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*It's About
Loving People*
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Grace Bible Church in Springville has much to offer to Christian Community

By Ariel Higgs

For the past 26 years, Grace Bible Church in Springville has served the community as a non-denominational Christian church.

The church has had several pastors over the years, and in 2020, Pastor Andy Erickson, who is originally from Southern California, accepted the position as lead pastor. Pastor Erickson runs the church alongside his wife Laura who runs the Children's ministry. Other members of the ministry are Chris Murry who serves as an Elder, and Joy Snyder who serves the Women's Ministry Coordinator.

The Grace Bible Church holds several different services throughout the week, and welcomes people from all walks of life to come and worship.

Dress is casual and meetings take place on Sundays at 10 a.m. and Wednesdays at 7 p.m. Sunday services start with music and prayer, after which the children go to the Children's Ministry upstairs and learn age bible lessons, as well as crafting and other age appropriate

activities. The adults remain on the main floor where lessons on the bible are then taught. Sunday services last about an hour and a half. Wednesday evening services are a little shorter and do not include Sunday School for the children at this time.

The Grace Bible Church has a youth group that meets twice a month for bible study and activities at the Erickson home. There is also a woman's bible study group that meets on Monday afternoons and Thursday evenings. There is no membership, so anyone and everyone is welcome to come and worship.

"We want people to get to know God through the study of God's word," Pastor Andy said.

Laura Erickson emphasized the church's Christian faith within the ministry.

"We want to bring people hope, and that comes from a relationship with Jesus," Laura said.

The Erickson's have worked hard to preserve the history and charm that make the Grace Bible Church



a unique staple on Springville Main Street, and that also means the physical preservation of the building itself. The couple has modernized some aspects of the building while also maintaining original elements like the outside brick and the stage.

Volunteers from the Grace Bible Church often have a booth at the city

Farmer's Market during the summer where they distribute water and have fun crafts for the children.

"We want to be a blessing to the community," Laura said.

For more information about the Grace Bible Church, please visit gbcutah.org.

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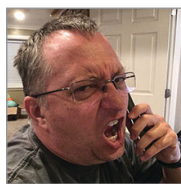


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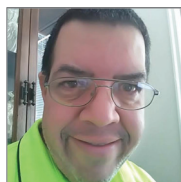
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LETTER FROM THE PUBLISHER

Hello Community,

The journey continues. Things don't always go as planned. People react and respond to things in ways that we don't always understand or agree with.

Sometimes these things make life very challenging. The key is to somehow keep pushing forward with love and understanding.

However, sometimes, that love and understanding may be taken the wrong way and feelings may be hurt.

It is up to us as to how we respond.

Patience, much patience, is sometimes required in life's difficult circumstances.

Literally, sometimes, it comes down to being able to make a good choice on weekly, daily, hourly, by the minute, or by the second basis.

We need to remember that we don't know the battles and things going on with another person, so it's simply best to just be kind.

Granted, we are human, and if/when we are pushed beyond our limits, we may sometimes say things that we later regret.

Anyway, welcome to March! It's a month that is going to seem to fly by even faster. Well at least for me. I love it when the days start getting longer and we have sunlight till 7 or about 8 by the end of March.

So many things to do, to learn, to improve upon. Wherever you are now, add 1 to it and make yourself 1% better, and then keep going from there.

-- Chris Baird

The winner from last month's giveaway is Linda H. Congratulations.

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Santaquin Man's battle with rare disease is a story of trials and hope

By Ari Brown

A Santaquin man has been fighting for his life after a decades-long battle with a rare disease that has shown up in more ways than one.

57-year-old Roland Merrill has been battling ulcerative colitis for most of his adult life, and through a series of procedures that his wife, Patti Merrill said were blessings in disguise, cancer was found, treated, and Roland was alive and cancer free.

"Rolland was diagnosed with colitis when our oldest daughter was a baby," Patti recalled. "At that time, it was so severe that when he got his first diagnosis, the doctors really didn't think he was going to live – and if he did live, they didn't think that he would make it out of the hospital with his colon intact."

At that time, not only did Rolland live, but he was able to keep his colon for another 17 years after the initial diagnosis. As the years went by, Patti explained that Rolland still did suffer the effects of the disease, and had heard about a new study that he wanted to be a part of. The study required patients to have a current colonoscopy, but at the time he was in the middle of a flare up. The doctors were concerned about performing a colonoscopy at that time, but Rolland convinced them to do it.

It was that colonoscopy that revealed that his entire colon had what is called high grade dysplasia, with the next step after that being full-blown cancer.

"That colonoscopy was so instrumental in discovering that Rolland was precancerous, and it led to a full colectomy where his entire colon was removed," Patti said. "There were also several biopsies done that showed that he had several tumors that had already begun to form, so had he not had that surgery, he probably would have only had six months to a year left with us."

Patti explained that while Rolland spent many years cancer-free, he still struggled with his health and has had to have several more surgeries. Even so, she said that he remained in good spirits.

"People who knew Rolland through those times, knew that he was just a happy person," she said. "He didn't put in anyone's mind his struggles, but he just wanted people to be happy."

Patti said that due to Rolland's health, it has been difficult for him to work, but that he has always found a way to serve others.

"Rolland has done a lot of service because he's always the happiest when he is able to help others," Patti said.

Some more diagnosis'

Things were coming along, and the Merrills were managing Rolland's health well enough until June 2022 when, as his daughter Malory said, her dad "turned yellow."

According to Patti, around Father's Day was when Rolland started feeling sick again. While at the hospital, a series of tests were run, and he was diagnosed with

yet another autoimmune disease – this time Crohn's Disease.

"Crohn's is very closely related to ulcerative colitis; the only difference is that UC stays in your colon and Crohn's affects your entire digestive tract from your mouth all the way down," Patti explained. "Typically people don't get both, but Rolland is one of the lucky ones, I guess," she joked.

In August is when Rolland started to turn yellow in his skin and eyes. After another trip to the hospital, it was determined that he had a rare liver disease Primary Sclerosing Cholangiti (PSC). The Merrills were told that Rolland will need a liver transplant. The couple thought that things would be OK because Rolland had been cancer free for so many years.

After some more tests, doctors found that Rolland's tumor count was high, and they were sure that he had cancer. Several more tests later, doctors found a tumor in his gallbladder, and performed a surgery to remove the gallbladder to prevent the cancer from spreading. While the Merrills were glad that the cancer was caught early, finding the tumor made it so that Rolland would not be able to receive a new liver for another five years if he remained cancer free.



Rolland is now undergoing chemotherapy to clear out any possible cancer cells in his body.

Remaining grateful and hopeful Patti said that even with all of the trials that they have faced as a family, that she has seen a lot of good things, and she finds hope that things are going to be OK.

"There is always hope," Patti said. "... I can now operate from a place of hope and faith and knowledge that this is going to be OK. However this works out, every day is a blessing and every day is beautiful, and you know what? Life isn't perfect. It is incomplete and it is always changing.

"In Japan, there is this philosophy that is called "wabi sabi," that means there is beauty in imperfection. "There is so much imperfection in nature and

Continued on Page 13

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Charn Burton, posed as she would be, faced towards the person, leaning forward, making eye contact, deeply involved, and showing love and compassion for the people she serves.

Healing for the Soul:

How Chaplain Charn Burton turned her own pain into soulful healing for others

By Ari Brown

When Charn Burton gets the call to help someone in need, she answers. Whether it is a woman who is about to lose her husband, an inmate at the jail who is struggling to cope, or a mother who lost her son to suicide, Burton is there to lend an ear and offer support in the healing journeys of those she works with.

But Burton is not a licensed therapist, a life coach or even a member of a religious clergy; she is a chaplain based out of South Utah County.

For many, the term chaplain is in reference to military chaplains whose job it is to care for the spiritual well being of soldiers and their families. Burton said that when she first entertained the idea of becoming a chaplain, she too thought that it was only something that was part of the military.

“The reason I decided to become a chaplain was because when I was working for the health department, someone came up to me and said **SERVEDAILY.COM**

they thought it might be something I would be interested in,” Burton recalled. “I knew exactly what a chaplain was because my husband just retired a few years back after serving 38 years in the military. ... When most people think of chaplains, they think of military chaplains, and I’d say a majority of the community aren’t even aware of what a chaplain is.”

Burton explained that while there are military chaplains, that this isn’t the only capacity that they serve in. She also said that there is another misconception that chaplains are affiliated with a particular religion.

“When you explain what a chaplain does, people think that we only do specific things related to religion, but that’s not true,” she said. “There are soldiers that have severe PTSD and those with family and marital relationships. We don’t deal with those types of things. We realize that that is not our lane; those are social work lanes and doctor lanes. We like to stay

with those things that deal with the spiritual aspect of a person.”

So, what exactly is a chaplain exactly?

Much like a pastor, a chaplain is a certified clergy member who provides spiritual care to individuals. Unlike pastors, however, chaplains do not preach religion, or practice inside churches. Chaplains work in government roles, serve in military capacities, provide service in healthcare, in hospice care. Many even work in police departments, fire departments and prisons.

And since chaplains are ordained ministers, they can officiate weddings, funerals and even lead baptism services.

Chaplains are non-denominational, and work with individuals from a wide variety of beliefs. Burton said that she loves being able to serve people from all backgrounds.

“I want to help people on a spiritual level whatever their beliefs are,” Burton said. “It’s about loving

people and I don’t want anyone to know my faith tradition because I want them to feel safe with me. I want them to know that I’m a spiritual person, but I’m not going to try to convert them to what I believe.”

“I’ve actually worked with many atheists. It can be tricky because how do I serve them spiritually if they don’t believe in a God? They are a spiritual being most definitely, but they want to be recognized for their life. They want a life review when they die. They just want you to be there with them to talk about their life. There is always a way to help soothe and comfort those with whatever is needed at the time by listening. We have no answers. We don’t go in with any agenda.”

Turning pain into healing
Burton knows firsthand what it’s like to need help from someone who was just there to listen without an agenda. In 2001, her son Jordan

Continued on **Page 13.**

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Goldback currency: How one man found his ‘pot of gold’ so you can have it, too

By Ari Brown

When Gary Barsdorf looks back on his life, he sees a series of choices that have led him to his very own “pot of gold.”

Originally from South Africa, Barsdorf and his wife Shiralle emigrated to Utah in June of 1996 with three young children in tow.

“We would not have left our beloved South Africa had it not been for the risk and uncertainty facing our young family at the time, and the great promise and excitement relocating to the United States held for a motivated, young couple ready to spread their wings and soar the thermals of a foreign land,” Barsdorf recalled. “We marvel at the serendipity, hard work, and community which has brought us to this point.”

Due to being an immigrant, Barsdorf needed to remain self-employed for the first 15 years, and for seven of those years, owned and operated multiple locations of G4G Adventure Sports & Gear along the Wasatch Front and Vernal. Over these past 26 years, the couple raised their kids in Utah County, and have recently moved onto the stage of what they call “grandparenthood.” Barsdorf said that as he began to settle into this new stage, another opportunity arose, which was to open a branch of Alpine Gold Exchange in Downtown Provo.

“I read an article in the January 26, 2022 edition of The Epoch Times which mentioned the Goldback, a new private currency using bills filled with real, 24 karat, pure Gold,”

Barsdorf said. “Upon learning that the originator of these innovative, gold imbued notes was based in Alpine, I immediately reached out to the President of Goldback, inc. Jeremy Cordon and arranged a meeting.”

Barsdorf said that after the initial meeting, he was excited to not only learn more about this type of currency exchange, but to become part of it.

“I was keen to explore ... and a flood of entrepreneurial energy which had elevated my spirit – especially knowing how ‘circumstantial’ the nature and form of my discovery of the Goldback was,” he said. “Unbeknown to me at the time, the leadership of Goldback, Inc., and Alpine Gold Exchange had been engaged in discussions about expanding their physical presence to more effectively serve an exponentially growing clientele.”

Barsdorf’s experience in retail wasn’t exactly the same as dealing in gold exchange, but he said that the love of helping to improve the lives of people through retail and exchange is universal.

So, what are Goldbacks?

Goldbacks are an exchange currency printed with gold embedded in it. According to reports, there are four state series and over 8 million Goldbacks in circulation, with a growing number of businesses accepting them as a form of currency. The Goldback is legal tender in Utah, Nevada, Wyoming, and New Hampshire, with South Dakota imminent, and Idaho on the horizon,

Barsdorf explained.

But it isn’t just currency that those who invest in Goldbacks are after. Barsdorf explained that while they are interchangeable and should be seen as a viable way to exchange currency, that many see them as an investment.

“Goldbacks are wealth protection,” he explained. “As opposed to something that you buy for \$10 and sell for \$30 – that’s an investment. With gold and silver, it’s a wealth preservation mechanism. It’s been proven over time that gold and silver will keep its value against inflation and the evaluation of the dollar. People should have money that is at risk and money that is sound, and that’s what we are, and we are so proud to offer that through the United Precious Metals Foundation.

“With the innovation of this new Goldback, it is the most successful voluntary private currency in the world, and that can be said with great confidence. The notes have intrinsic value. There is the quantity of gold that is published on the face of the note and within the note. It’s absolutely a win-win because you can exchange your Goldbacks for actual gold coins.”

Barsdorf said that in addition to those who use Goldbacks as an investment, there are a growing number of people who see them as collectables.

Barsdorf said that he is excited to share his new knowledge with people, and believes that it is a tool that will improve the economy and love for a

country that he says has brought many great things to him and his family.

“With inflation and the massive printing of the dollar and the threat to the dollar internationally, I know that I’m in the right place and involved in the right mission –the preservation of this beautiful country,” he said.

“I’ve never been happier working in any place in my kaleidoscopic career. In this stage of my career, I am happy to be involved with a group of like minded individuals who are patriotic, freedom loving to the core, and the salt and the core and soul of America. I want to help educate people on what brought people to this country in the first place, with it being a country of freedom and opportunity.

“It’s an exciting development in the community where Alpine Gold Exchange in Alpine, the Precious Metals Association and Goldback Incorporated have now established a new location on 275 N. University Ave. in Provo to serve their rapidly expanding customer base in Utah and beyond. As a repository we’ll be equipped to accept and dispense precious metals and special legal tender in the form of Goldback notes, and US Minted Gold Eagles, Gold Buffalos, and US Minted Silver Eagles.”

Barsdorf encourages readers to bring this paper in to get a free goldback and learn about the mission they have, and all the different attributes of the mission.



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Goldenwest Opens Springville Branch

By **Melanie Bott**

On March 1, 2023, Goldenwest Credit Union held a ribbon cutting and grand opening celebration for its full-service branch in Springville, Utah located at 508 South 950 West.

“We are excited to open our third branch in Utah County, and better serve our members who live in the area,” President/CEO Kerry Wahlen said. “Goldenwest appreciates the warm welcome we have received from local residents, and we look forward to becoming an active part of the local community.”

Local dignitaries were in

attendance, including Springville City Mayor Matt Packard and Springville-Mapleton Chamber of Commerce Chairman Brian Johnson. Leon Muhlestein has been selected to supervise all branch activity. Members can enjoy a full range of services including vehicle loans mortgages, lines of credit, free checking, instant-issue Visa cards, and insurance services. Conveniently located in the Smith’s Marketplace shopping complex, the new branch features drive-thru teller lanes and ATM.

Tabitha’s Way Launches Hamilton Challenge

By **Randi Kaufman**

Tabitha’s Way Local Food Pantry in Spanish Fork is launching a new campaign called “The Hamilton Challenge” dedicated to fighting food insecurity in Utah County.

The Hamilton Challenge is named for Alexander Hamilton whose portrait is on the \$10 bill. A Hamilton (\$10) monthly commitment represents 50 nutritious meals to neighbors in need. Committing to the challenge for one year will provide 600 meals.

In Utah County, price inflation on food and cost increase in other needs such as rent and transportation has led to a significant surge of middle class families facing food insecurity.

“Food insecurity is not only reserved for the impoverished,” says Wendy Osborne, Tabitha’s Way Founder and Executive Director, “It has no socioeconomic boundaries. It can

impact the working class, seniors, or anyone facing a crisis.”

With the support of the community, Tabitha’s Way envisions a No Hunger Zone where individuals and families avoid the fear of not knowing where their next meal will come from and instead focus on how to successfully move forward.

Osborne encourages Utah County communities to take the Hamilton Challenge, “Your Hamilton represents an ongoing commitment to a proactive and persistent solution to fighting hunger/food insecurity. A collective of committed Hamilton donors would change the face of hunger forever. “Your Hamilton helps a ton.”

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Clydeco Building Supplies receives Business Partner in Education Award at Springville Chamber Banquet

By Lana Hiskey

The Springville/Mapleton Chamber honored Clydeco Building Supplies with the Business Partner in Education Award. This is the second time the Chamber has given this worthwhile award.

Lana Hiskey, Community Relations Administrator for Nebo School District, presented the Business Partner in Education Award to owners and representatives of Clydeco, Gayle Gammell and the late Clyde Gammell. President of Clydeco, Matt Gammell was out of town and could not make the awards banquet.

Clydeco Building Supplies began modestly in 1975. The humble beginnings of the business consisted of a small wooden shed, a shade tree, and a desire to provide reinforcing steel to contractors and homeowners in Utah. After constructing his own home, B. Clyde Gammell, founder of Clydeco Building Supplies, sold his excess re-bar to a local contractor.

Today, Clydeco is a full-service fabrication facility, capable of fabricating any size of re-bar to specification. Clydeco provides re-bar for residential to commercial and industrial projects to some of the largest contractors in the state.

Clydeco Building Supplies give their time, talent, and treasure each and every year to the students of Nebo School District. Gayle and the late Clyde Gammell have been instrumental in raising funds for the Nebo Education Foundation since



Gayle Gammell & Lana Hiskey at the Springville/Mapleton Chamber Banquet.

1998 for our 36,000 students and 4,500 employees in the Nebo School District.

Each year the owners and leaders at Clydeco Building Supplies help the Nebo Education Foundation sponsor a golf tournament at Hobbie Creek Golf Course. It is a highlight to bring together businesses and supporters of education.

The education of Nebo students is much more enhanced with the support received from business partners like Clydeco and the

Gammell Family. These generous business donors truly make a significant impact on teachers and students.

Clydeco Building Supplies still retain the ability to work with the do-it-yourself person who may call or come by the shop. They produce, manufacture and supply the re-bar fabrication, window wells and window bucks, window well grates and covers, anchor bolts, foundation straps and hold downs, mesh wire reinforcement, B-decking, and many concrete foundation materials. They also offer same day delivery service.

Thank you Clydeco Building Supplies all your support over the years with the Springville/Mapleton Chamber and the Nebo Education Foundation. Clydeco is a wonderful partner in education!

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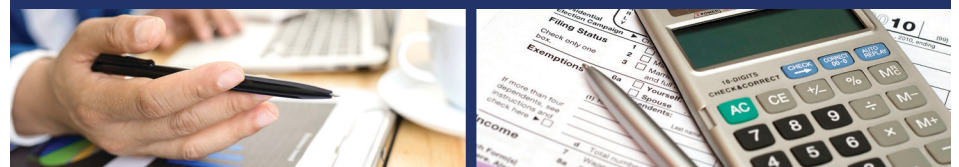
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Cobb & Co. Productions showcase talents of local siblings

By Curt Gordon

When it comes to theater, the Cobb family of Orem are as natural as Ty Cobb was to baseball. If you're wondering if there is any family tie to the famed athlete, that is yet to be determined, but the comparison still stands.

Cobb & Co. Theater Productions is owned and operated by siblings John Cobb and Ruthie Cobb Higley. These talented siblings who are just in their early 30's, do everything from writing, producing, promoting, directing, and even occasionally acting in their productions. These productions are performed most often at the Angelus Theatre in Spanish Fork.

Between John and Ruthie, they have their bases very well covered. John is a phenomenal playwright who always has a song on his tongue. There is rarely a time when you won't hear him singing or humming a new melody that has just popped into his amazing brain. His dialogue is very mature, and it is evident in the production "The Adventures of Simon Bilius Conrad."

His acting is also top notch. John starred as Long John Silver in his own original production of "Treasure Island," which received wide acclaim. While John does not often act in his productions, he was able to personify the salty old sea dog to perfection!

Ruthie shares John's gifts of acting and singing. Her role as "Lou" in 2021's "A Krampus Karol" was sensationally hilarious. She acted as an overly confident, highly overbearing child who is constantly pushing herself onto her peers. Her solo song, "Cooties" was a real highlight among theatergoers. Ruthie also shines brightly as a manager, producer, and director.

Not only did she produce and direct her own Cobb & Co. productions along with John, but she was also the director for Great Hall Theatrical's "A Krampus Karol" which was one of the top shows at Angelus Theatre in Spanish Fork for 2022. That production won Ruthie the title of Best Director of 2022 from the annual Great Hall Awards on New Year's Eve at the Angelus.

Ruthie's husband, Jade Higley is also a wonderfully talented actor, singer and fight choreographer.

Together, John and Ruthie have



Ruthie Cobb Higley

been instrumental in fusing the local theater scene. They have supported and facilitated several other theater companies, strengthening them in the process.

When it comes to talent for the arts, John and Ruthie come by it naturally. These gifts have been passed down through several generations. John and Ruthie's father, Karrol Cobb is an outstanding music composer. He has written countless compositions and entire productions including "Robinhood the Musical" that plays at the Angelus Theatre in March.

Karrol has been seen playing the piano for "The Medicine Show," which is his mother Pam Lockwood's original production. He played the whole show live on the piano in real time just like it was done during the original vaudeville days.

John and Ruthie's mother, Erin Cobb has earned the nickname "Saint of Utah Valley" from Curt Gordon of Angelus Theatre for her imminently nurturing and giving deeds. Erin has a natural ability to inspire people to be kind and caring that is unmatched. Children and adults alike have been blessed by her goodly presence in their lives and subsequently risen to their own greatness because of her example. She is also an outstanding seamstress who has tailored some remarkable costumes over the last three decades.

It's easy to say that the arts run in the Cobb family, which is just one reason to support Cobb & Co. Productions.

For more information, go to cobbcotheaterproductions.com.



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This Spanish Fork Family has an Irish Pub in their basement. Here's why:

By Ari Brown

In March of 2022 Brian Govatos and Allison Tiné of Spanish Fork finished their basement complete with a dart and cricket board, popcorn and karaoke machines, an old piano, and green walls to match the color most loved by the Irish people themselves. Oh, and let's not forget the pub-style tables, chairs, stage, and of course the bar area with taps that serve adult beverages.

There were two key words in that first paragraph that describe the overall theme of what Govatos and Tiné accomplished in the completion of the basement in their family's home: Irish and pub.

That's right. Inside this ordinary home is an Irish pub that Govatos says has not only been a great addition for his family, but for community members and visitors alike.

In fact, about a year ago was when Govatos went live with his basement, posting a tour of it on his YouTube channel. This tour caught the attention of media outlets from Utah to Ireland itself. It even received accolades from Irish pub-goers, saying that it looks and feels just like an Irish pub.

While Govatos said that a goal of building the basement pub was very much to resemble a place he, his wife and three children have gone to several times over the years, it was more about creating a place to entertain friends.

"When we moved down here two years ago, options were quite limited for places for grown-ups to go – and I'm not necessarily talking about bars," Govatos said. "There just aren't that many places for adults to hang out. If you live in Spanish Fork or Payson or even Provo, where do you go on a date night? We wanted to make a place where, first of all, we were able to stay home with the kids and hang out, and second, a place where other people would want to come and travel to. It's almost like a built-in social network."

Since finishing their basement, the couple has hosted open houses and events, and has had meet-up groups from local pub-enthusiasts. They've even had dozens of people who have come by just to see the inside of an



Brian and Allison Govatos family.

Irish pub.

"I had a woman come by and say, 'My husband is Irish, and we saw your video, and it reminded him of home. Could we stop by?' Govatos recalled. "I've even hosted youth groups from members of the local church congregation who wanted to talk about Irish history and sing karaoke. We talk about the history of Irish pubs, and why they are so important to their culture. That's the kind of community outreach I want: People not being afraid of things outside of their experience."

Govatos said that he does his best to accommodate people when he's able.

"When people stop by, we say that they can come over when we are having a get-together, and we've made some great friends out of it," Govatos said. "People bring gifts and we talk about the whole pub experience of being social. People have brought their kids over, which we love. We have snacks. We play the piano and sing-alongs and stuff."

An experience for the whole family

Govatos said that due to the culture in Utah, a lot of people are leery of the pub mainly due to a lack of exposure. He spoke about his first time going to a pub in Ireland when

quite eye opening to see children there.

"Many people here have a fear of things they aren't exposed to, and alcohol is one of those things," Govatos said. "If people are being drunk and crazy and rude and belligerent, that's bad no matter where you're at – and especially if you're doing it around kids. If grownups are hanging around playing some fun games and singing karaoke with kids and being positive, that's the definition of positive."

"It makes me feel sad when I get comments from people saying, 'Well good luck! All those children will become alcoholics.' "I think that it's so sad that they feel so small about the world."

Many may be surprised to know that when you go to a pub in Ireland, you sit there and look around and realize that you're in a place where people will every once in a while give their kids a tiny 2-ounce glass, and you're not surrounded by alcoholics

Continued on Page 11.

he and his wife brought their two kids. He said that it was actually

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and people committing crimes.”

Govatos said that even though parts of their basement remodel may seem a little taboo to some, that it has been a great experience for his family to enjoy with the community and with themselves. In fact, one of the features of the pub has become a family affair. That feature is the piano.

Recently Govatos, Tiné and their three kids have all taken up piano lessons.

“My kids started doing so well in piano lessons, and then I remembered that I used to play and was actually quite good at it,” Govatos said. “I started taking lessons again after 25 years, and everyone is doing well. When people are doing so well, it’s hard not to focus on it.

“We have the old piano in the basement and a digital piano, but they aren’t cutting it for the types of pieces that we are starting to play,” Govatos said. “We are needing to upgrade, but that takes thousands of dollars that we don’t have right now.”

Govatos said that he has shared his family’s love for music by way

of what he calls “Progress reports” with friends and community members, and that many have generously donated to help them get a piano through a Gofundme page titled, “Piano lovers! Help us build something improbable.”

Govatos said that much like the goal with the pub, his family wants to show people the beauty of classical music.

“We’re a crazy family who does artistic stuff and takes it seriously,” he joked. “I would love to hold concerts to do some edutainment. I’d love to let my family get your family to care a little bit about Beethoven, Chopin and Mozart.

“The whole point of this is to get the community engaged. I just want people to have those wow moments of ‘This is different and new and interesting and positive! Whether it’s with music or Irish pubs and culture. Host people in your house beyond cookies and soda poop. Host people in your house by doing something and really connecting and engaging with them is what it’s all about.”



Govatos family and friends enjoying the atmosphere of the Irish Pub in their home.

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Did you know Utah Lake has a Photo Club?

By Cheri Christensen

Have you read the book, 'If You Give a Mouse a Cookie'? Well, here's the story of what happened when Barb Johnson got a camera.

Utah Lake is the centerpiece of Utah County. Thousands of people visit every year, either on their own, or attending one of the many events taking place at the lake, such as the Utah Lake Festival, bass fishing, boating, or para sailing. Many visitors simply walk around the lake and just take pictures.

Barbara Behm Johnson is one such Utah resident. With her children grown and gone, and her husband more inclined to relax at home, Barb got herself a camera. She started with pictures at home (of grandbabies), but eventually took her camera with her on one of her many visits to Utah Lake. Barb has always loved Utah Lake. As a budding photographer, she searched for a photo club to join, but found nothing suitable.

Barb took a lovely photo of the sunset one evening, but was unable to get the view she wanted due to another lake visitor standing in her shot. She took the picture anyway, and wandered over and struck up a conversation with her unwitting subject, who turned out to be Garth Rogers. The two impulsively decided that what was needed was to start their own photo club. They hopped in the car and drove together to find the Utah Lake Commission. Sam Braegger, Programs Manager for the Utah Lake Commission, recalls that first meeting.

said Braegger. "Since its beginning, the Utah Lake Photo Club has been about photographers of all interests and skill levels, sharing a passion for Utah Lake, coming together to learn about photography, go on outings together to take photos and share in the camaraderie of their mutual interests. The Utah Lake Commission has been a proud sponsor of the club since its creation in March 2017 and enjoys the interactions with photographers, their help and support in showing the world the beauty of Utah Lake, and the opportunity to give back to residents who love the lake so much."

Barb and Garth both began spreading the word. Wherever they went (taking pictures), they would approach fellow photographers and tell them about this new club. In April 2017, about 20 of these fellow photographers - including this humble reporter - met together for the first time.

Since then, the club has grown to more than 1,000 members. Interested parties can ask to join through the Utah Lake Photo Club group on Facebook. Many of the members are out of state and even out of country. While Utah Lake figures prominently in many photos, club members also share photos taken wherever they go. From Arizona sunsets, to the various parks and forests in and out of Utah, to far-flung locales around the world, these photographers share whatever catches their eye at the moment.

Some club members are actually professional photographers, others just take professional-looking photos, and still others are rank amateurs. Many club members have had their photos published, or even featured on KSL Weather. Photos are taken with Canon, Nikon, Sony, cell phones, and more - flowers,

insects, landscapes, portraits, wedding photos - whatever catches their eye.

Club members try to get together once a month to go on an outing, or



Photo by Mike Christoff, member of Utah Lake Photography Club.



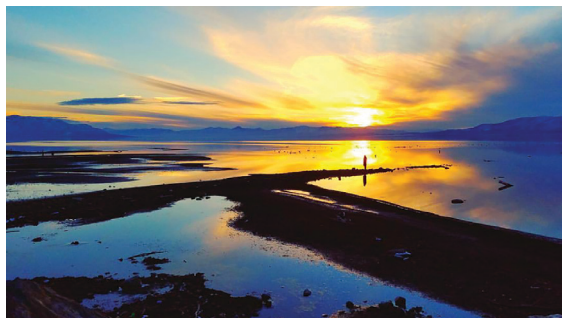
Photo by Kevin Hehl, member of Utah Lake Photography Club. A view from Vineyard Center Street.

share their knowledge and expertise in classes. An instructor will talk about camera settings, the use of light, how to compose a shot, various lenses and tripods, editing in post production, the pros and cons of this and that, and so much more. These monthly meetings are full of happy photographers chatting together about best ways, best locations, best equipment, failures and successes.

Recently, some of the club members sold some of their photos as a fundraiser to raise awareness about safety on the lake. Although the lake isn't very deep, people do still drown in it occasionally. Club members hope visitors to the lake

will be careful, and utilize the life vest stations located around the lake.

Photographers are attracted to the beauty of nature, and it is wonderful to have such a bounty as Utah Lake close to hand. Barb tried to explain the appeal of photographing nature. She said she found nature a lot more beautiful when looking through a camera lens. "I didn't just see more," she said. "I felt the beauty of nature more deeply when I looked through the lens." Barb has since moved to St George, but she occasionally finds time to come back to Utah Lake, where she frequently meets up with current and past club members. She never tires of photography, or Utah Lake, or chatting.



"When Barbara Johnson and Garth Rogers first walked into my office in the spring of 2017, I could immediately see their passion for photography and for Utah Lake,"

died by suicide at the age of 18. Burton described this time in her life as painful as she searched for connection to people and on a spiritual level.

“Suicide is what we call complicated grief,” she said. “It’s not like you can tell someone that God must have wanted them to come home – which everybody hates hearing anyway – because we wanted them here. When I lost my son to suicide I was very active in my faith tradition, and in my community. Because he took his life, people quit coming to my home because that’s where he died. They would avoid me at grocery stores because they didn’t know what to say. It wasn’t that they were being rude, they were just uncomfortable.”

“People who lose someone to suicide are kind of lost. So, when someone comes to me with suicide, they know I already know that they’re going through. I help them by listening to their story, and by asking questions about the person they lost. I reassure them that the last second of their loved one’s life when they made that decision doesn’t define who they are.”

Burton said that losing her son was really what began her transition into chaplaincy.

“After my son died, I got involved in suicide awareness and started a support group that I’ve held for 17 years,” Burton said. “I wanted to work with at-risk youth like my son was. I sat on the board of the Hope Suicide Task Force. I did everything

I could do. I was already chapling, but didn’t know it, and when it came down to it, I decided that I really wanted to learn how to do this.”

Becoming a Chaplain

Burton began chaplain school in 2007, and after 15 months, became board certified in late 2008, and currently serves as a clinical chaplain for the World Spiritual Health Organization (WSHO). She also teaches others at WSHO who would like to become chaplains.

“Our program is specifically designed as a clinical program for clinical chaplains,” she explained. “Many people who apply to come through the program are widows. Many of them have lost children and many have lost someone to suicide or lost their mother in hospice. They have a reason they are there and they want to make a difference. Many enter the program because somebody made a difference for them and they want to make a difference for somebody else.”

Burton explained that the process it takes to become a chaplain is very rigorous, but that those who go through the program will learn invaluable skills that will help others as well as themselves.

“We learn to recognize all kinds of situations. A lot of people who are dying have a lot of unresolved issues and you’re not just working with the person who is dying, you are working with the caretaker, you’re working with the entire family. The chaplain has to be able to go from being with someone who is dying,

and then to a hospital to pray with a friend whose child is on life support. We learn to meet people where they’re at. ... We ask them how they’re doing, and sometimes we even sit through silence. You have to respect and trust; it doesn’t just come. We teach the art of listening.

“It’s actually interesting because I’ve had many social workers come through my program and say that they were never taught these things in school. You learn how to dig deeper in a different way – especially when it starts at the soul level.”

Burton said that there is one hurdle that she and other chaplains have faced over the years, and it is being able to work with those within religious communities. She said that she reiterated that the goal of a chaplain isn’t to replace anyone’s faith or spiritual leader, but to be there for those in need.

“Many people are religious and lean on their bishop or ecclesiastical leader, and often don’t accept help from chaplains,” Burton said.

“Sometimes we are there just to let people rest, and when people let us in, they are actually more often than not, very grateful that they did.”

“We work with a lot of people at the end of life stage, and it’s a hard process to die,” Burton continued. “It truly is a hard process. I wish that more people would accept us knowing that we’re not trying to take the place of anybody in authority in their church, but we’re just there to help give them some rest and care.”

Burton has I’ve been a chaplain

instructor for five years, and says that she hopes that people will consider working with a chaplain. She also said that those who are interested in becoming a chaplain, should look into becoming certified.

“The program that I work for is endorsed by the American Theological Association, and we teach people to work with people on a soul level.”

For more information on the program Burton teaches at, go to wshochaplaincy.org.

From Page 4 (Santaquin Man)

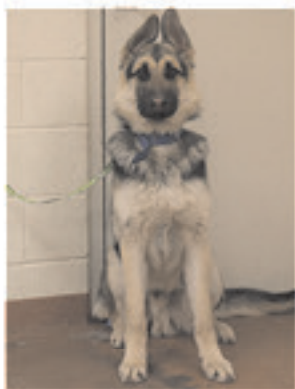
it is beautiful. Nature is always changing, and we don’t think of it as bad; we just love it. Life is going to change, and we can be at peace with all of it. It is good to be at peace.”

Patti said that her belief in God has also helped her and Rolland find peace and perspective.

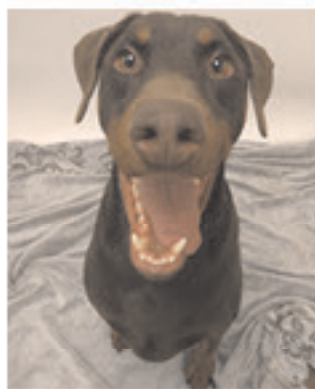
“Life is full of hard things, but God still loves us,” she said. “If telling our story and sharing our situation can, in any way, help anyone else, that is a good thing. And if anyone is inspired or moved upon to be able to help financially, we would be grateful because it is one of those things that is a challenge when you have a situation like ours. Our doctors do need to get paid.”

The Merrill’s daughters Malory Merrill and Erika Merrill have organized a Gofundme to help their dad that can be found under Roland Merrill’s Hospital Funds.

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Historical Highlight: Peteetneet Museum and Cultural Arts stands as testament to Payson Citizens

By Josh Martinez

There is a lot of history found throughout Payson, but the Peteetneet Museum and Cultural Arts Center stands above the rest.

This former school sits just off 100 North at the eastern end of Utah Avenue in Payson. The building, which is part of the National Register of Historic Places, has undergone massive restoration and yet, has still been able to maintain its historical look and structure for over 120 years.

Peteetneet Academy came out of necessity when in 1897, the four one-room schools throughout the city were nearing capacity. Discussions were held to decide on a solution to build a school big enough to house first grade through eighth grade students from the area.

The city offered the then-Payson School District the gravel bed on the east side of town. Many at that time believed putting the school on the east side would be a hardship for students since many lived on the west side.

Payson offered the double block to the school district with a clause that the land would return to the city if the district ever decided to no longer use the site. With all that in writing, district officials moved forward with the plan.

Utah County Architect Richard C. Watkins designed the building with a Victorian style. Much of the material came from John E. Spencer's sawmill in Payson who provided lumber, while red sandstone came from Spanish Fork Canyon.

It wasn't just materials that

were sourced locally, but many Payson locals worked on the school including general contractor Henry Erlandson with woodwork, David P. McDowell on masonry, and John Powell on painting.

The school featured a belfry, but never had a bell installed. Local resident Charlie Long included in his will the means of adding one, but that wish never came to pass.

The school officially opened its doors in January 1902. It carried the name of Chief Peteetneet, the leader of the Timpanogos Ute tribe who was friendly with the early settlers.

The school housed first through eighth graders before adding ninth graders in 1905. The upper grades, however, slowly began moving to other schools.

The school did host a six-week summer kindergarten in 1935, but it did not last long. A school-year kindergarten did join the school in 1951.

Peteetneet Academy also hosted a hot lunch program starting in 1936. This program saw expansion over the years.

The school itself also expanded as it opened a new wing on the north side of the building in 1959. The new wing was home to a large auditorium — which also doubled as a dining area — a kitchen, additional classrooms, and a library.

Despite all these expansions, the school began to deteriorate in 1988. Due to this, Nebo School District opted to abandon the school, moving students to newer facilities within the city. The abandonment of the school put the building and land back into the possession of the



city.

Payson had plans to demolish the school, but local residents had other plans. Larry Brown and Dr. Gordon Taylor banded together with local residents to form the nonprofit organization, People Preserving Peteetneet, saving the school from demolition.

Residents donated their time to restoring the school with some working 8-16-hour days. People Preserving Peteetneet also worked to secure grants, including \$100,000 from the Utah Department of Transportation, due to the fact that the school sits on the Nebo Loop Scenic Byway.

The school became a museum and cultural art center. Exhibits within the museum include glimpses of the past as well as various art and artifact galleries. Peteetneet also serves as a civic center as it

hosts various classes and activities throughout the year.

A variety of activities happen at the old school and its surrounding grounds including weddings, cultural activities, concerts, and many other events.

In a written history of the building, the city states that the old school stands as a testament of civic pride and passion of the Payson citizens.

“Not only is it the restoration and preservation of a beautiful historic school building, but it is a gathering place for children and adults who want to enjoy the facility and what it has to offer,” the document states.

The museum is typically open from 10 a.m. to 4 p.m. Monday through Friday. Those interested in visiting can call ahead at 801-465-5265 or 801-465-9427.

From Page 17 (Japanese Exchange)

show me her world.”

This program provides a special experience for Utah families to get to know a foreign culture, expand their worldview, foster new friendships and share their beautiful state with that new friend.

Hosting dates happen during the

spring and summer, with the spring session happening March 25 - April 4, and summer between the dates of July 28 - August 14.

Spring delegates' profiles are currently up on the website and ready to be chosen by a host family. Both dates require host families to have at least one child for the exchange delegate to have a friend.

Mountain West Cultural Exchange is also taking applications for Utah teen counselors, ages 14 to 18. Teen counselors help find host families, assist with exchange program activities and camp, and facilitate a meaningful experience for all Japanese guests. Applications are due by June 1.

To apply to be a host or to be a

teen counselor go to mwce.website. More information can also be found on Facebook under Mountain West Cultural Exchange and Instagram: @mwexchange.

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Salem Hills High School Junior brings home state wrestling title

By Ari Brown

On Feb. 16, Salem Hills High School Junior, Breyton Banks won the state title in the 106-pound weight class, having reached a goal he set for himself following the last state tournament. Head coach Nash Brown said she couldn't have been more excited for Breyton, who he said has worked extremely hard.

"Breyton's record this year is 41 and 1, and his only loss came to a wrestler that he has beaten twice since," Brown said. "Breyton goes above and beyond on everything from his diet to training, including running every morning – and we're not talking about five or six miles; we're talking 10-12 miles. I've coached three different teams, and I've had a lot of state final champions, but Breyton is definitely one of the most disciplined kids that I've coached."

Breyton said that winning the state championship was an experience he enjoyed because he got to do what he loves.

"The thing I like most about wrestling is the pursuit of going through challenges and learning lessons," Breyton said. "I enjoyed the state championship experience and being able to wrestle my best. It was a very fun experience and I am very grateful that my work paid off."

Brown acknowledged that he also loves seeing athletes like Breyton set goals and accomplish them.

"The biggest reward for me as a coach is seeing what these kids are willing to put into it, and then seeing them accomplish their goals," Brown said. "This is kind of what it was like **SERVEDAILY.COM**

with Breyton. He took fourth place last year, and lost in the semifinals, and then lost to the kid that he beat the day before in his third and fourth place matches.

"He's actually been wrestling at the 100-pound category, and this year is the first time that he's the actual 100 pound weight. His freshman year, he didn't wrestle in high school because he was just too small."

Breyton's mother Lacy Banks also said how proud she is of him and his ability to be successful on and off the mat.

"It's been incredible to watch Breyton accomplish his goals," she said. "He's not only a great athlete, but a 4.0 student as well. He takes the term student-athlete very seriously. Wrestling has got to be the toughest sport – not just physically tough, but mentally tough. He is constantly teaching us about mental toughness through his weight cutting, workouts, practice, school and maintaining a social life all while achieving his goal of becoming a state champ."

As for what's next, Breyton will be heading to Virginia Beach for high school nationals later this month with the hope of becoming an All-American.

"The cool thing about Breyton is that he doesn't just want to stop at being a state champion," Brown said. "He told me that he didn't want to just be good enough in Utah, I want to be good enough to go out to Virginia and beat other State Champions."

Breyton will go out to Virginia on March 22.

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Thinking about getting backyard chickens? Here's what you need to know

By Ariel Higgs

While growing up, I remember singing along with the opening scene of *Beauty and The Beast* and giggling at the mother juggling multiple babies who sings, "I need six eggs! That's too expensive!"

Fast forward to 20-or-so years later, I am that woman trying to keep four children from throwing snack cakes into the shopping cart while cringing at the sheer madness that is the skyrocketing price of eggs.

Having spent several summers working on a family farm in my youth, I had an epiphany: Why not raise my own chickens to collect my own eggs? You can buy fertilized eggs, chicks or even full grown chickens with a click, so why not?

Of course reality began to set in as I unloaded my groceries and realized that while I knew a bit about raising cattle, rabbits, dogs and hamsters, I knew pretty much nothing about chickens. If I was going to embark on this journey, I needed to change that. So I went to the least reliable, but most abundant

source of information I could: The internet. And while the internet is good, nothing beats talking to actual people. So I followed that up with the most reliable but hardest to track down sources: My neighbors who were already backyard chicken flock owners.

With their help and some solid research, I compiled this list of the most basic, honest facts about raising chickens in the backyard.

Fact 1: You mostly likely won't save any money (at least in the beginning).

Start up costs for a backyard flock are higher than most people expect. While that cute little chick in the farm store only costs between \$3 and \$10 depending on the variety, that chick needs at least one sister to thrive. In addition she needs a safe, sturdy coop outside, feed, water, and a heat lamp, among several other things not mentioned in this short list.

That chick will need to be raised carefully inside with her siblings

until she's old enough to handle the outside elements and become comfortable around humans. And if you think that eggs will come immediately, think again. Much like any other live animal, it takes time for chicks to mature into adult hens who lay eggs. As a general rule, she won't start laying anything until she's about six months old or so.

Feel overwhelmed yet? Chickens, like every living thing, have specific things they need in order to thrive in their environment and if they're not thriving, they're not going to produce the golden, brown, blue, pink, green, or white eggs you want.

Fact 2: The quality of eggs you get from a home raised chicken knocks store bought chicken eggs right out of the water.

The time and effort you put into your chickens will be paid back in full by the amazing quality eggs a happy and healthy chicken will produce for you. They taste better and are more nutritious for you because home raised chickens tend to get more fresh air, better food and good old TLC compared to the hens that are used for commercial egg production. You can literally see how much richer they are when placed side-by-side with their commercial counterparts. The eggshells themselves can also be added to compost to add to your garden, flower bed, or grass and improve your soil. A win-win all around.

Fact 3: There are many breeds of chickens with their own advantages, personalities, and unique traits.

Be sure to read up before you order or pick up a random peeper from your local farm store. Do you want a hen that is going to lay a lot of eggs (Rhode Island Red) or a chicken that looks really cool (Silkie Frizzle) strutting around your yard? Do you want colorful eggs (Easter Egger) or do you prefer bigger brown eggs (Barred Rock)? Do you have the space for a larger chicken (Australorp) or do you need to get a smaller variety (Bantam) to conserve your resources? Do you need a docile breed that is good with kids (Sussex) or do you have the spine to take on a more feisty breed (Leghorn)? These are all questions you need to ask yourself and decide

on before you go to the store or hop online to order your backyard flock.

Fact 4: Chickens are a lot of work.

Chickens need to be fed and always have access to clean water. Their coop needs regular cleaning to keep it from smelling, and to keep your flock free of pesky parasites and diseases that are prone to pop up in dirty environments. If a member of your flock isn't acting or looking right, a trip to the vet is probably in order. You will need a chicken sitter when you go on vacation to collect eggs, let the chickens out and back in their coop, and to feed and water them. Be sure you have the time to commit to the little feathered gold mines before you start building a coop.

Fact 5: Chickens are great for your backyard.

While researching chickens, I spoke to my neighbor who has what I jokingly refer to as the Chicken Hilton in her backyard. When I asked her why she kept them, she said that she loves that the food her picky eaters won't eat doesn't go to waste. She said that she feeds a lot of her kitchen scraps to the chickens, who then provide eggs and compost for her backyard garden.

Another neighbor I spoke with said that she happily lets her chickens free range during the early spring to clear out her garden plot and get a jump on pest control. She also mentioned that she's seen much fewer Black Widow spiders in her yard and around her house since starting her backyard flock.

Long story short, if you just want to cut down on your grocery bill, you're better off trying to grow something out of soil than raise chickens. However, if you're ready for the rewarding challenge of raising an animal who will provide you with eggs for your family, compost for your garden, pest control for your yard, and feathery companionship, then backyard chickens are for you! Do your research. Check with your city to make sure you're doing everything legally, talk to your friendly neighborhood backyard chicken lads and ladies, join an online chicken group or three and enjoy the journey!



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Snow Geese flock to Delta during annual great migration, residents watch in awe

By Skip Gordon

Excitement and awe fill the air as a flock of Snow Geese rise up from feeding grounds and head to the Gunnison Bend Reservoir in Delta, Utah. If you've ever been near a flock of several thousand birds, it is a dizzying sight. Before taking off, and while in flight, they are communicating with each other. A wave of honks increases in sequence and pitch, and a honking frenzy precedes the immense whooshing, and slapping of wings as they take to the air.

Snow Geese are amid a great migration. This is a cycle that brings them full circle for months on end, and it spans continents. The little dot on a map called Delta, is where they find food and rest. They graze in fields owned by nearby farmers. Both corn, and fall grain seem to be a staple they like.

With bellies full, they rest in the afternoon. Landing on the ice of the Gunnison Bend Reservoir, they group closely together, a little light preening, and then to sleep on their frozen water bed. Most will turn their heads backwards and tuck their bill into the top fold of their wing.

The Snow Goose migration is a pretty drawn-out affair that lasts 3 or 4 months. They begin their northward spring migration as



early as February in the south of the United States and arrive at their breeding grounds by the end of May. Their return migration in the fall begins in September and is usually completed by December.

When viewing a Snow Goose, you may notice a silver band on its leg. This is part of a Division of Wildlife Resources project to track the migration of specific birds.

Waterfowl banding began in Utah in 1912, and since then, 211,860 waterfowl have had little metal bands placed on them while they

migrated through the Beehive State. The DWR places these bands on roughly 5,000 ducks, geese and swans — about 10-12 species — in Utah every year. Many of those bands were later located and reported in a federal database, and that data has been compiled in an interactive website to show how far the bird traveled before it was found.

“The intent of this website is to show people how far waterfowl migrate,” Blair Stringham, DWR migratory game bird program

coordinator said. “It also emphasizes how important Utah is to migratory birds. Millions of birds move through Utah during their annual migrations, and most are journeying from other states, countries and even continents.”

This migration is something that many residents of Delta and surrounding areas look forward to. For at least 20 years there has been a Snow Goose Festival, and true to form, this year's festival was a hit. People came from all over the State of Utah to participate in the 5K Wild Goose Chase, vander fair, quilt fair, and to enjoy some local food and fun.

As the geese come together, it creates a beautiful spectacle that brings us humans together to view and appreciate them.

While there, I was struck by a young family viewing the birds. A young bright girl standing near her father was pointing at the geese and asking her father questions as her dad crouched near her and answered her. Perhaps this will be a memory that stays with her for life, and a moment that her parents will cherish.

I am happy the birds are here, and I hope they will be refreshed from their stay in Delta.

Japanese Exchange Delegates are Looking for Utah Host Families

By Bailee Merrill

When she was only 16, Maresa Manzione left home and traveled to Japan for a short home-stay experience. Later, she spent time there as a university student. Throughout all her time across the sea, she learned to speak Japanese, made friends throughout the country, tasted their foreign foods and was forever impacted by her experiences. Now, over 25 years later, she runs a program that brings Japanese Exchange Delegates to Utah — it's all come full-circle.

Since 2016, Utah non-profit, Mountain West Cultural Exchange, has brought Japanese exchange delegates and Utah families together to build friendships around the world. The nonprofit works with UTREK, a non-profit in Japan

that arranges for Japanese delegates ages 10-18 to come to Utah for an immersive cultural home-stay with American families.

“This experience makes the world a smaller place,” Maresa Manzione, Chair of MWCE, said. “A lot of families in Utah aren't going to be able to go to Japan in their lifetime — but by bringing these delegates to your home, the experience comes to you. ... My children and neighbors have all been blessed with an expanded view of the world because we've participated in this.

These Japanese boys and girls come to the United States excited to learn about American culture and share their own. It's custom for them to bring gifts for their host families, and they'll often cook a traditional

Japanese meal, like the savory pancake okonomiyaki. They come ready to adventure with their host families and learn about life in Utah. Whether it's playing with LEGOs, cooking, hiking up the mountains, going for a bike ride, camping or watching TV — these delegates come to experience whatever it is their host family enjoys.

The Hadley family from Ogden loved their time with their delegate, Kano.

“Our family had an absolute blast with Kano last year,” Brett Hadley said. “We went to an Ogden Raptors baseball game, a parade, golfed, played lots of games and learned about Japanese culture as well. We absolutely loved this experience and look forward to doing it again in the

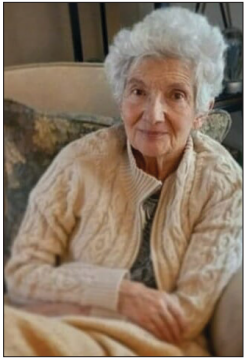
future.”

The Merrill family from Tooele, hosted an exchange delegate named Maiko almost 10 years ago. Her host sister, Bailee Merrill, who was 16 at the time, keeps in contact with Maiko and will be visiting her in Tokyo this year.

“I'm so grateful my family hosted exchange students when I was younger,” Bailee said. “It helped me look outside my little Utah bubble and know the world is much larger than it appears. I have a deeper respect and appreciation for other cultures as well, not just Japanese culture. I can't wait to visit Maiko in Japan this year and dive into her native culture. I shared a bit of my life with her, and now she gets to

Continued on Page 14.

Tributes



**Judith Ann Jecker
Ford Walter**

Judy Walter was born as Judith Ann Jecker in 1943 to Sicilian parents who raised her between Chicago and New York.

She was all things nature and naturally genuine. From Home to Botanical Gardens, she adored flowers, trees, arboretums and streams. She would favor a lei of flowers to a gold necklace.

She was unassuming in a “still-waters-run-deep” kind of way. Her Heros tended to be cut from the same cloth; the type of character Humphrey Bogart or Tom Selleck would play.

She walked a mile in other people’s shoes and then sat down with them to get beyond benefit-of-the-doubt

– to a sense of genuine understanding.

She overcame her fear of heights, because her husband required a co-pilot to fly.

She good-naturedly overcame exhaustion and moments of despair, as a single mom of 3. Figuring and working it out herself.

She raised her kids in local libraries. There were always stacks of books. Her children picked their choice of lessons in summer, and Hit-up all the Chicago Museums. Taking them to Galena every year for the “Tour of Homes” to see the yearly architectural home transformations. And ... House on the Rock

She sewed her kid’s outfits, costumes, stuffed animals and jackets. Every one a favorite, until the next project. All worn out with love. (see pics @ legacy...)

Judy took the fearlessness of her Sicilian family and channeled it into exemplifying a fierceness toward handling adversity, A never-surrender about integrity of character.

With a bleed-over of ... lying is a cowardly act; “Buck-up.”

One of her elemental depths was how... we’re-all-in-this-together. Her values, beliefs, even favorite fiction would come from the heart of this. Like a Norman Rockwell, “one for all, all for one”, diner.

Camping among trees and streams with pie irons and marshmallows, was fav family time. Then when her kids were grown, she traveled the world with her husband Carl. Loving Cultures, Architecture, (especially well-crafted Doors) Gardens, and New Zealand, as a whole.

An Inner Adventurer, she was Lewis and Clark about all things learning. A google search for her kids, (before Google existed.) Her curiosity kept her input contextually comprehensive. We know this because she taught this way as well. Her edification was so whole-hearted, she was often overwhelmed with wonder. This gave her an often celebrated exuberance.

However, singing showtunes consistently as wake up calls, for school.... Went greatly unappreciated.

She had an unnatural 6th sense about Mysteries. She spotted every culprit 5 minutes in. She Always knew Professor Plum did it with the candlestick in the Study, as well... Always.

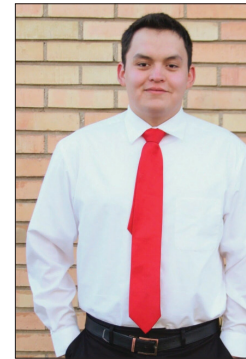
She joined the Church of Jesus Christ of Latter-day Saints, in 1976, when she was 32. She would align herself spiritually to the principles and ideals, with a full heart. Devoted for the rest of her life.

She had an insatiable sweet-tooth, loved Musicals, Music, Dancing to big band swing, a home full of pets, Mystery books, Gardening (floral included), Wood Craftsmanship, Floorplan tinkering, Travel, Genealogy, Salt Lake Temple, Rocks and Minerals, Pop-up Books, Stained Glass, Aquariums, Jellyfish, Birds, Being at Geese Migration Checkpoints, the Song “America” from “West Side Story,”

and the Movie “Quigley Down Under”.

Judy lost her brother Lou Jecker, in 1975, Her Father George, in 1990, Her Husband Carl in 2007, Her Mom Rosemary in 2008, and now.... We have lost her. We loved her deeply and will miss her utterly.

Send condolences via legacyfunerals.com



**Gregory Eugene
Salt**

Gregory Eugene Salt departed this troubled world at the early age of 24. He was being cared for in the CVICU at University of Utah hospital. He was surrounded by his immediate family on February 9th when he finished this chapter of his story. Gregory was battling medical complications for a few

years.

Gregory was born in Orem, Utah on February 17, 1998. He was the oldest of the surprise twins that were delivered that day. His parent’s names are Elroy Gene Salt and Mimi Salt. Gregory grew up in Provo and lived there most of his life. He always stayed close to family and cared for them. He lived with his oldest sister for a few years and helped care for her children. Family was the most important thing to him. He attended family events including: baptisms, birthdays, graduations, blessings, concerts, and musical/play

performances. Gregory was always willing to help a neighbor, friend, and strangers. He was loving, compassionate, and gentle. He was funny and polite into the end of his journey here on Earth.

Gregory worked at the local Fresh Market in the Meat Department. He loved his job and the people he met there. Some of his closest friends came from his time there. He talked

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about many of his coworkers like family. He worked hard during his fight with his medical problems. He picked up shifts and helped cover when others were sick or needed time off for their family events. Gregory loved his job so much that he learned about knives and butchering during his time off.

Gregory was a member of the LDS church and grew up with many church members becoming his family as well. Gregory took time to reach out to many people and check on them. Gregory loved so many people in the ward and became an honorary child or took in other children into his own family. Many of the children in the ward were also part of

the Boys Scout group that he participated in. He went on many camp outs and scout camps. He served as a scout leader with his twin brother for some time. They were leaders for the cub scouts and taught them all of their favorite things. He rarely had time to spend with friends but he had a handful of close people that he spent his time with. He and his youngest sister were part of a group that played D&D together.

Gregory is survived by his parents: Elroy and Mimi, his siblings: Tanika, P.J., Lane, and Baily. Gregory is also survived by his nieces and nephews: Sami Hasting, Ella Hasting, Teagyn Susaeta, Zeiven Hasting, Asher Susaeta,

Xyon Hasting, Kenjemin Powers, Sage Salt, and Reyla Powers.

Gregory's service was February 15, 2023. He was buried at the City of Orem Cemetery.

Monetary contributions are being accepted through Venmo @Naomi-Salt.

The family would like to publicly thank the CVICU team at the U of U and to all those who said prayers and took the time to visit Greg during his stay at the hospital. The family would also like to thank the many friends and family who have reached out to help with meals and expenses during this difficult time.



Jodi Ann Christensen Gallagher

On Wednesday, January 25, 2023, our loving sister, mother, and wife, Jodi Ann Christensen Gallagher, passed away in her husband's loving arms in Payson, Utah at 44 years old.

Jodi was born March 6, 1978, to Janet Lynn Dudley and Paul Elwood Christensen in Provo, Utah. She was the 6th out of 9 children. She grew up

in Mapleton but also lived in Sydney, Australia from 1985-1986. She graduated from Springville High School, class of '96. She met the love of her life, Kovi Edwin Gallagher, in Springville, Utah and they married on July 14, 1995, in Mapleton, Utah. Growing up she always said she wanted lots of children to love and her wishes came true as they were blessed with 7 children: Kailee, Taylor, Caleb, Alyssa, Bryton, Coleson, and Jaxton.

Jodi had a real passion for life and brought an infectious kind of joy to all she interacted with. She was a great homemaker. While she was raising her 7 kids she also had a photography company and co-owned a

boutique named Pemberly Trimmings. She loved spending time with her kids and taking them to various activities. She loved going boating and fishing with her family. She loved the outdoors. She also loved to collect vintage cameras. When her mom passed away she inherited her nativities and loved to collect new ones.

She enjoyed doing crafts and did many craft fairs. She always wanted to adopt, and even though she never did, she was still a mother to all of her nieces and nephews. She was very funny and made everyone around her laugh. She was an amazing friend to others and touched many lives. She also loved her many Aunts, Uncles, and

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Cousins who she enjoyed visiting with and did a great job keeping in contact with them despite distance and time.

Jodi was a member of the Church of Jesus Christ of Latter Day Saints. She had a strong testimony of the Gospel. She believed in the power of prayer and that families can be together forever.

Jodi is survived by her husband Kovi and her 7 children: Kailee Phillippi (Michael), Taylor (Bethanee), Caleb, Alyssa, Bryton, Coleson and Jaxton. Her brothers and sister: Darin (Liz), Allan (Danielle), Sheri (Robert), Jeffrey (Linsee), Brett (April), Matthew (Robin) and a large extended family of nieces and nephews.

She was preceded in death by her loving mother Janet and father Paul, her older brother Thomas and younger brother Michael.

Funeral services were on Saturday, February 4, 2023. at 12:00 p.m. She was buried at the Evergreen Springville Cemetery.



Ken Hone Talbot

Ken Hone Talbot, 69, passed away peacefully at his Lakeshore home

on February 8, 2023. Ken was born on August 29, 1953, to his loving parents Basil and Geraldine Hone Talbot. He was raised in Benjamin, Utah and graduated from Spanish Fork High School in 1971.

Ken met his forever companion, Sheri Brereton Talbot, at Glades Drive Inn and they were married on September 3, 1971, in Springlake, Utah. The couple was later sealed for time and all eternity in the Payson, Utah temple on February 25, 2021. Ken and Sheri were blessed with two children: Justin Ken Talbot and Stacy Jo Hemmert. He was employed at Geneva Steel for 25 years, leaving only after the business closed. His following job was with

Spanish Fork City, where he worked until his retirement in 2012.

Ken was an avid outdoorsman. He loved hunting, fishing, and camping. These activities were always enjoyed more when he was amongst friends and family. Ken also loved watching his kids and grandkids play sports. He was even able to coach their sports teams.

Ken is survived by his loving wife of 51 years, Sheri Brereton Talbot, his son Justin (Ashley) Talbot, and his daughter Stacy (Kurt) Hemmert. In addition, he is survived by his beloved grandchildren: Stockton (Hailey) Talbot, Hayley (Michael) Zalypko, Brayden (Makayla) Hemmert, Shaylee Talbot, Justin Talbot, Casey Hemmert, Kendra Hemmert,

Emma Talbot, Tyson Wright, Conner Wright, and his great grandchildren Camden Talbot and Peytyn Wright. He is also survived by his brothers; Arlynn (Jeanette) Talbot, Randel (Marla) Talbot, Clair (LouAnn) Talbot, Doug (Jill) Talbot, his two sisters; Nan (Kevin) Johnson, Becky Roman, his sister-in-law; Janet (Alvin) Roberts, and his brother-in-law; Dee (Maureen) Brereton.

Ken was preceded in death by his parents, his grandparents, and his brother Robert who will be welcoming him with open and loving arms. The service for Ken was February 14, 2023.

Find these and more on servedaily.com.

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Death Notices

January 13
Isaac "Maarius"
Albert Dennis

January 27
Elvio Hernan
Garcia

February 1
Fred Lee Ward

February 2
Jennifer
Buchanan

February 3
Edna Schow Jones

February 5
Alisha Marie Foote
Lucas

February 10th
Charles Anthony
Robert LaTurner
"Tony"

February 17
Valenna Alize
Penrod Haugen

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Nebo Offers RepairWare Computer Service or Repair at the ALC

By Lana Hiskey

In a world where technology is used every day, almost all small businesses and home offices use computers. These devices need to be working properly.

Frustration can mount when one, or all, of these devices stop working properly. The majority of the time when this happens, we do not have the skills, the time, or the desire to do the computer service or repair. At the ALC, Nebo has some very talented students that have the required skill to handle that problem.

At the ALC, one of the courses offered is the A+ Computer Repair (IT1600) class. It is a class where the students learn necessary competencies for any entry-level professional, including installing, building, upgrading, repairing, configuring, troubleshooting, optimizing, diagnosing and performing preventative maintenance of basic computer hardware and operating systems. At the end of the class, students can also earn Industry Certification A+.

The ALC has three students who have certified and have the knowledge and skills to sort out any problems related to your device. The students who have been certified and who will



Andrew Benson repairs a laptop.

be working on your devices are: Joe Rogers, Andrew Benson, and Carson Lewis. These students have taken Mr. Talbot's PC Pro Repair class and passed the TestOut PC Pro certification exam. In the repair shop class, these ALC students repair ChromeBooks for the district and personal computers for the public.

These ALC students are certified to fix the following: Mobile devices iPad, tablets, Windows laptops, Windows desktops, Apple laptops, printers, computer builds, computer upgrades, computer build consulting, operating system installations, software installations, and ChromeBook repair.

All of these ALC students do the repairs, under the supervision of their instructor, Mr. Gerald Talbot. The cost to customers for the students to fix the device is a flat rate of \$25, plus the cost of the parts. This is a GREAT way for the public to get a device fixed at a low cost and give the students opportunities in the industry where they have certified.



Joe Rogers by RepairWare at ALC.

RepairWare is located at the ALC, 161 East 400 North, Salem, Utah. The business hours are 8:15- 2:20 every weekday. If anyone has a device that needs to be fixed, please bring it by during those hours, or email Mr. Talbot, repairware@nebo.edu to set up an appointment.

Springville Senior Center offers opportunities for over 50 community

By Ariel Higgs

The Springville Senior Citizen Center recently celebrated 60 years of serving the 50-plus community in Springville.

The Springville Senior Center is a department of Springville City providing recreational, educational and social services for residents 50 years of age and older. There is an annual membership fee of \$15, or \$60 for a lifetime membership. These fees pale in comparison to what is offered at the center.

For members, the senior center provides a hot meal daily from 11:30 a.m. to 11:45 a.m. There are activities like Bingo, puzzles, pottery, and quilting happen regularly. There are also many planned trips to plays, sporting events, as well as holiday parties and fun activities to go along with them.

There are also services offered to members to ease the burden of an ever-changing world of technology. One of these classes takes on the often complicated task of smartphone use. This is a beneficial class that gives seniors the tools to navigate the

technology that keeps them connected with family and friends. There are also free tax assistance services, and places for members to get their hair done.

These valuable services and activities all happen in one place making it easier for seniors to stay active without becoming overwhelmed by so many places to go to get everything done. Many members including Tricia Baker and Phyllis Miller have spoken highly of the center.

"I love socializing, meeting new friends and getting out of the house," Baker said.

"I love coming here," Miller said. "You get to spend time with people who are in the same stage of life as you and all are accepted here. Your background doesn't matter; you're welcome here."

The Springville Senior Center is an engaging place to meet people, stay active, and learn something new. If you're refined enough (because age is a state of mind) to take advantage of the services offered, it might be something worth looking into.

You don't have to be a member to experience what it's like to socialize with these wonderful humans, because the center is also always looking for volunteers. If you have unique talents and want to give back to your community, and would like to spend time with some of the most vivacious and charming men and women Springville has to offer, contact the center to inquire about volunteer opportunities.

For more information, please visit springvilleseniorcenter.org or stop in the Springville Senior Center located at 65 E 200 S in Springville Utah. The center is open Monday through Friday from 10 a.m. to 2 p.m. Upcoming events include "Titanic The Musical" in Sandy on March 1 at 4:30 p.m.; Utah State Archives Tour on March 6 at 12:15 p.m.; Crandall Printing Museum Tour on March 16



at 10 a.m.; European Egg Dying on March 27 from 9 a.m. to 12 p.m.

The Nebo Education Foundation is Honored with \$5,000 Donation

By Lana Hiskey

America First Credit Union is celebrating the opening of its newest Utah branch located in Spanish Fork at 1353 N Canyon Creek Pkwy. The branch opening marks the credit union's 119th branch across Utah, Nevada, Arizona, Idaho and New Mexico and will replace two former AFCU branch locations in Spanish Fork – both of which closed earlier this month. The new branch will service more than 10,000 assigned members and will continue to be an important branch for Utah County.

In honor of the branch opening and its dedication to the Spanish Fork community, the credit union donated \$5,000 from the America First Charitable Foundation to Tabitha's Way and Nebo School District Foundation, which are two local nonprofits. America First has been a long-standing community partner and strong supporter of many Spanish Fork-area causes, including United Way of Utah County's Days of Caring, Spanish Fork City's Fiesta Days, school shoe donation programs and other initiatives.

Spanish Fork Market Branch Manager, Brad Laing spoke at the ribbon cutting event that was held on February 17, and said how excited he was to be able to make these donations. "Thank you for attending the ribbon

cutting and sharing in our excitement of America First Credit Union investment in our community," Laing said. "As a longtime resident and spouse of a former Nebo School district teacher, I've enjoyed being involved in the schools reading with kids, sponsoring third-grade dictionaries with Spanish Fork Rotary Club, and presenting in the classroom as a community helper. I am grateful to the Nebo Foundation and know the donation by America First Credit Union will benefit our schools and provide classroom resources to teachers who have such a positive impact on our kids."

Stacy Nance, past president of the Nebo Education Foundation expressed her gratitude for the donation.

"Thank You, America First Credit Union for your generous donation to the Nebo Education Foundation," Nance said. "What a wonderful Surprise! We appreciate your donation to the foundation. With this money we will be able to help teachers with their needs, by giving them money through grants to improve their classrooms and help improve student learning. We are thankful to you and all you do for our community. We couldn't be successful without people and partners like you."

Vice President of Southern Division Branches, Sierra Sorensen added how

much the credit union valued the local community.

"At America First, we love the communities in which we serve, and we are dedicated to finding ways to strengthen and support them," Sorensen said. "We are grateful for community partners like Nebo Education Foundation who help the children in our communities to succeed. America First believes in the value of education and we love helping our schools! We have enjoyed being involved with different activities and programs throughout Nebo School District over the years and we have seen the great things that Nebo Education Foundation does for teachers and students. We were thrilled to celebrate our new Spanish Fork location by making this donation so that together we can help the children in our communities to succeed."

Executive Director Lana Hiskey said that the donations will have a positive impact on the schools.

"The Nebo Education Foundation couldn't do anything without the tremendous support we receive from our business partners and individual donors," Hiskey said. "Thank you for the generosity of America First Credit Union. The students and teachers in



Nebo School District will have a more enhanced education than they would otherwise receive. We are grateful for all the good we see happening as a result of all those who support the Nebo Education Foundation."

America First's new Spanish Fork location opens under the leadership of Laing as branch manager and staff with a combined 130 years of experience. To best serve members in the Spanish Fork community, the branch features enhanced technology for efficient transactions and a full complement of services. Spanish Fork branch hours will be Monday through Friday, 9:00 a.m. – 6:00 p.m., and Saturdays, 9:00 a.m. – 3:00 p.m.

Local Chambers of Commerce are good for businesses and the community

By Ariel Higgs

Many have heard of the Chamber of Commerce, but few seem to actually know what it is and what it does. With so many people starting side hustles with the hope of turning it into a bigger business, it's more important than ever to figure out how to grow that business. Your local Chamber of Commerce may very well be a major key in unlocking your business potential.

Kathleen Leavitt, President and CEO of the Spanish Fork Chamber of Commerce explained that there are a lot of misconceptions about what a local Chamber of Commerce is and what it does. She wants people to know that while it may sound complicated, that it is simple and quite effective.

"The Chamber of Commerce was formed so that small businesses could have a voice and make an impact on their community," Leavitt explained. "It's a collective voice of what the business community needs and wants."

There are several advantages for businesses to join the local chamber, even for the micro-business owner who may be working out of their garage or basement.

Being able to network with other business owners is a great way to get to know and support other business owners, not to mention giving you a built in community that you can learn from. Joining the Chamber of Commerce gives you access to a vast network of more than 300 local business leaders who have been where you are and are excited to help give local business owners guidance.

The goal of the Chamber is to support businesses as they grow at the pace that is comfortable for them, which is why being a member doesn't have a required time commitment; it is just there if and when you need it. Like many aspects of business, the more time you invest, the more you get out of it. Taking advantage of the networking opportunities that the Chamber offers, such

as summits on subjects like social media marketing, will only help your business. Additionally, the Chamber has membership options for every budget.

The Chamber isn't just advantageous for business owners. In fact, it is an organization that provides services and events for the community. You may not be aware that many events that you might think are put on by the city, are actually organized and sponsored by local Chambers of Commerce to give back to the community. For example, the Spanish Fork-Salem Area Chamber of Commerce sponsors the Spanish Fork Easter Egg Hunt scheduled to take place on April 1. Other events include the Spanish Fork Light Parade and Spanish Fork Farmers Market.

The South Utah County Chambers of Commerce lead by example by collaborating on events and community outreach. Recently, the Spanish Fork Area, Springville/Mapleton and Payson/Santaquin Chambers of Commerce hosted

Bills and Bagels, which was a free Breakfast meeting with local State Legislators that represent the local community. This unique opportunity was made possible by local business owners working together with local governments and the community to amplify local voices and enact positive change for the community.

Strong small businesses make stronger communities. Whether you're a micro, small, or medium business, the Chamber has opportunities for you to grow your business. Chamber officials are there to talk with you to figure out what's best for your unique business and answer any questions you might have. If you're not a business owner, you can still support your local Chamber of Commerce by shopping locally and attending the many fun community events they provide every year.

For more information visit: spanishfork-chamber.com, springvilleutahchamber.org or paysonsantaquinarea.com.

The Unwritten Rules for Eating At McDonald's

By Joe Capell

Sometimes the call of the Golden Arches is too strong to ignore. We've all fallen for it, whether it be because we're desperately hungry, we don't have enough money to go anywhere else, or we're longing for the comfortable familiarity of that boot-shaped McNugget. Maybe it's the only place open at 2:00 AM, or we foolishly told the kids they could choose where we eat.



McDonald's is ubiquitous.

McDonald's is inevitable. McDonald's is inescapable. You will eat at McDonald's again.

And the next time you do go there, it's best to keep in mind the Unwritten Rules of Eating at McDonald's:

If you check your bag at the drive-thru, it will always be correct, although you'll annoy the car behind you. If you don't check your bag before pulling away, something will be wrong or missing. (At the very least they'll have forgotten to give you napkins.)

Don't fall for the Happy Meal trap. Just buy the kids stuff off of the dollar menu, because it's not worth the extra two dollars you'll pay for a Happy Meal just to get some cheap-o toy you'll

end up stepping on and throwing away in two days. (57% of the toys

in your kids' toy box are the discarded remnants of Happy Meal toys.)

If you have a chicken (or fish) sandwich and a hamburger, always eat the chicken (or fish) sandwich first, because a cold hamburger tastes better than a cold chicken (or fish) sandwich.

If you are in a big hurry, do not order the Filet O Fish.

If you order your drink with no ice, but it comes with ice anyway, just deal with it. (If you send it back and ask them to fix it, the chance of someone spitting in your drink more than doubles.)

The "bonus" fries at the bottom of your drive-thru bag are the best fries.

Always grab more napkins than you

think you'll need, because you will need more than you think.

Don't bother with whatever limited-edition "gourmet" burger they're pushing. If you wanted something "gourmet," you certainly wouldn't be at McDonald's in the first place.

Do you know why there's a warning saying that the apple pie filling is hot? Because it's hot, you moron! It's hotter than the molten lava of an erupting volcano!

Whatever you do, do NOT take a bite of that McRib!!!

Don't go up into the PlayPlace to retrieve your child. You do not want to be the adult who gets stuck up in the PlayPlace. Besides, they will come down on their own.... Eventually.... If you wait long enough.... Just be patient.... Any time now.... Don't make me come up there and get you!!!

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John Bird

Hi I'm John Bird with Utah Health Insurance Advisors in Spanish Fork. I'm a father of 4 children, two boys & two girls from 20 down to 8 years old. I love spending time with my wife and kids, doing anything outdoors especially motorcycle riding, car rides, skiing and baseball.

I love what I do for a living as we get to help families and individuals daily with researching and recommending quality Health Insurance options that can really help you when the need arises.

My company specializes in Health, Life and Medicare Insurance and Supplements that can enhance your basic coverages. We offer individual Marketplace plans and also have Off-Exchange options too for your best selection of quality Health Insurance plans anywhere. I can help you to navigate the best plan options for you and your family. With our awesome plan analysis tool we can quickly identify the best plan to help you confidently pick the right plan.

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