), FCAW (Flux Cored Arc Welding), SMAW (Shielded Metal Arc Welding), and GTAW (Gas Tungsten Arc Welding). Competitors also complete a written test on welding theory.

Landon Wright, a competitor from Maple Mountain High spoke highly of the experience.

"This competition was very fun and challenging," he said. "I learned a lot about my abilities and the other kids in our district. I am very grateful for our amazing instructors putting on the contest."

Each school's top performers are also getting the experience to represent their school and district at the State SkillsUSA Leadership and Skills Conference at the end of March. The State winner will represent Utah at SkillsUSA National Leadership and Skills Conference in Georgia this June.

These contests and preparation help the student welders feel

the pressure of executing their best welds when it matters most. When these student welders move on to the workforce, they will not get multiple attempts on a critical weld.

The welding winners for 2023 are as follows:

First Place: Ben Cornaby, MMHS, Second Place: Cinch Sorensen, SFHS,

Third Place, McLayne Balzly, Payson High.

High School Welding

Instructors:

Springville High Instructor, Brian Ostler

Maple Mountain High Instructor, Jared Massic

Spanish Fork High Instructor, Riley Hallam

Salem Hills High Instructor, Andy Neeves

Payson High Instructor, Shaun Black. Provo High

Instructor, Kaleb Money



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Troy Christensen, Jorge Garcia, Katty Christensen, Jurassic Tacos Mascot, and Eili Romero at the Grand Opening of Jurassic Tacos in Springville on January 28, 2023.

I HAVE A PASSION FOR FOOD!

Jurassic Taco owner in Springville tells her story

By Ari Brown

For most of her life, Katty Christensen has loved making and serving food, and now she is living her dream as the franchise owner of the newest Jurassic Tacos location in Springville.

Christensen, who is also the owner of Keloke Dominican Restaurant in Orem said that she began serving food to people in her native community in the Dominican Republic.

“I have a passion for food,” she said. “I served an LDS mission in the Dominican Republic where I am from, and during my mission, every time that I got the opportunity to cook meals for people I would. Making food for people was something that I loved to do even before my mission. I have always had a passion for hosting people and serving people that way.”

Christensen moved to the United States in the early 2000’s, following her church mission, to go to school. She said that it was a struggle, but that there were many people who helped her along the way.

“During my mission, I went to

the US embassy and my visa was denied, but my mission president encouraged me to go to Utah to go to school here,” she said. “My mission president wrote a letter to the embassy to recommend me as a good candidate, and because of that, after I finished my mission, the Embassy called me to say that they wanted to interview me again, and they gave me a visa.”

Christensen began her educational journey at Brigham Young University in the ESL classes, but said that when she tested to be admitted to regular classes, she wasn’t admitted. While this was disappointing, it didn’t deter her, and she applied and was accepted to Utah Valley University. Not only was she accepted, but she excelled, finishing her 4-year degree in two years and one semester, graduating in 2009.

However, with the struggling economy at the time, Christensen said that she worried about being able to get a job that would allow her to remain in the country. Thankfully, the University offered

her a job to work with students like herself.

“I worked for the Multicultural Student Services where I was able to do a good enough job and the university sponsored me and granted me a work visa for six years,” she said. “I ended up working for UVU for a total of 11 years helping multicultural students get scholarships and work with them in academics.”

While there, Christensen would often invite an up and coming taco truck to cater events.

“I used to work at UVU for many years, and I would eat at the Jurassic Tacos food truck, and I really loved it,” she said. “Any event that I was coordinating at UVU, I would invite Fernando and his truck, and we became great friends.”

After 11 years, Christensen said that she was no longer able to renew her visa, and she had to decide what she wanted to do moving forward. It was then when she remembered her love for making and serving food.

“Back in 2018, my visa wasn’t being renewed, so I decided to take my retirement money out and build a food truck,” she said. “While that was being processed, and the food truck was almost completed, I needed to find a commissary kitchen so I could be compliant with the health department. So while I was looking for a commissary kitchen, I found this place in the Asian Market. I decided that I was not only going to rent it, but open a Dominican restaurant there. It is kind of odd to have a Dominican restaurant inside of an Asian market, but it’s been really successful. People have been really supportive even through the pandemic.”

Christensen named the restaurant Keloke which means, “Hi, what’s up?” in her native tongue.

While Christensen loved eating the food she made everyday, she said that there were times when she had cravings for something a little different, and she would frequently

Continued on Page 7.

Founders of Springville-based Namify leave company in good hands while preparing to serve 3-year church mission to Ecuador

By Brad Gasaway

Founders of Springville based company Namify, Bryan and Jenny Welton will embark on a 3-year leadership assignment for The Church of Jesus Christ of Latter-Day Saints to work alongside some 200 young emissaries in the Ecuador Quito Mission.

The invitation to serve was one of 134 such appointments announced by the Church's newsroom organization on Friday, Jan 6th, and additional information about the Weltons was posted last Friday.

The Weltons' assigned area of service in Ecuador is roughly 1100 miles from where Bryan originally served as a missionary in his early adult life (in Peru). It was there and then that he gained a deep appreciation for humanity, various cultures, and the collective stewardship we all share. Both he and his wife are beyond excited to connect with and help the great people of the Andes Mountains once again.

"Every person on Earth has challenges, and everyone is entitled to divine love as well as opportunities to strengthen themselves spiritually, in order to overcome those challenges," Bryan explained. "In our professional lives, we've honestly tried to help individuals grow and achieve deeper happiness by embracing correct principles. Those same Christ-centered values will continue to guide our work in Ecuador. It's a new geographic location, but the emphasis on people ... their self-worth and



Bryan & Jenny Welton

sense of belonging ... remains the same."

Although the Weltons won't officially begin their service until July, they have already made arrangements to ensure continuity for their Utah-based branding company. Bryan and Jenny started Namify in 2001 as a newlywed couple with a dream of facilitating more inclusion and individual recognition in the workplace. Their two-person team quickly morphed into one of the fastest-growing small businesses in America, as featured by Inc Magazine for six consecutive years between 2007-2012. To date, Namify has

manufactured approximately 250 million personalized items for over 87,000 businesses, including over half of the Fortune 500 companies and several of the largest employers in the world. Their primary finishing plant and headquarters is located in Springville, UT, where they now have over 200 team members and operate four different DBAs (business names). Their most recent venture, AXOMO, is a brand engagement software that helps corporations eliminate promotional waste while exciting their talent with self-selected (on-demand) company merchandise.

Namify will continue to operate under the leadership of CEO Chris Jensen. Jordan Tittelfitz and Michael Marshall will continue as Chief Operations Officer and Chief Technology Officer, respectively. The Weltons feel that the company's well-balanced leadership team,

including VPs and Directors, will continue to carry the vision forward.

"Our team understands the value of each customer and we're always going to prioritize our work around individual experiences," VP of Marketing Brad Gasaway said. "It's the Namify way, and we're tremendously grateful to Bryan and Jenny for their passion and sacrifice."

Bryan and Jenny have many personal and business connections to Utah, but have enjoyed raising their six children in Lake Oswego, Oregon.

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**WHAT ARE WAYS THAT YOU CAN SERVE DAILY?
THINK ABOUT IT. THEN GO DO IT.**

Type 1 diabetes has nothing on this young bullfighter out of Payson

By Cyndi Jones

There is a local bullfighter who is proof that chasing dreams can pay off even when the odds are stacked against you.

Westlee Jones of Payson began watching his dad, Gary Jones in the early 1990's in NFR Wrangler bullfights. Westlee wanted to be just like his dad, but at the age of six, something happened that very well could have shattered his dreams: He was diagnosed with type 1 diabetes.

Thankfully, his parents had always told him that he could do and be anything he wanted to be.

During highschool, Westlee played baseball for Salem Hills High School and later earned a scholarship to Kentucky Christian University in Grayson Kentucky. After two years Westlee called his parents and told them he was coming home and hanging up his baseball cleats and switching them up for his bullfighting cleats. His dad was excited and his mom was less than thrilled with his decision.

After all, bullfighting is hands down, a much more dangerous endeavor than baseball.

But she should have seen it coming because not only had Westlee grown up watching his dad



Westlee Jones, of Payson, competes in Freestyle Bullfighting.

in rodeos, but his family was very involved in bullfighting, having created the Freestyle for Hope 501c and holding a freestyle bullfighting event for many years. When he was 15 years old, his Dad had the stock contractor bring him an exhibition bull to step in front of,

and he caught the bug and he knew then he wanted to follow in his Dads footsteps and attempt to be a professional bullfighter.

In March of 2022, Westlee entered his first Freestyle bullfighting competition. He won his first round and ended up second place

at his first event. Westlee went on to win his next three events with the Ultimate Bullfighters tour. He attended several more events during the year and qualified for the World Championship in Fort Worth Texas in December.

While Westlee said that he didn't get the results he wanted at the championship, it lit a fire in him that he had never had before.

After the finals Westlee came home and hit the gym and his workouts hard. He has also spent countless hours watching videos with his dad and working hard to reach his goals.

Earlier in January, Westlee got an invitation to participate in a PBR (Professional Bull Riders) event in Duluth Georgia.

"I was a little nervous being out there in front of a crowd that big, but it was a lot of fun and I am learning from every bullfight," Westlee said.

Westlee has been asked many times if he is afraid of the bulls and his answer is always, "I fight type 1 diabetes everyday; these bulls are nothing compared to that."

From Page 5.

stop by her favorite taco truck.

"When I was serving food, and I was craving his tacos, I would just drive out to Fernando's Jurassic Tacos food truck," she said. "There's just something about how he cooked the meat that I would just crave."

Little did she know that soon Fernando (Felix) would contact her with a proposal she couldn't refuse.

"Last year, Fernando reached out to me to see if I was interested in opening a Jurassic Taco franchise, and I said I would love to!" Christensen said. "I was looking to locate more in the American Fork area, but when I saw the Springville location, I fell in love with the area. Also, the fact that it was a drive

thru was really appealing to me, so I ended up taking the location."

Christensen currently runs Jurassic Tacos as well as her restaurant in Orem.

Jurassic Tacos is located at 1851 West 500 South in Springville, and is one of five franchises. Christensen said that she hopes people try it out.

"There are a lot of taco places in Utah, but the concept Fernando has created is just a really good combination that is really appealing to the mainstream community," she said. "The way the meat is cooked and portions and authenticity is something that you won't find at other casual taco restaurants."

For restaurant locations, menu and catering options, go to jurassictaco.com.

Managing Your Fearful And Obsessive Thoughts

By Stan Popovich

There are times when we encounter negative thoughts that can be overwhelming. For some people, the more they try to get rid of their thoughts, the stronger they become.

If you are struggling with ridding yourself of fearful and obsessive thoughts, here is a brief list of techniques to help with that.

1. Don't focus on your fearful thinking. The first thing a person must do is not to dwell on the fear provoking thought when it comes. The more a person tries to reason out the fear behind the thought, the stronger it becomes. The next time you encounter a negative situation,

get into the practice of not dwelling on it.

2. Think of 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 think about something else. Regardless of how scary your negative thinking may be, do not dwell on it. This technique is also great for dealing with your negative situations and depression.

3. Try to find your source of fear. The difference between an obsessive

Continued on Page 8.

Utah Valley Woodcarving Club

By Mary Dame

Hi everyone! Just some quick newsy notes from the Wood Carving Club. We have had a really good year, both the Provo and Payson groups have increased in memberships and we are so glad to welcome new members. A lot of laughing and teasing each other goes on also. What a good group we have to work with! We have been teaching many new people the joy of carving and painting and we enjoy every minute of it

We have been carving many new things to show off at our very own Carving Show, which we have produced for 16 years, in September every year. It was a great success this year also, with over 400 carvings displayed. We are looking forward to this year's show which should be even better with all the new carvers. Linda Lewis was our featured Carver and she filled two 8 foot tables with fun things she had carver.

We have had our usual picnic in August and Christmas dinner in December. Our Christmas dinner includes and ornament exchange and a gift exchange which sometimes gets a little exciting! We

also decorated the 12 foot Christmas tree at the Veterans home each year with carved ornaments we have made. One year they ask us to do an all military tree that was a challenge, but turned out beautiful.

We teach a new project every month at our club night in Provo and all are welcome. We have made chains, faces on the corner, rabbits, pumpkins and funny little chickens and many more things. We all help each other and just have fun.

Dennis Trotter is our President and Gary Heaton is our Show Chairman. Thanks you guys for all you do for us. We have two wonderful places to carve the Payson Senior Center and Treeline in Provo. Both have great carving areas for us and we are welcome to carve as long as we clean up our chips. The hours at Payson are Monday, 8:00 -2:00, Tuesday 8:00 - 4:00 and Wednesday 8:00 - 2:00. You do need to be a senior to carve there. Ray Carlson is the gate keeper there and he will welcome you with open arms.

The Provo group meets every Monday at 9:00 - 12:00 and Thursday 1:00 - 4:00, with the



A beautiful carving by Leah-Goddard of the Utah Valley Woodcarving Club.

second Thursday of every month having a club meeting from 6:00 - 8:00 PM.

There are a number of good people that love to teach and help new carvers, so don't hesitate to join us. We have beginner's kits at

both places so you don't have to get a knife right away until you know you like it. We also have gloves and thumb covers for safety purposes. You just need to pay for the wood you use. Come See you will love it."

From Page 7.

thought and a regular one is that an obsessive thought is based on fear. With this in mind, try to find the source of the fear behind your negative thinking and then find ways to get rid of your worries.

4. Try to put the fear aside. Sometimes, you may encounter a lot of scary thoughts coming at you all at once. Instead of getting upset, remember that your negative thinking is exaggerated with worry. When you realize that your fear is the exaggeration factor, try to put

the fear aside. This may help calm your anxiety.

5. Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or depressed, challenge them by asking yourself questions that will maintain objectivity and common sense. Focus on the reality of your situation and not on your negative thinking.

6. Carry a small notebook of positive statements with you. Try keeping a small notebook of positive statements that makes you feel

good. Whenever you come across a positive and uplifting verse that makes you happy, write it down in a small notebook. You can then carry this notebook around in your pocket and whenever you feel anxious, you can read your notebook.

7. Take it one day at a time. Instead of worrying about how you will get through the rest of the week or month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your situation. In addition, you will not feel

overwhelmed with everything if you focus on one thing at a time.

8. Get help. Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. Licensed mental health professionals will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.

“Go and love someone exactly as they are. And then watch how quickly they transform into the greatest, truest version of themselves. When one feels seen and appreciated in their own essence, one is instantly empowered.” - Wes Angelozzi



Presidents Clint Mortensen, Nate Brinkerhoff and Curtis Flake

New Family Search Center open in Springville

By Sharon Ewing

A new Family Search Center in Springville is finally open and ready to help with family history needs. The center is located at 260 South 700 East, with the entrance being through the south door.

The center was dedicated by President Clinton Mortensen of the Springville Utah Stake On January 10, 2023. Stake presidents from Springville and Mapleton were invited to attend along with the directors and staff. Heartfelt appreciation was expressed to Bruce and Karen Van Orden under whose dedicated leadership the groundwork was laid for this exciting new chapter in family history research in the community.

The official opening date was January 17, and Mike and Sharon Ewing were asked to direct the operations. All residents of Springville and Mapleton and the surrounding area are invited to use the state of the art resources that include 20 computers and four large screen Discovery Centers that take

learning about your family to a new level. Many different types of scanners are also available to digitize family books, photos, slides and videos that many have in boxes or on bookshelves. Everything in the center is available for patrons to use free of charge, and there are always knowledgeable staff members ready to help with questions and projects.

Those interested can come in for some one-on-one help or make an appointment for family, youth group or auxiliary members to experience all of the amazing opportunities.

The center is open Monday through Thursday from 10 a.m. to 5 p.m. and 6 p.m. to 9 p.m. Walk-ins welcome or make an appointment. It is also open on Sundays by appointment only from 4 p.m. to 7 p.m.

Appointments can be made by calling 801-489-2956. Visitors needing disability access are asked to call ahead so that the staff can ensure that the door is open.



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Payson High Pipe Band growing with help from dedicated locals

By Ari Brown

For over 40 years, the Payson High School Pipe Band has been dazzling the eyes and ears of thousands of people who have had the privilege of being in their presence. That tradition has not only been continuing, but has been ramped up thanks to the help of community members.

Two of those community members spoke to *Serve Daily*, and told of their love for the program, students, community, and of course, the bagpipes.

Director Diana Lees, who is also an English teacher at Payson Junior High, said she started playing the bagpipes in the Pipe Band when she was in junior high school, and that as she got older, she wanted to share her experience with others.

“I grew up in Payson and started playing in 9th grade at the junior high under the director Kerri Welton,” Lees said. “I loved doing all the parades and festivals, traveling and meeting people. When I graduated, I played in a community band, and when the director position opened up 12 years ago, I stepped in.”

Leanne Johnson, who, along with her husband Danny Johnson assists Lees with the high school program, said that over the years, she noticed that the program wasn’t as popular as it once was and she wanted to do something to change that.

Johnson also started playing

bagpipes at Payson High School, and said that she loved it so much that she continued to play at the community level. She even began teaching fellow college students – one of whom would turn out to be her future husband.

“My sophomore year in college, I met my husband,” Leanne recalled. “I thought he was cute, and I wanted to see if I could get him to come over to talk to me, so I started to play my bagpipes. I played and he came over, and he said that he had always wanted to learn how to play the bagpipes. We talked for like two hours and it was history after that. I ended up teaching him how to play the bagpipes during the first year of marriage.”

Over the years, Leanne and Danny not only played bagpipes together in community bands, but passed their love for the instrument to their children. While Leanne began teaching her children, she invited others to her home in Springville to learn. Little did she know that she would be teaching budding musicians that would soon make up a large portion of the pipe band today.

“I contacted Diana and told her that I had a bunch of students in Springville who were ready for pipe band, and I asked if I could come help her,” Leanne recalled. “So, I brought my students – two of which were my sons with me to practice.”

Building a successful program

Since 2019, the three have worked together to build a program that not only performs at community events, but competes at a high level.

“We have an entire curriculum where we have students start with the basics with a chanter, and learn tunes on it,” Leanne said. “Once they have passed off the tunes on the chanter, they get to try bagpipes, and when they pass off the tunes on the bagpipes, they get to have a uniform, and then when they pass off more tunes, they get the varsity pipes.”

The varsity pipe band begins in ninth grade, and Leanne said that she encourages all youth in the area who are interested to come try because it is an experience very few in the state have. After all, the Payson High School Pipe Band is one of only two high school sanctioned pipe bands in the state, with the other being Ben Lomond High School.

“We really have a unique opportunity here because we are one of two high school sanctioned pipe bands in the state,” Leanne said. “You can live in other areas and participate in a community pipe band, but this is a unique opportunity to play in an all youth pipe band.”

“We compete in the juvenile category, but there aren’t really

any other juvenile bands. We went against six adult bands last summer and took 1st, 2nd and 3rd places.”

It’s more than just pipe band

Lees, who is also a teacher, said that being in the pipe band is more than just playing an instrument; it’s a way to build community and teach students about the world.

“What many people may not know is that bagpipes aren’t just unique to Scotland,” Lees said. “There is a student in the band who had Mexican heritage, and I did some research on pipe bands in Mexico, and we played a traditional tune from that area. There are also pipe bands in Canada and Australia, and I have connected with some directors in those areas to see what they are doing with their bands. It’s been a great way to learn about many different heritages.”

The pipe band class is offered at the junior high and high school as an after school class that students can get credit for. The band practices once a week year-round and performs at many local events and competitions in the summer.

For more information, go to the band’s Facebook page “Payson High School Pipe Band.”

Major Spanish Fork Airport Business Development

By Ed Helmick

FSmall airports throughout the nation are in danger of being closed down, but many are working hard to ensure that the Spanish Fork Airport not only stays open, but experiences widespread growth by embarking on a multi-million dollar business park that will house the airport.

This type of thing is unheard of, especially given the downward trend in private aviation nationwide.

In fact, the Aircraft Owners and Pilots Association (AOPA) recently reported that out of the airports closed over the past 15 years, nearly all have been privately owned.

The reasoning for the closures vary. Multiple reports point to a shortage in regional pilots and pilots in general. The New York Times recently reported that due to a shortage in pilots, there have been fewer flights, and as a result, flights to smaller airports have been cut.

There are also other factors that may be contributing to this downward trend. The AOPA pointed toward land developers and other organizations and individuals with vested interest in the land.

“It could be that a private developer has made an airport owner an offer he or she can’t refuse,” the AOPA article said. “Perhaps the owner of the airport was passionate about general aviation, but has passed away and his/her heirs do not share that passion. Frequently, the property a privately owned airport sits on is much more valuable for uses other than an airport. The issue could be property taxes, or land-

use pressures from the surrounding community, but the bottom line is that the airport property is privately owned, and as such, they can pretty much do what they wish with it.”

The article outlined the differences between private and public airports being mainly just that: That private airports are privately funded and federal airports are federally funded. Smaller, private airports also cater to private personal flying, business aircraft, and pilot training, known as General Aviation.

The Spanish Fork Airport has stayed open largely due to airport managers who are passionate about general aviation. Former manager Cris Child is a small airplane pilot and general aviation enthusiast, and new airport manager, Christian Davis follows in his footsteps as a private pilot and fellow general aviation supporter. These people along with the Spanish Fork Airport Board have won the respect and support of the Spanish Fork City Council for airport growth and development.

Unfortunately, there are currently no available hangars (aircraft storage spaces) at the Spanish Fork Airport or any other airport in Utah, making it difficult to store airplanes. Public airports do lease land to tenants to build hangars and aviation business offices, with the lease being about 20 years long to enable financing. After the lease expires, however, the building reverts to the landowner, which does not encourage building airport hangars.

To remedy the problem, Spanish

Fork City has approved a 50-year lease period that allows the building to be bought by the municipality at the end of its lease for its market value. This arrangement encourages hangar and aviation business development.

In this environment the Patey Aviation Business Park in Spanish Fork has been approved to move ahead with its building plans with groundbreaking occurring this spring. The 120-million-dollar project will include 650,000 square feet of hangar space developed into 130 hangars of various sizes to accommodate general aviation aircraft. Each hangar complex will have a common luxury lounge area for pilots and passengers.

Additionally, the aviation business park will include an aircraft service business, known to aviators as a Fixed Base Operator (FBO). This business will provide aircraft fuel, a pilot lounge for transient pilots, weather briefing room, and a conference room. The building will also include an upscale restaurant with plenty of patio seating right at the landing zone of the runway. This will be a fun place that the entire Spanish Fork community will enjoy. Other businesses proposed to move to the aviation park will be



full aircraft maintenance, an aircraft radio or avionics shop, a paint shop and a flight school. The entire project will take 2½ - 3 years to complete. This is a massive project that will include 1.1 million square feet of new taxiway and ramp area.

The design of Patey Aviation Business Park is intended to create an aviation community. The plan includes hosting a monthly gathering for FAA approved safety meetings and other aviation topics. This will enable pilots, future pilots, and non-pilots to get acquainted with one another. The stated goal is to create the best place in the country for general aviation, right here in Spanish Fork, Utah.

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'Surrender' takes deep look in the history of U2

By Kelly Martinez

Do you like to listen to or read books? Given the hustle and bustle of everyday life (and the effects of aging eyes), it's hard to carve out time to sit down and read a printed book, which makes audiobooks so popular these days.

With that in mind, I opted to go with the audiobook version of "Surrender: 40 Songs, One Story" by U2 lead singer Bono, and I'm glad that I did! Not only did Bono write the book, he also narrated the audiobook version, putting a personal touch on the memoir. Reading the printed version provides an interesting look into the band's history, but hearing its author and key player in the history of U2 reading it, added even more of a personal touch to the story.

Upon listening to the book, it was interesting to learn that many of U2's songs have a basis in Christianity. In fact, the band has based many of its songs on the teachings and practices of Christianity. Songs like "Until the End of the World," "Elevation," "40," "Pride (In the Name of Love)," and "Mysterious Ways"—to name a few—focus on man's relation to God and Jesus Christ. In all honesty, if asked to name the most well-known and successful Christian rock band of all time, U2 would not have come to mind.

The author examines these truths in deeper detail in "Surrender," which, in essence, serves as a promotional piece for the band's upcoming album, "Songs of Surrender," due to release on March

17. The album will contain 40 reimagined versions of some of U2's biggest hits, including "With or Without You," "Vertigo," "Beautiful Day," and "Sunday Bloody Sunday."

Back to the book.

Listening to Bono narrate "Surrender" is like listening to an animated relative at a family reunion tell stories of the good (and not-so-good) ol' days. The stories and accounts he offers of how the band formed and rose to superstardom are interesting, but I've got to admit that the details he provides, some 40+ years after they happened, had me wondering about the accounts' veracities. I don't doubt that the events happened (most are verifiable), but I'm not convinced they actually happened exactly the way he described in the book.

With this in mind, I dived into the audiobook like I would when listening to that animated relative at the family reunion: Take the stories for what they're worth with the understanding that embellishments are bound to happen. This made the book more enjoyable.

An interesting story from the book points out that the members of U2 formed the habit early on of huddling together backstage before each show to pray, to pray for God to bless them to share what He's given them with the audience for which they're about to perform. This, according to Bono, is part of their routine to this day.

Like romance in the books you read? "Surrender" offers a little of that as readers and listeners get to

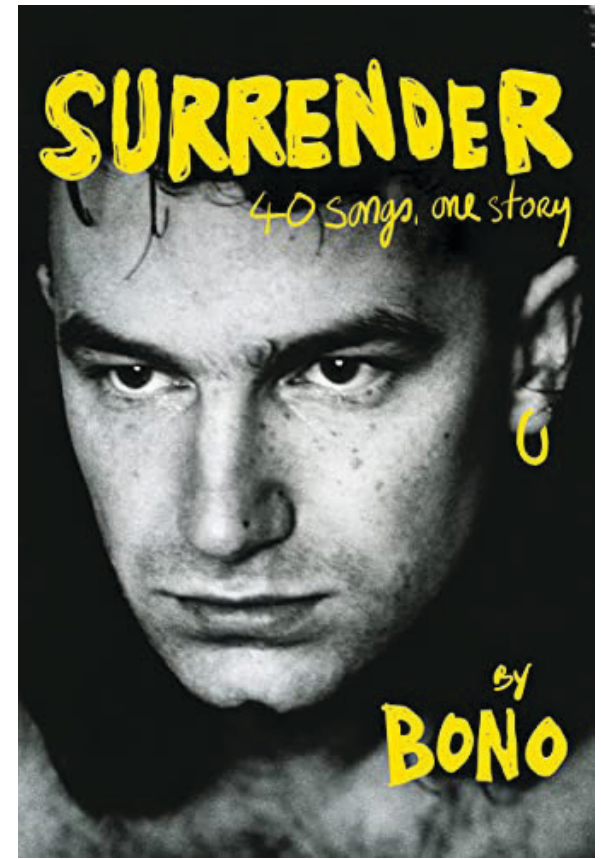
learn about how Bono and his wife Allison came together, and have stayed together for over 40 years.

A feature that the audiobook version of "Surrender" offers that the printed book cannot is the inclusion of song snippets of some of the reimagined songs on the forthcoming album and the original versions of others, both of which play in the background during segments of Bono's narration. This gives the narration more of a radio show vibe than a typical audiobook feel.

"Surrender" is a good read for U2 fans and those who aren't. I've long been a lover of the band's music, but, as Bono points out in the book, not everybody is. To this point of view, The Edge, the band's guitarist, says those who don't like U2 aren't trying hard enough.

You don't have to like U2's music to appreciate the accounts of the band's successes, failures, and longevity as described in this book.

Released on Nov. 1, 2022, "Surrender: 40 Songs, One Story" has 576 pages (about 20 hours of audiobook time) and is available in print and electronic editions. You can find it on the Libby app, but expect long wait times. I got in line for the audiobook and found out



it wouldn't be my turn for about four to six months. The loophole I found was to get a 30-day free trial of Audible and get a copy that way instead. Desperate times call for desperate measures.

From life before the formation of U2 to the band's struggle to succeed to its meteoric rise to fame in the 1980s and beyond, "Surrender" is a memoir rich in inspiration, insight, and introspection.

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Thinking about hosting a foreign exchange student?

By Ari Brown

Have you ever thought about hosting a foreign exchange student? If so, you may want to know that there is a community representative in South Utah County who can assist you with the process.

Jennifer Ruff of Spanish Fork is a community representative for Auysa International, which is a nonprofit high school exchange organization connecting international students to host families. Like many in the organization, Ruff got her start hosting students of her own.

“My youngest two children are twin girls and they thought it would be a fun idea to have an exchange student because one of my brothers-in-law had one,” Ruff said. “They asked if we could apply to have one, and I said, ‘Yeah, sure!’”

“My girls were ambitious and they went on the computer and started researching exchange students. They filled out the application, and I didn’t have a whole lot to do with it. The next day I got a phone call from a lady who does what I do now, and

the process was really smooth. We ended up hosting a girl from Germany.”

Ruff said that while the process to host an exchange student is really easy, that there is also a vetting process that families and students must go through.

“The program screens the kids to make sure that it’s something they really want to do and to see if they are mature enough to leave home for several months and come across seas and live with a new family,” Ruff explained. “Families also go through a screening process, and once they are matched with a student, there are some orientations to prepare the families and students for their experience.”

Ruff also explained that the organization works hard to match students with families so that the experience is successful for all.

“We have a website, and families can choose a student that has the same or similar interest that their family has, and they can choose

which country they come from, or if they want a boy or a girl,” Ruff said.

Ruff said that hosting a student lasts the whole school year with students arriving in August and leaving a couple of weeks after school gets out. She said that not only is having foreign exchange students a wonderful experience for the families and students, but also for the community at large.

“It’s a really great experience and it’s great for the community,” she said. “It’s great for schools because it introduces new and different cultures. We don’t have a lot of diversity here in Utah, so it’s a really great thing. It helps break down the misunderstandings that we have with other countries, and just builds connections with other countries. It’s a really positive experience.”

Ruff said that since hosting her first student, her family has hosted several others from Japan and the Netherlands. She said that even as the years have passed, she still views them as part of her family.

“They truly do become part of your

family,” she said. “The relationships go beyond their school year. We’ve gone to Germany and the Netherlands to visit them, and we’ve stayed with their families. It’s such a rewarding experience to be able to visit them in their home countries. They come from amazing families, and it’s also a great way to be able to travel to different countries because you have a place to stay.”

Ruff said that she hopes to bring awareness to those who have considered having a foreign exchange student.

“There are a lot of people who just don’t know about it, or that this kind of thing even exists,” she said. “Maybe you knew a foreign exchange student in high school and thought it was really cool, but now that you are older, don’t know how to get involved. I want people to know that I am here to help them and let them know that it really is an amazing experience.”

For more information, go to ayusa.org.

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Historical Highlight: Mapleton Old Towne Square

By Josh Martinez

South Utah County is a mecca for historical sites, and Mapleton's Old Towne Square is one such place.

The historical site is located at the corner of Maple and Main Street at the south end of Mapleton Park, and is filled with a bevy of historical buildings for residents to go to experience a blast from the past.

Mapleton and neighboring Springville were founded by early settlers in 1850, drawing many in for its livestock, logging, and farming capabilities. According to Mapleton City's website, the first permanent settlers arrived around 1870 and helped establish what was then named, Union Bench portion of Springville.

Residents, however, began to grow frustrated with the Springville City Council in the 1890s as they perceived a lack of concern from the city about their issues. Those issues

included roads, ditches, canals, and water rights, according to the Utah History Encyclopedia.

That frustration came to a head when Aaron Johnson Jr. of Springville, along with 110 other Mapleton adults, petitioned the county for the right to organize a town. The county granted the petition on Sept. 3, 1901, officially establishing Mapleton as a separate town.

Mapleton continued to grow until it officially became a city in 1948. The city has continued to grow to this day as the 2020 U.S. Census reports Mapleton with a population of 11,365. This is a huge jump from 7,979 population in 2010.

While Mapleton has moved past its early roots, the historic town square still stands as a memory of younger days.

The square features six established

structures that make up the historical site, including, the Mapleton Heritage Museum, Levi Kendall Cabin, Relief Society Hall, Blacksmith Shop, Unity Statue, and the Barn that is coming in the near future.

Many of the structures date back to the late 1800s, while others — such as the Blacksmith Shop and the Unity Statue — are recent additions from the past few years.

The Mapleton Heritage Museum sits within the Roswell Darius Bird home and contains pioneer artifacts, photographs, and other items of interest from early Mapleton settlers. The home was constructed in 1892.

The Levi Kendall Cabin is one of the first homes in Mapleton, having been constructed in 1880, standing as a snapshot of what life was like during that time.

The women of Mapleton built the Relief Society Hall in 1888 thanks to their own earned money that helped build, finance, and maintain the structure. It contains artifacts and photographs that help pay homage to the women of that era.

While the hall dates back to the late 1880s, it originally sat elsewhere in the city. Experts took the original structure apart brick by brick and



reassembled it in the historic town square while also renovating it.

The Blacksmith Shop was built in 2020 but utilized materials from residents' old barns — many of which dated back to the 1800s. This shop stands as a memoir of Mapleton's agricultural history.

The bronze Unity Statue, which sculptor Tyson Snow built in 2021, sits at the center of the historic Town Square. The statue carries a plaque that honors a story of a husband and wife experiencing trials of early Mapleton.

The most recent addition to the Mapleton Old Towne Square is the barn, which opened during the summer of 2022. The barn was added as the final structure to the square, with the purpose of hosting events throughout the year.

Those interested in visiting the area can book a tour by emailing parksandrec@mapleton.org. Visitors can also head over to the park to see the structures from the outside without an official tour.



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Spanish Fork City's Power & Light Division Honored

By Nick Porter

Spanish Fork City's Power & Light division was named Public Works Division of the Year for 2022 and was recognized during City Council meeting on Jan. 17.

Annually, division leaders in Spanish Fork City's public works department meet together and present on the key indicators, projects, and innovations from the previous year. Power & Light was selected to receive the award.

"We have seven divisions in Public Works and every year we have an annual report where all day long the different division present on what has gone on, their goals, and what they have accomplished," Public Works Director Chris Thompson told the City Council.

For the second time now, Power & Light was selected as division of the year because of a variety of different factors. The first one was for 12 years of no lost-time accidents.

"This is incredible, and means there hasn't been an accident which injures them in a way where they lose time on the job," Thompson continued. "Accidents in power & light can be

really serious, it's a great accomplishment and safety something that they focus on a lot."

Additionally, the Power & Light Division significantly reduced the number of residents with power outages and the length of outage time this year, maintained power rates at 15% lower than average, started the shared solar program, connected almost 500 homes with solar panels to net metering, brought transformer oil testing in house, and completed an unprecedented number of projects for new growth.

"As a department we are honored to receive this award," Power & Light Superintendent Jake Theurer said. "For me, it just reaffirmed what I already knew about the Power and Light Division. I was really happy that our guys were recognized for Division of the Year in 2022, because it was a unprecedented year with growth, projects and just keeping the power on. At the end of the day, it's always nice to see that a job well done and all the hard work and pride we take in our jobs was recognized!"

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Nebo Nurses Host Sight Buddies Event

By Lana Hiskey

Nebo School District nurses recently had the opportunity to host a Sight Buddies Event at Cherry Creek Elementary. Around 43 students were screened and 41 received corrective lenses!

Sight Buddies is part of Charity Vision, which is a worldwide organization that helps children access vision care and eyeglasses at no charge.

A special thank you to the Nebo nurses and PTA volunteers who helped make this event a success.

OHV riders now required to complete online course to ride on public lands

By Austin Isbell

The Utah Division of Outdoor Recreation (DOR) is launching a new off-highway vehicle (OHV) education course to help preserve access and increase rider safety. Anyone 18 years or older must now complete the free online course to operate an OHV on public lands in Utah.

“Our goal is to increase overall awareness and education of Utah’s OHV laws and rules to help increase overall rider safety and responsible recreation,” DOR’s OHV program manager Chase Pili said. “We believe the new OHV education course will benefit the entire OHV community, from new riders to seasoned operators and the broader outdoor recreation community by promoting respectful, sustainable, and on-trail OHV operation and respect for the communities affected by OHV operation.”

The education course takes less than 30 minutes to complete, and the certification will remain valid for a user’s lifetime. It consists of 26 questions, accompanied by educational videos that cover basic safety advice, guidance on legal requirements for operating an OHV on public lands, packing out waste, and how to be a good steward and sustainable user of trails and the environment. The course was created

by members of the OHV community and local partners, including Grand County, and Tread Lightly! which is a nonprofit organization promoting responsible recreation through stewardship, education and communication.

Completion of the course is required to operate Type I ATVs (three or more wheels with handlebars and designed to be straddled), Type II UTVs (side-by-sides), Type III OHVs (modified jeeps or “rock crawlers”), and off-highway motorcycles. Snowmobiles are exempt, as are participants of guided tours, implements of husbandry, sanctioned OHV events and 4x4s registered as normal road vehicles with full-sized license plates.

The requirements for operators under 18 years old have not changed; operators under the age of 18 must still have a youth OHV education certificate to operate an OHV on public land, road or trail. Drivers under 18 are required to take the existing, separate youth OHV safety course for \$35 or take an approved, in-person, hands-on skills course and exam.

For more information, visit ohv.utah.gov.

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From foster parent to adoptive parent

By Ariel Higgs

This is the continuation of a story that began in January where Ariel Higgs wrote about her journey adopting two boys who she and her husband fostered. In this article, Higgs writes about the goal of reunification that ultimately led her and her husband to adopt their sons.

While fostering 1- and 3-year-old sibling boys, the goal was to reunite them with their family in a healthy and safe environment. As a foster parent, my job was to do what I could to facilitate and support that while the boys were placed with my family. During this time, the boys' biological parents worked on providing safe housing, steady work, counseling, etc., which are items set by the state in order to get permanent custody of their children back.

During that time, I took the boys to scheduled visits and helped them heal and thrive. After a few months, it became evident that things weren't going well as far as the reunification process went. While I was doing all I could to perform the tasks asked of me, the guardian of the boys we were fostering, was not.

After months of missed visits, and failure to make progress on the requirements set by the state of Utah, it became clear that it would be in the best interests of the children to move from the original goal of reunification, to adoption. This came as a surprise to me initially since

I had always believed that the boys would go back to live with some member of their family. However, when I was asked if the sweet boys that I had come to love over the many months of living together could join my family permanently, my family and I decided that we would give the boys everything we could, which was a forever family, and moved forward with the adoption process.

The process was not easy or short, but manageable enough with the help of compassionate social workers, persistent legal counsel and lots of patience. We were required to take some additional training

classes that addressed some of the potential issues that can come up during or after adoption and assigned a post adoption worker whom we still keep in contact with. They offer services and invaluable advice to adoptive parents for years after the adoption to help with any bumps that might show up down the road and provide support. I was a little worried about the cost of adoption because we were adopting two, but I was pleasantly surprised at how affordable it was. Many people are not aware that the state of Utah will reimburse most, if not

is true and/or the children are young enough that the state has determined that the long process would be harmful for the child.

On my way out of the courtroom, I ran into the boys' mother, and she stopped, looked at me with tears in her eyes and said, "Please continue to take good care of my boys," and then continued out the doors.

With my head spinning, I was met by our case social worker who informed me that court was over, and their mother had signed over her parental rights and asked that her sons be placed with our family

good lawyer. His baffled, slightly fearful response of "What in the world happened?!" was followed by an excited whoop of joy when I told him moments later was because he was going to be a dad again.

On January 6, 2020 we adopted the boys that had arrived on our doorstep in late September of 2018, Extended family joined us for the joyous occasion where Gabe and Noah legally joined our family, and it was a happy moment for all involved. We had the blessings of their biological family whom we still keep in contact with.

Though the journey was full of ups and downs, and twists and turns that I had never seen coming, becoming a foster parent and adoptive parent has been one of the most rewarding journeys of my life.

For those of you who are considering becoming a foster or adoptive parent, I strongly encourage you to visit utahfostercare.org, or youthvillage.org. Staff are happy to answer any questions you might have about the process. There are always kids out there, closer than you could ever imagine, who desperately need a safe harbor from storms in this life that are far beyond their control and ability to weather on their own.

Being part of the community of people who has opened their home to be that shelter to children in need is something I am incredibly proud of and has changed me irrevocably for good. I promise it will be the same for you, even if you think you can't right now, you might be surprised to learn that you qualify and there are always opportunities to help the children in our communities. Reach out today and make a difference in the life of a local child for good.

For More Info
utahfostercare.org
youthvillage.org



Higgs Family Adoption Day

all of the cost for adopting children through foster care.

In June of 2019, a few months after the state had changed its goal from reunification to adoption, I rushed into the Utah county courthouse. I was prepared to sit through another court hearing where the guardian of the boys was scheduled to come in and present her case against the state attorneys who had asked for early termination of their parental rights. Typically guardians have about a year to work with the state to get full custody of their children back. This time frame can be extended if the guardian/s are showing adequate effort, or shortened if the opposite

permanently. I felt the strangest sensation of joy and fear unlike anything I've ever felt in my life. I was happy that the boys I had come to love so strongly would be mine forever, and afraid that my life's trajectory had been completely altered in a single moment, and that I would soon be eternally responsible for the lives of two more little people.

This feeling was similar to what I had felt when finding out that I was going to become a mother for the first time but without the months of build up that I'd experienced in that case. I called my husband and told him that he needed to find a

Tributes



Michael James Birchett

Michael James Birchett (Mike) passed away January 16, 2023 in his home. Michael was born on August 3, 1971 in Alexandria, Virginia. His parents are Sandra Lee Butterfield and David Vernon Bird. He married his sweetheart,

Kristi Jo Hellewell on August 22, 1992.

Michael was a dedicated and loving husband, father, and friend. He made friends everywhere he went and was loved by all who knew him. Michael adored his children: Austin James Birchett and wife, Paola; Kaila Mikenzie Fredrick and husband, Preston; Isaac Michael Birchett and wife Amberly, and Adriana Mari Birchett. He was crazy about his grandson, Liam James Birchett, and looked forward to the arrival of his granddaughter in July 2023.

Michael was a master plumber and an

entrepreneur. He and Kristi founded Admiral Plumbing, Heating, and Cooling together in 2001 and managed the business until they sold it in 2022.

Michael's faith was central to his life. He served in various callings in the Church of Jesus Christ of Latter-day Saints. He served as a missionary in the Mississippi, Jackson Mission (1990-1992). Among other callings, he served in the Young Men's organization, bishoprics, the high council, and as the bishop of the Payson 20th Ward.

Michael loved to play sports and games. He

enjoyed playing basketball, golfing, playing board games, traveling with his wife, spending time outdoors, cheering on his favorite teams, and delighting others with his grilling skills. He kept people laughing and was always the life of the party.

Michael was well loved and will be greatly missed. He was a light to all who were blessed to know him. Although he was called home early, his lasting influence will be felt through countless lifetimes.

To send condolences, visit springcreekmortuary.com

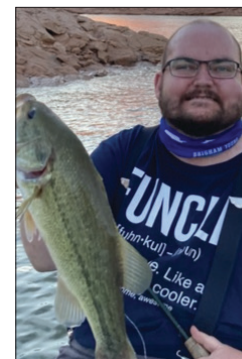


Robert Marshall

Robert Lee Marshall, born April 20, 1970, the son of the late Kathy Marshall Riese and Bruce R. Marshall passed away at Utah Valley Hospital on January 14, 2023.

As per his request there were no services.

Condolences can be offered at legacyfunerals.com.



Bridger Card

On Thursday, January 12th, 2023, Bridger David Card, beloved son, brother, and uncle, peacefully passed away, surrounded by his family.

Bridger was born in Orem on February 7th, 1993, to David Harold and Linda Eddington. Bridger graduated

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from Pleasant Grove High School in 2011.

Bridger was diagnosed with an inoperable brain tumor at the age of two. For another twenty-seven years, those of us who were lucky enough to know him, knew love. All while fighting the most difficult of earthly battles, Bridger cared for, joked with, and enriched the lives of everyone who came in contact with him. His family and friends (and even some strangers) became quite used to the phrase “Where’s my hug?” and knew that a giant bear hug was coming their way. Bridger had a passion for hunting, fishing, and terrible dad jokes. He enjoyed trips to Lake Powell with his family and snuggling his dog, Maverick. He was well-known for his kind and compassionate spirit, as well as his giving nature.

Bridger is preceded in death by his grandfather Darrell Card, and his grandmother Helen Eddington, both of Alpine, Utah. He is survived by his grandma Wynnette Card, his grandfather Darrell Eddington, his father David (Angie) Card, his mother Lin (Bryan) Thompson, his sisters Jessica (Jaron) Hilton and Kayla (Bronson) Vernon, his brothers Colter (Heidi) Card and Dawson Card, and many aunts, uncles, cousins, nieces, and nephews.

Funeral services were held on January 20th, 2023. To leave condolences, visit legacyfunerals.com.



Alfred “Mel” Campbell

Our beloved brother and uncle Alfred “Mel” Campbell passed away on January 6, 2023 in Price, Utah at the age of 73.

Mel was born on September 27, 1949 in American Fork to Nephi and Elaine Campbell. He was the 5th of 6 children. He was raised in American Fork, then moved to Orem, and eventually made it back to American Fork to help care for his parents. He went on to serve in the US Army from 1967 to 1969, during which time he fought in the Vietnam War. During his time there, he would hand out candy to the children.

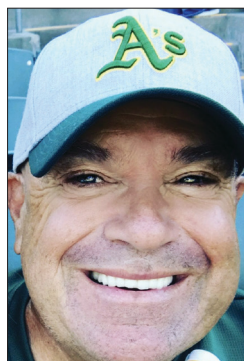
He went on to marry Kathy Whiting and they had one child, John, who ended up passing away at the age of 6 months. They were later divorced. After his parent’s passing, he moved to Price, UT where he loved to train his dogs, hunt, fish and be out in the mountains. he was known for his fishing skills and dog training throughout his whole life.

Mel was not only an uncle to many nieces and nephews, but he was a second father to

many of them (especially the boys). Mel taught them how to shoot guns, bait a hook, play horseshoes, and respect and love all living things. He was a loyal man to everyone he met, and he lit up a room when he walked in, especially sporting his famous beard, which he always had. He will be greatly missed.

He is survived by his 5 sibling Gary (Terry) Campbell, Chad (Verlayne) Campbell, Jim (Martha) Campbell, Sherry Carter, and Pamela Reynolds, as well as many nieces and nephews. He was preceded in death by his former wife Kathy Whiting, his son John, his brother-in-law Karl Carter, and his parents.

Funeral services were January 14th 2023 in Springville. Interment was at the American Fork Cemetery with full military honors. Condolences can be left at legacyfunerals.com



Wayne Ballard

Wayne Ballard passed peacefully in his Springville, Utah home the morning of January 4th, 2023, surrounded by his children.

Born in Palo Alto, California on June 11, 1957 to Alaine Rothchild and Ralph

Ballard, Wayne was raised in the Bay Area and attended Mountain View High School and De Anza College. Having moved to Utah in 2006 with his family, Wayne loved the beautiful mountains, but was less impressed with the snowy winters. He was never one to willingly venture out into a blizzard, but always seemed to get himself into a pickle if he did. We credit his dear friends for helping to pull him out of the mud a time or two and always helping to keep his work life entertaining.

An incredibly selfless, kind and strong man, Wayne epitomized the word father and will be sorely missed by his children and grandchildren. Stoic to his core, Wayne never complained and would have given the shirt off his back to help a stranger. Most proud of his enormous collection of pins, Wayne could be found gallivanting around the country to visit as many baseball and football stadiums as possible, or seeking out new Hard Rock Cafes just about anywhere he visited.

An avid music lover, his old iPod could rival the best of them and his record collection is something to behold. He loved traveling and was able to do so with his children whenever possible. His children plan to fulfill his desire to see every baseball field in the country as we are confident he’ll be sitting alongside us cheering for the A’s. Truly loved by all those who had the privilege to

know him, he will be missed beyond measure. A Celebration of Life was held on January 21, 2023 at the Meadowbrook Building in Springville. To leave condolences, visit legacyfunerals.com



Cheryl Lynn Jensen

It is with great sadness that we announce the passing of Cheryl Lynn Smith Jensen, beloved mother, grandmother, and friend. Cheryl passed away peacefully on January 1, 2023 at the age of 66, from cancer. Cheryl saw this, not as a tragedy, but as a cherished opportunity to return home. Cheryl will be remembered for her kindness, pureness, love for all things living, and her unwavering devotion to family. She was without guile and a shining light in the lives of all who knew her. She will be deeply missed.

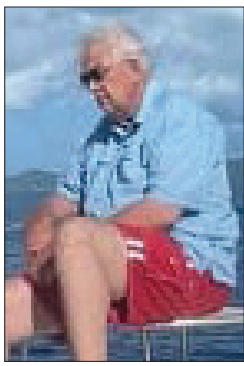
Cheryl was born on July 29, 1956, in Hollywood, California, to Harold Smith and Bonnie Maughan. Cheryl married Paul Jensen, the love of her life, on September 1, 1977 in the Provo Temple. Cheryl and Paul settled and raised their children in the Spanish Fork foothills, an area that Cheryl

loved for its natural beauty and where she lived until her last days. Cheryl was a devout member of the Church of Jesus Christ of Latter-Day Saints, and was deeply devoted to her faith. Her greatest joy was found serving her family and all who knew her.

Cheryl is survived by her siblings Scott (Lori) Smith, Sandra Van Bloem, and Linda (Kevin) Ratigan; her husband; her eight children Michelle (Dmitry) Kolodyazhny, Bryan (Whitney) Jensen, Stephen Jensen, Gregory (Kamberlyn) Jensen, Andrew Jensen, Angela (Daniel) Kennedy, Jared Jensen, and Anna Marie Jensen; and 15 grandchildren.

Family and friends were invited to gather on January 9, 2023 to celebrate Cheryl’s life. Cheryl was laid to rest at the Spanish Fork City Cemetery. To leave condolences, visit legacyfunerals.com.

**MAY WE
CHOOSE TO BE A
LITTLE KINDER.
SHARE A LITTLE
LAUGHTER.
GIVE A LITTLE
HUG.
BRIGHTEN
SOMEONES DAY.
FOR WE NEVER
KNOW THE LAST
DAY.
BE KIND.
LOVE MORE.**



Gregory Cozzens

Gregory “Pop” Cozzens, AKA “Popalopagus”, was called home on January 1st, 2023 at the age of 68. He unexpectedly passed away in his ski shack in Provo, Utah from natural causes.

Greg was born on May 19th, 1954, in Lovell,

Wyoming, to Carrie Verniece Moncur and Ralph Dee Cozzens. His brother Dee Cozzens (deceased) and sister Sharon Roth were delighted to welcome him to the family. In his youth, Greg enjoyed playing in the dirt with his trucks and cars, riding dirt bikes, driving his truck in the hills, playing his saxophone, and participating in the high school performing choir and theater group. Word on the street is that he started out as a bit of “an ornery cuss”, but he had a perfectly round head.

Attending Northeastern Wyoming Community College on

a music scholarship, Greg played the saxophone and sang. He also studied business at the U of U, NYU, and BYU where he met, fell in love, and began a life with Alisa Nelson, of Warrenton, South Africa. Greg’s career and passions first took his family to New York City, where three of his children were born, and where he and Alisa managed a thriving diamond-cutting and wholesale business. Greg also worked in San Francisco—where his 4th and final child was born—as a stockbroker and small business owner, and in Virginia as a software sales

engineer.

Greg served an LDS mission in South Texas. He continued to serve the Lord throughout his life in various ward and stake callings, as a temple worker in the Washington DC temple, and as a faithful husband and father.

In addition to his family and the Gospel, Greg’s passions included traveling, skiing, camping, fly-fishing, sailing, aviation, technology, weather watching, porch sitting, driving tractors, and sharing these passions with his posterity, all while making them laugh. His family suspects that Greg was

single-handedly responsible for keeping John Deere, Patagonia, Apple, Levi’s, GMC, and Pepsi in business for the last 30 years, as an entertainingly dedicated customer and advocate of these brands. He spent his last weeks happily sailing the British Virgin Islands, skiing in Utah, and visiting all 20 of his grandchildren spread throughout the country. Greg is survived by his older sister Sharon, his wife Alisa, his children Christi Romney, Joseph Cozzens, Cory Cozzens, and Lauren Mallett, their spouses, and their children. All who knew Pop would describe him

as understated, sweet, subtly humorous about everything, unconditionally loving and generous, and the world’s biggest teddy bear. Memories of Greg will continue to bring love and laughter to his family for generations to come.

Memories of Greg can be seen at www.cozzens.org/memories. To view service go to this site and then click on funeral program and then scroll down below church address and there is a button that says watch online here. Condolences can be offered at legacyfunerals.com.

Training for ice a mixed climbing can also be beneficial for everyday life

By **Richard Harrison**

There is a lesser-known sport that is beneficial for people of all ages. That sport is ice climbing, and there is a gym in Utah County that allows those in the community to enjoy the benefits of this skilled exercise all year long.

Climbing of any sorts leads to a generally healthy lifestyle if pursued with any regularity. The Scratch Pad in Orem provides mixed and dry-tool climbing, giving a year-round climbing focus, and preparing climbers for winter climbing, or for life in general.

For those focused on training for ice climbing, the gym offers dry-tooling and recommends weight training beginning in early fall to get ready for the winter season. And whether you choose to work out with machines or free-weights, at a gym or at home, strength training is critical to your success. Higher reps with lower weight and working on ice or dry-tooling specific moves while wearing weighted vests go a long way to prepare us for the start of

the season as well as helping to prevent injuries during the regular season.

Climbers often practice specific moves in a format called “time under tension,” which simply means hanging or resting in a position for a specific amount of time to mimic the demands of being on a vertical or overhanging wall. The demands on athletes that have their arms overhead most of the time are different from other sports and we train our core, shoulders and back muscles to pull/ twist as opposed to more traditional push/pull workouts.

Maintaining overall flexibility not only serves us well in climbing but in our daily lives as well. Many people believe that the older they get, the less mobile they become and that it is a direct result of aging. This is not true. Our mobility as humans in general, and as climbers specifically, is a direct result of the daily time that we invest in maintaining the suppleness of our muscles, tendons, ligaments and skeletal

structure. Flexibility is much like the daily activities of brushing, flossing, sleeping and eating. It is simply part of what is done to maintain our structure. Spending 10 to 15 minutes twice a day is optimal for maintaining our ability to sit, stand, twist, reach and get up off of the ground and is beneficial to all humans regardless of their age.

With the 2022-23 ice and mixed climbing season in full swing there is no better time to adopt a climbing lifestyle and begin to reap the rewards of an active and healthy lifestyle.

Classes, clinics, training and meetups all can be found at climbthescratchpad.com. Also, check out the social media links below to learn more about the ice and mixed climbing community in Utah. On Instagram @climbthescratchpad, and on Facebook at “The Scratch Pad” and “Utah Ice Climbers and Utah Ice and Mixed Climbers.”



Icelandic Association of Utah shine light on Spanish Fork past

By Josh Martinez

Did you know that Spanish Fork was the first Icelandic settlement in the United States? It's true, and one local association seeks to honor that unique part of the town's history.

The Icelandic Association of Utah seeks to recognize the nearly 400 Icelanders who left their native country and immigrated to the Beehive State between 1854 and 1914. The group claims that Spanish Fork is the oldest continuous Icelandic settlement in North America.

According to the association's mission statement, the group aims to celebrate Icelandic heritage through activities and education; promote better relationships with those in Iceland; and preserve the memory of the early immigrants.

Officials from the association did not return a request for comment prior to publication.

In 2005, a monument was erected at the corner of 800 East and Canyon Road to pay tribute to the 410 immigrants. The monument features a lighthouse statue with a viking ship at the top, along with other historic plaques that speak to the history of the Icelandic people in Spanish Fork. There are also benches and a bit of walking space for those to navigate the memorial. The Icelandic Association of Utah works hard to maintain the monument by keeping it clean and manicured for visitors including many from Iceland whom

they also host lunches for.

The association also hosts events throughout the year, and recently held a traditional Icelandic Yule breakfast and dinner earlier in December. During the event, traditional Icelandic meals were served, and participants enjoyed various Icelandic Christmas traditions.

Another event that has been long-standing is Iceland Day in June. This event typically takes place in downtown Spanish Fork and is another celebration of the early Icelandic immigrants and their culture. Prior to the COVID-19 pandemic, this event ran over a few days and included the Fire and Ice Festival. The association has hosted several other events over the years including the Thorrrablot Dinner and a parade.

The association works hard to connect with members of the community throughout the year and even daily via its Facebook page "Icelandic Association of Utah" where people can find out about Icelandic heritage. In addition to posting on social media, members of the association also work to preserve and add to the Icelandic Family History Collection in the Spanish Fork Family History Library.

The efforts of the association are not lost on local residents and visitors – many of whom have left positive



reviews. Dr. Alexander-Martin Sardina wrote a Google review regarding the Icelandic Memorial, expressing gratitude for the focus on history.

"We came here from Germany to find the geocache that is hidden here but were astonished to learn how thoughtful the locals (were in) honor(ing) their history and past,"

Sardinia wrote. "We read all the brass plaques and really have to say thank you for having such a beautiful place in your town and taking good care of it."

Those interested in joining the group can head over to utahicelanders.org to learn more about the association and become a member.

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Roselia (77970) is a three year old spayed female American Pitbull Terrier. She has a loving disposition and lives for pets and snuggles! She has a first set of vaccinations and rabies vaccination. She has been at the Shelter since September and really needs a forever home.



Alice (79299) is a sweet 2 month old kitten. She is spayed, vaccinated and microchipped. She is an adventure seeker and loves playing! She is a beautiful torti kitten with great markings. She is being housed in the Petco habitats and you can meet her there. You can complete the adoption at the South Utah Valley Animal Shelter.

All adoptions are on a first come first serve basis. You can see other pets for adoption at suvas.org

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Viewpoint: From Your Valentine

By **Ed Helmick**

Have you ever wondered where the phrase, "From your Valentine" originated?

While there are many historical and mythical accounts, there is one that I believe deserves to be told above all the rest, and you be the judge of whether it bears repeating for generations to come.

As legend has it, and according to Encyclopedia Britannica, "From your Valentine" was signed at the bottom of a short letter that was written to a young lady named Julia on the evening of February 13, 269 AD.

As the story goes, Julia was a blind foster daughter of the jailer who was holding Priest Valentine as he awaited execution.

Priest Valentine was serving time in prison awaiting his execution by Aurelius Claudius Gothicus, commonly known as Claudius II or Claudius the Cruel. At the time, Roman law was forbidding men to marry because of the belief that love weakened warriors who were needed to battle at war. Valentine didn't agree with this law, and continued to perform weddings for young lovers. Due to his defiance of the law, he was put in jail.

During his arrest Valentine was personally interrogated by Claudius, and told to convert to Paganism and deny his Christian faith. Valentine remained true to his faith and continued to try and convert those around him to Christianity.

While in prison, the jailer whose name was Asterius, learned about Valentine who also had a reputation for healing the sick. Just hours before Valentine's execution, Asterius asked him to perform a healing blessing on his blind daughter Julia.

Per Asterius' request, Valentine laid his hands over Julia's eyes and prayed "Lord Jesus Christ, enlighten your handmaid, because you are God the true light." Following the prayer, Julia regained her sight. Due to the miraculousness of the prayer, Asterius and his entire family became members of the Christian faith. Even with his supposed healing powers, Priest Valentine was executed the next day, February 14, when he was just 42 years old.

When Claudius learned of the baptism

of Asterius and his family, he ordered the execution of them.

Behind what has become Valentine's Day, a day that highlights love, is a tragic story of a man sacrificing his life for the right for young love to prevail.

In this story, Priest Valentine is remembered as an advocate for love. His final letter to Julia signed, "From your Valentine" is the classic love message from one to another, and is synonymous with giving a precious gift to a loved one.

The feast of Valentines Day on February 14 was first established in 496 AD by Pope Gelasius.

A simple note from Valentine to Julia is said to be the origin of today's Valentines' Day cards. So, in memory of Priest Valentine, spread some love to your loved one this Valentine's Day.

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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.

Our office, Excel Chiropractic Collision Experts, is in Payson. We are passionate about helping individuals excel in their health and work with anyone in need of chiropractic care, massage therapy, acupuncture, and rehab therapies. We are the premier clinic for auto accident rehabilitation with over 16 years of experience. We guarantee you will pay nothing out of your pocket for care when you've been in an auto accident. Our goal is to get you out of pain as quickly as possible. We are currently accepting new patients. Call us today! 385-404-5489

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It's February: Get Your Summer Supplies Now While You Can

By Joe Capell

It's February. Do you know what that means?

If your answer is, "It's time to get out the squirt guns and beach toys," you just might work for Walmart!

On a recent trip to said retail store, I was met with a fairly balanced variety of heart-shaped gifts and H2O drenching weaponry.

To their credit, while the temperature outside is in the 30s, a warm heart could use some cooling measures. A good ol' water fight could very well do the trick. And with the ability to purchase 42 different varieties of squirt guns, I'm thinking who needs a pillow fight



to sweeten the mood when you can spray your loved one with water that could turn to ice in a matter of seconds?

Ah, and it isn't just heart-shaped gifts and water weapons that are dotting the shelves this month, but freshly clipped roses and backyard toys to enjoy them with. What couple doesn't celebrate the most romantic day of the year with a few fun trips down the Slip 'N' Slide? February is a great time for a pool party and some beach towels, right?

Valentine's Day isn't the only fun-filled February holiday that can be celebrated with a spray in the face of the life-sustaining substance. There's no denying that the perfect President's Day activity is a big water fight to decide who the best president was, with Super Soakers for Team George Washington and

water balloons for Team Abraham Lincoln.

In my view, retailers are so worried about staying ahead, that sometimes they get a little too far ahead. Does anybody ever really think, "Hey, I might go to the lake on Memorial Day, so I'd better be sure to load up on beach supplies the first week of February?"

The problem is, in order to make room for these far-flung future items that nobody needs yet, the stores clear the shelves of things you might actually want or need right now. Have you ever tried to buy a winter coat in the middle of winter? Good luck. If you need a coat in February, you better have a time machine that can take you back to October, because that's when they stopped selling winter coats.

Gloves, mittens, scarves, and

snow shovels: all these things are extremely hard to find in a store in February. Why is that? Didn't they see that some rodent in Pennsylvania said we're going to have six more weeks of winter? What I need right now is snow melt, not beach towels! Heaven forbid if

your windshield ice scraper breaks and you need to get a new one. You're just out of luck.

There's not much we can do about it. We'd better just go ahead and get our summer supply of squirt guns and beach toys now, because by the time March rolls in they'll all be replaced with the "Back to School" supplies.

Viewpoint: A walk down Main Street in Payson gave me a taste of what used to be, and what I hope can one day be again

By Priscilla Bell

When I think of a Main Street, I picture a quaint row of charming shops and eateries nestled in the heart of a small town. It's where townspeople go to connect and support one another. So imagine my delight when I moved to Payson, which is a much smaller town than my previous one. Once settled, I made my way over to explore everything it had to offer. I anticipated a cute cafe on a corner, offering beautifully crafted cakes and coffee (for those who wanted to enjoy a cup). I envisioned an old used book store that housed first edition copies behind a glass case. In my mind, that book store was rustic and smelled like history and vanilla.

There would be a pharmacy with a man named Jack, who knew everyone because he had been there for nearly 50 years. Perhaps there would even be a humble little market to gather some necessities on my mental list. It would have a wooden fruit stand with free samples, and people would converse

about the quality before purchasing some for family and friends.

Disheartened, I slowly realized there was no cafe. No used bookstore. No pharmacy. No market with delicious peaches. Sure there were other options, but none like the ones I imagined with the exception of an old-fashioned ice cream shop, which I didn't even consider before my inquisitive wander. Oh, how I appreciated its existence at that moment.

Once I came to terms with the reality that my fantasy was no more than that, I looked around, only to be saddened by another truth. It was nearly empty. Only a few cars lined the streets. There were no patrons buzzing around. It felt like a deserted memory of something that once was. Discouraged, I left.

A lot danced through my mind as I headed home only to come to the understanding that in a world where everything is purchased online and everyone is too busy to slow down for a stroll with a friend, why

wouldn't it be forgotten. A main street can only be as successful as its townspeople encourage it to be.

Since that day, I have seen businesses come and go. I've seen some who seem to do well enough, and many who fight to remain. It is my hope that this will encourage others to slow down and support the local businesses that are doing everything to offer goods and services to their town on a personal

level. It truly warms their hearts when people walk through those doors. It's been said that a small business owner does a little happy dance with every purchase, and as one myself, I can attest to this.

If you have the desire and ability to open a shop, this is your sign. A community rises and supports one another. May we never forget this, friends.

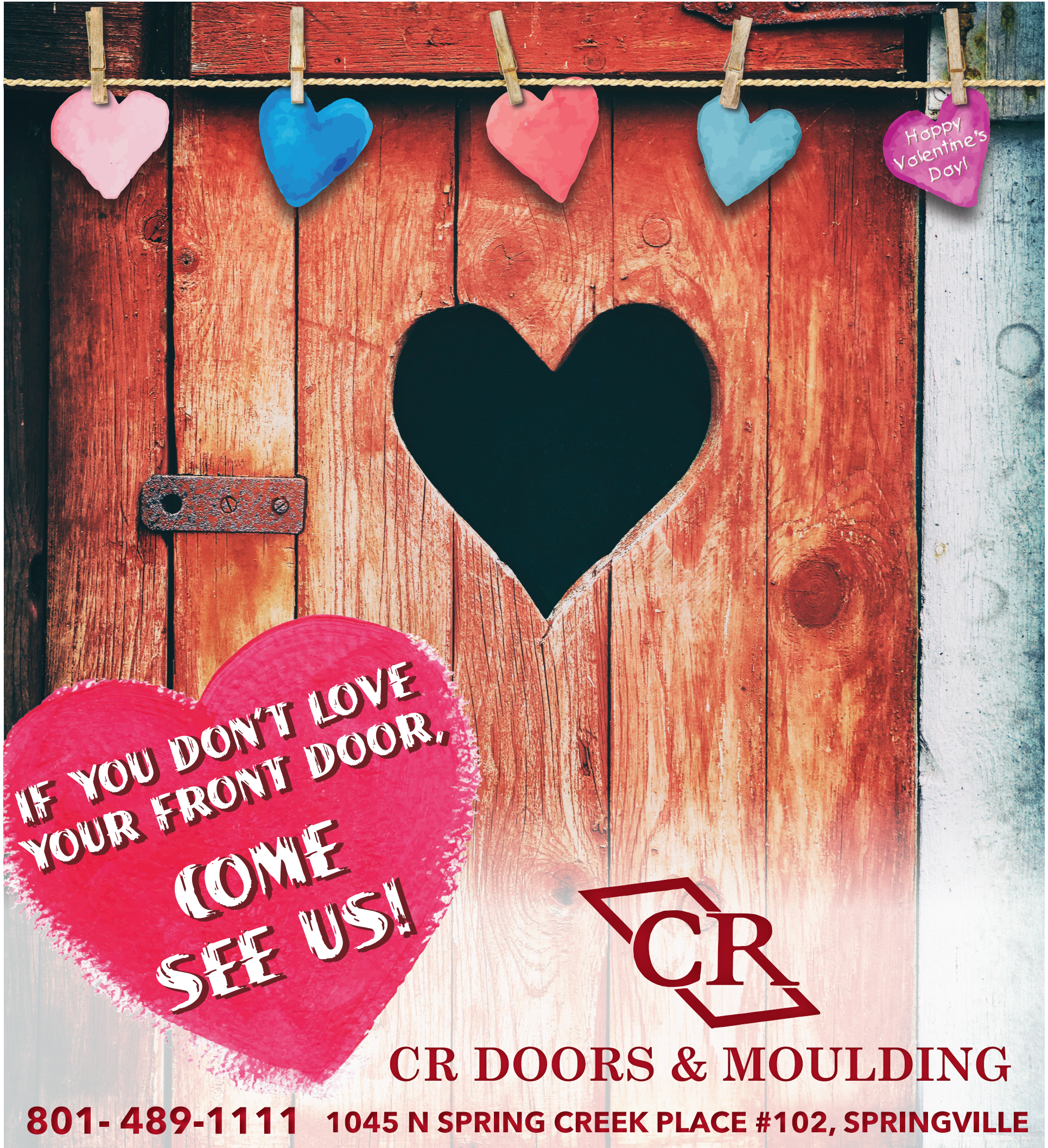
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