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Butterfly Child

Local artist
Rosemarie Grames Dunn

Page 12

Five Ways to Volunteer at Community Action Services

By Jen Gallacher

Community Action Services in Provo has been assisting people struggling with poverty since 1967, in large part due to service from those in the community.

People are actually at the heart of everything we do. It is the people of our community that we serve. It is the people that organize and run our organization. And it is the people who volunteer their time, talents, and resources to support our initiatives. When we talk about making a difference in the community, it takes a village. And not just any village. It takes villagers with a volunteering heart.

Without our volunteers here at CASFB, we could not do what we do. We are ALWAYS in need of volunteers to help keep our organization running smoothly and help more people in our community. Are you ready to get to work on your volunteering heart? Here are nine ways you can volunteer to help!

1. Dig in at the Community Gardens

We need your green thumbs! Our community garden volunteer opportunities are now open. This is a popular service for those who enjoy being outdoors. Volunteers can help clean up the various community gardens by weeding, removing dead produce, and watering gardening boxes. This is a great idea for smaller groups.

2. Volunteer Hours at the Food Pantry

For a fun, hands-on volunteer experience, consider volunteering for a day or night shift at our food pantry. Volunteers can walk in or use our sign-up form. If you have a group larger than 25, please email Hillary (hillaryw@communityactionuc.org) to confirm. Because of the high number of individuals seeking volunteering opportunities, please provide at least two days' notice if you are unable to attend your appointment for any reason.

3. Host a Food Drive

The Feed Utah food drive held

on Saturday, March 18, brought in 144,000 pounds of food. While this was an incredible amount of food donated by churches, individuals, groups, and more, it is much less than the amount that was donated a few years ago. As food prices rise, donations drop—but needs rise. Food drives of any size can be coordinated with the organization and delivered to one of our local pantries.

4. Join Our #givingtuesdaynow Challenges

Each Tuesday on our Instagram page, we share an inexpensive item you can donate to the organization. Donation calls have ranged from canned proteins to breakfast cereals, hygiene items, and diapers. Follow us now so you can see what we're currently in need of, then simply add that week's item to your weekly grocery list and drop it off at our Provo location during regular business hours. This is a simple but effective way to help.

5. Donate Gas Cards

Many in our community who need help the most often don't have the resources to fill their gas tank to come and shop our pantries or attend a Circles meeting. In order to help these individuals, we encourage you to donate gas cards in \$10–25 amounts to help these families get to their local pantry. You can drop these off for Helen at our Provo location, and they will be distributed among community members who need them.

No matter how you choose to help, we can use your unique heart to touch lives and make a difference in our community. If you have an idea for an activity for our organization, please reach out! We'd love to coordinate something amazing with you and your organization or group. Or, if you're an individual looking to give back, we have lots of incredible volunteer opportunities for you as well. No matter how you choose to serve, we welcome all acts of kindness.

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PUBLICATION TEAM

Publisher: Chris Baird
Editor: Ari Brown • editor@servedaily.com
Contributing Photographer: Pete Hansen & Contributing Writers

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Contact: Chris Baird
Email: chris@servedaily.com
Phone: 801-477-6845

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Chris Baird
Publisher



Ari Brown
Editor

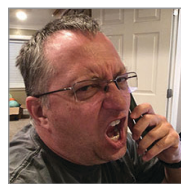


Pete Hansen
Contributing
Photographer

Contributing Writers



Ed Helmick
ed.helmick@gmail.com



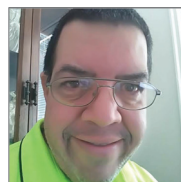
Joe Capell
joecapell@mac.com



John Chase
john.chase@live.com



Josh Martinez
jmart064@gmail.com



Kelly Martinez
kelly@servedaily.com

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LETTER FROM THE PUBLISHER

Hello Community,

Well THAT was quick. Can't believe we are already into April and we have snow during Spring Break. What a wonderful treat!

I hope you pulled out your sleds and made a fun day out of it, or had an Easter Egg hunt a little early and just tossed unpainted boiled eggs out in the snow for the little ones to find. That would be one of the most

challenging hunts of all time.

Serve Daily is creating a bunch of positive quotes with scenic background pictures. If you would like access to those, please send me an email and I can add you to the Google Drive folder so that you can download them and share them on social media. You can see a handful of them via our Social Media Channels but we are kicking out hundreds more for you to

see via the Google Drive than we post.

I hope you have a safe and wonderful Spring. Soon it will be warmer and we will have plenty of water. When flooding occurs, take some time to help those in need and help sandbag where needed.

Until next time, remember to Serve Daily.

-- Chris Baird

Make it a priority to do an Act of Kindness a day! Share your ideas on social media tag #ServeDaily

Tabitha's Way Local Pantry Now Set Up to Accept Donor-Advised Funds

Tabitha's Way Local Pantry, a local nonprofit organization dedicated to providing food assistance to individuals and families in need, is pleased to announce that it is now set up to accept Donor-Advised Funds.

Donor-Advised Funds (DAFs) are a charitable giving vehicle that allows donors to make tax-deductible contributions to a charitable organization and then recommend grants to other charities. By accepting DAFs, Tabitha's Way can now receive contributions from donors who wish to make a difference in their community and support the pantry's mission.

"We are thrilled to announce that we can now accept Donor-Advised Funds," said Wendy Osborne, Executive Director of Tabitha's Way. "This is a great opportunity for donors who want to support our organization and help us continue our efforts to fight hunger in our community."

Tabitha's Way has been providing food assistance to individuals and families in need since 2010. Tabitha's Way Local Food Pantry serves an average of 2,000 families each month and provided 4,194,315 meals in 2022. With the support of donors, Tabitha's Way can continue to provide vital resources to those in

need. To make a contribution through a Donor-Advised Fund, donors can contribute directly through our donation portal on our website at tabithasway.org/donate or contact their financial advisor or donor-advised fund provider and recommend a grant to Tabitha's Way Local Pantry.

For more information about Tabitha's Way Local Pantry and how to support the organization, please visit their website at tabithasway.org.

Contact: Wendy Osborne, Executive Director Tabitha's Way Local Pantry Phone: (801) 709-8573 Email: wendy@tabithasway.org

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Beverly Schofield awarded ‘Senior of the Year’ surrounded by her 13 children

By Ari Brown

Surrounded by all 13 of her children, Spanish Fork resident Beverly Schofield was crowned Senior of the Year by the Spanish Fork Senior Center for her many years of service at the center and in the community.

Beverly, who is the current receptionist at the center, began going to the center 12 years ago to take her husband Patrick Schofield who had Parkinson’s disease. Beverly said that not long after going to the center, she stepped into her first volunteer position serving a meal, and soon after that, opportunities to serve continued to grow.

“After I had been volunteering for a year or so, they asked me if I would do the newsletter, and I did that for quite a few years,” Beverly recalled. “During that time, there was an assistant director who got really nervous talking to people, so she asked if I could get up and make announcements. It doesn’t bother me to do that, so I did that.”

As part of doing the announcements, Beverly took it upon herself to not only let those at the center know what was going on, but to make them smile. To do that, Beverly began telling a daily joke.

Beverly said that it was quite interesting to be the one up there conducting and making people laugh, because while it wasn’t totally out of her element, it was something that her husband did when they were first married.

“I actually met my husband at BYU, and he was the Master of Ceremonies for the BYU Program Bureau,” she recalled. “He would introduce groups and tell jokes, and that’s what I do right now. I started telling jokes and leading the announcement before my husband died, and he really liked it, so it’s kind of funny that I’m doing that now.”

Patrick passed away in 2016, and Beverly continued to do what also made her husband smile, which was interacting with people and telling jokes.

Beverly explained that during the height of the Covid-19 pandemic, she and members at the center thought that it was important to continue to provide a service to those at the center, even though meeting in person was often difficult. In order to do this, they started a program on Spanish Fork City’s Channel 17.

“During Covid, the Senior Center decided that they needed to do something to connect with people, so they started a little program on Channel 17 every day at 9:30 a.m.,” she said. “I let people know what’s going on at the Senior Center, and we have tips on how to take better care of yourself. We have somebody who’s a nurse who gives really good tips. We have people who get on there and show us exercises we can do to keep healthy, somebody reads stories, and I tell jokes!”

Beverly said that it is interesting now since she began telling jokes on Channel 17, that she gets



Beverly Schofield surrounded by her 13 children after she was crowned Spanish Fork Senior Center Senior of the Year.

recognized as “The joke lady.”

“I will go to the grocery store here in Spanish Fork, and people will stare at me and pretty soon they say, ‘Oh! I know you, don’t I?’ I’ll say, ‘Do you watch Channel 17?’ and they say, ‘Oh! That’s where I know you from!’”

Times and seasons

Beverly said that being awarded for her service to the community was really neat because as a mother of 13 children, she didn’t have many opportunities to serve outside of her home.

“I always felt like because I had such a large family that I didn’t get to do as much of that when I was having all of my kids, and I felt like that’s something I wanted to do,” she said. “It was fun. I loved having all my kids. It was wonderful – a dream really. I somehow thought that I wouldn’t be able to have children, and so everyone was a miracle to me.”

“I didn’t feel like I did enough for other people when I was having my kids because it’s full time when you have as many kids as we had. You have to make sure everything is happening that needs to happen, and support your husband and do the things that need to get done with whatever he does. So, yeah, I’m really appreciative of the time that I have that lets me be able to do some things for other people that I wouldn’t have been able to do if I didn’t have this time to myself.”

Many of Beverly’s children, including 52 grandchildren and seven great grandchildren live all around the country and even outside the United States. All 13 children came to see her be presented with the award, and she said that it was wonderful to have all of them there.

“All 13 kids showed up. One came from Vietnam

to see me. I have kids who live in Texas, Iowa, California, Idaho, and Oregon, and one here in Utah. I’m trying to think of where else. Nobody lives here in Spanish Fork, but I have some in Utah,” she said.

She said that she can sometimes go many months without seeing any of her kids or grandkids, and that it has actually been since her husband passed away seven years ago when they were all together. Seeing all her kids together, she said, was truly a dream come true. She also said that she is grateful for the community in Spanish Fork and at the Senior Center for making her feel welcomed and needed.

“People ask me if I get lonely, and I say that I’m not really,” she said. “I love to be at the center. It’s good to stay active and have something to do. I look at other people who come to the center, and they love it. I think it’s great to get to know people and find out about them, and it makes them feel better

about themselves to have someone asking about them. I feel really blessed with everything in my life.

“I work at the Senior Center three days a week, and usually on the other days that I don’t work, I at least get some time at the (Church of Jesus Christ of Latter-day Saints) temple. ... I know I’m so blessed because every day of my life I’ve always woken with happiness. I mean, I just feel happy. So, I’m glad to be here.”

On behalf of the community, we at Serve Daily congratulate Beverly on her award, and thank her for her service.



Director, Verna Jo Hollingshead, with the Spanish Fork Senior Center awarding Beverly Schofield as Senior Center Senior of the Year. (Photos by Pete Hansen)



Reach Your Health Goals Through Simple Habits

By Jon Chase

Sometimes our health goals can seem daunting and overwhelming, discouraging many from even beginning a healthy lifestyle. I'm here to say that it doesn't have to be this way. You don't need to start exercising seven days a week, stop eating sugar, get on a keto diet, or any diet for that matter.

Living a healthy life and setting goals can actually be quite simple.

The brain recognizes most strict regimens, like diet restrictions and hours in the gym, as deprivation. When the brain registers deprivation it can put the body into a heightened state of stress. When this heightened state is "on" for extended periods of time, cortisol is released too much and too often. This will tell the body to slow metabolism and store body fat in order to save itself from the perceived threat. If this goes on too long, it creates more stressful chemicals to release and a continual loop will cycle.

So, what do we do about this?

Keep it simple. Pick one new health habit you'd like to work on at a time. This could be as simple as a daily walk around the block, drinking 1/2 your body weight in ounces of water per day, or adding in one extra serving of vegetables to your daily meals. As this new habit becomes easier, add in another.

Increase your efforts over time. When you get used to adding in health habits you can start making larger strides in your mental and physical effort.

Like, daily affirmations, morning light exposure, adding quality proteins into each meal, gratitude journaling, and working out at Chase Movement Gym three times a week.

See what I did there? (Insert winky face here).

As you can see, you don't have to start big, but you do have to start. If you want to see and feel your health change, you have to change something you are doing. Small disciplines practiced over time to reach the health goals you desire for your life will go a long way, and consistency is the key to all success.

If you need some guidance developing a fitness and nutrition plan, and proper coaching and accountability so that your efforts are working for you instead of against you, reach out to Coach Jon at Chase Movement. We cover fitness, MINDSET, nutrition, and mobility so you can find the joy and fulfillment your body and life are meant to experience.

Publishers' Note:

As we printed last month in the Letter from the Publisher: "Wherever you are now, add 1 to it and make yourself 1% better, and then keep going from there."

This article from Jon reinforces that concept of keeping it simple and adding one thing at a time to improve your life. As Jon has said before, "focus on adding to your life, not taking away."



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Would you like to help maintain trails at Forebay in Payson? Here's why you should and how to do it:

By Ari Brown

Spring may come this year, and with that perceived future on the horizon, many who frequent the Forebay Trailhead up Payson Canyon are looking forward to spending some time on the well-groomed mountain trails.

If you're one who looks forward to riding your bike or taking a walk or run on any of these local trails, you may be interested to know that grooming doesn't come naturally.

Just like any piece of land, grass and other plants grow over the trail and need people to maintain the trails particularly during the spring and summer months.

For many years, resident Carey Pierce has not only been building the trails, but maintaining them with the assistance of other locals here and there. In fact, during the 2022 season, Pierce spent over 200 hours doing trail maintenance in Forebay alone.

According to Pierce, maintaining the trails that often includes trimming trees back, weed whacking overgrown grass and removing loose rocks, is

a labor of love. He said that he would love to share that love with anyone who is interested in helping.

"In June, I try to have a few days when people can help trim the trails, but trimming is an ongoing thing,"

Pierce said. "The grass just keeps growing, and with all the water we've gotten this year, it's going to be even longer – some areas even get up to six feet tall."

The trails at Forebay total 10 miles, and when doing maintenance, Pierce said that it equals 20 total miles



Carey Pierce riding with his wife Jeanette on the groomed trails at Forebay in Payson.

because you're cleaning up both sides of the trail.

Pierce said that for those who are interested in helping with trail maintenance, there is a "Friends of Forebay" Facebook page that lets community members know about cleanup events.

Because spring weather will come, and what better way to enjoy spring than among the trees (on a well-maintained mountain trail).

Payson City to hold interfaith Easter concert featuring local Maestro Benjamin K. Winkler

Payson City and the Mayor's Interfaith Committee will be holding the 2023 Payson Easter Sunrise Concert on Sunday, April 9, and will feature local conductor, composer and arranger, Maestro Benjamin K. Winkler.

Maestro Winkler brings over 50 years of international performing experience to the podium, including 21 years as a military musician in the U.S. Army. During that time, he performed in 20 countries on three continents. Since his retirement in 1995, his primary musical focus has been as a conductor.

Maestro Winkler has conducted professionally in 10 states in the U.S. He is the former music director of orchestras in Indiana and Colorado, and since moving to Utah in 2001, he has guest conducted a dozen local instrumental ensembles, and has served as the music director of three community orchestras, including being

the founding director of the Nebo Philharmonic.

Internationally, Maestro Winkler has recorded in the Czech Republic with Moravská filharmonie (the Moravian Philharmonic), and competed in international conducting competitions in Romania and Bulgaria. In 2013, he was the only U.S. conductor to advance to the final round of the Black Sea Conducting Competition, where he was also awarded the first honorary mention prize.

Maestro Winkler earned a master's degree from the University of Utah in orchestral conducting. He took advanced professional studies at the International Conducting Workshop in Bulgaria, and has taken professional master-classes with Jorge Mester, Gustav Meier, and legendary conducting pedagogue Elizabeth Green.

Maestro Winkler also has extensive experience working with choirs. He

studied choral composition with James Mulholland, and is an award-winning composer and arranger in his own right. He has conducted choral groups at all levels, from school and church choirs to professional ensembles and opera companies.

In the past few years, Maestro Winkler has taken a break from extensive performing, concentrating instead on composition and arranging. He has established Hawthorne House Music in order to self-publish his music, and currently offers a catalog of over 100 compositions and arrangements.

Maestro Winkler met his wife, Beth, while living in Indianapolis. They currently reside in Payson, UT.

Maestro Winkler and many other accomplished musicians will be at the Payson Easter Sunrise Concert on Sunday, April 9 from 6:30 - 7:30 a.m. at the Peteetneet Auditorium on 10 North 600 East in Payson.



Maestro Benjamin K. Winkler

The event is free to the public.

Adopting a shelter dog can bring joy and love to your life

By Carry Ward

If you are looking to adopt a dog, local shelters hope that you will consider coming their way. Carry Ward and Emily Loveland have both adopted dogs from local shelters, and say that it has been a blessing in their lives.

Five years ago, on Valentine's Day, Carry Ward brought home what may very well be the love of her husband's life: a little terrier-poodle named Penny.

Ward first met Penny at a shelter when she was just a puppy, and said that she was angry at the world for being stuck in a kennel all the time. Seeing Penny so upset broke her heart, and Ward explained that she wanted to give her the love she deserved, so she asked her husband to come and meet her on the very day designated for love.

"The two of them bonded right away and we adopted her," Ward said. "My husband is Penny's person in every way. She is always in his lap

or sleeping cuddled up tight to him. He spoils her rotten with treats from his plate or licking the last of the ice cream from the Culver's cup. They are a pair!

My husband and I are empty nesters, and Penny has brought love and laughter back into the home. When Penny wants something and the eyes aren't convincing enough, she will scruff her back feet showing her 'little miss attitude' loud and clear. She is our little blessing and we're so lucky to have her."

Loveland adopted a pitbull terrier they named Kaylie, who not long after, experienced a life-altering accident.

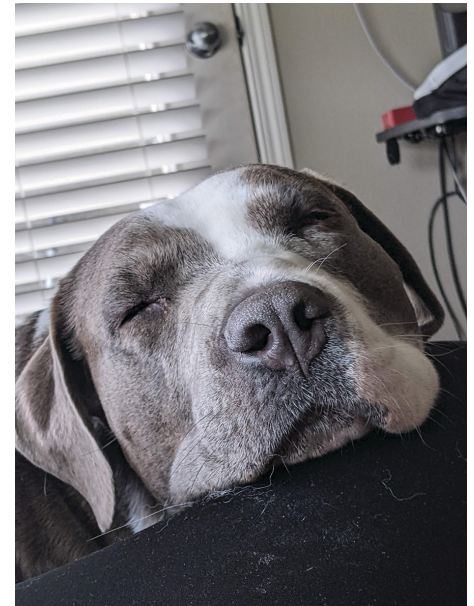
"We adopted (Kaylie) from the Shelter after falling in love with her," Loveland said. "She has such a kind temperament and loves to try to be a lap dog. About a month after adopting her she had an accident. We rushed her to the vet and they had to amputate her leg. This was devastating as we knew she would

have a long recovery and it would be lifelong. She has recovered and loves to try to snuggle with us in bed. She does get some snuggle time, but then has to return to her own bed as she's a bed hog! She loves wrestling with her sister and hasn't slowed down at all. If one of us is sick, she will stick by us and not leave our side. She is our family and is the light of our lives!"

If you are looking to adopt a dog, shelters, rescues and fosters are struggling right now due to many being at maximum capacity. Animals are coming into these shelters, and are leaving at a painfully slow rate. Not only are adoption rates down, but owners aren't coming to get their lost pets.

Inside these shelters, there are a wide range of dogs who need homes, and. Maybe you would like a pitbull or lab mix. Truthfully, there are many of these wonderful dogs but you can also find many other breeds too! Recently there have been dachshunds, diredale,

English bulldogs, huskies and doodle mixes as well.



Pitbull Terrier Kaylie.

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When Fear Drives Us

By Lorene Moore

On December 7, 1941, just hours after the bombing of Pearl Harbor, the FBI rounded-up over 1,200 Japanese American community and religious leaders, arresting them without evidence of wrongdoing and froze their assets.

On February 19, 1942, President Roosevelt signed Executive Order 9066 with the stated intention of preventing espionage on American shores. 120,000 people, the majority of whom were American citizens, were forcibly relocated.

Most of us have heard so many stories about World War II that we think we know them all. But this is one few know and even fewer understand. I counted myself among the uninformed until I read the book, “Beneath The Wide Silk Sky” by Emily Inouye Huey. The book starts on Dec. 4, 1941, and is written from the perspective of a young Japanese American girl. Drawing inspiration from her own family’s experience prior to the attack on Pearl Harbor through the Japanese American relocation, Huey imbues her rich characters with heart, passion and depth. This story brought an untold horror of World War II to life for me and changed how I saw the past and the future.

In the anti-Japanese American hysteria following the bombing of Pearl Harbor, families were being moved out of their homes and communities before alternative housing could be set up for them. This led to many being sent to what were called, “assembly centers.” These centers were located in horse race tracks, and families were housed in the horse stalls and other makeshift holding areas.

People who were used to the temperate climate and balmy weather of San Diego, Los Angeles, as well as, San Francisco, Portland, Seattle, and all along the Pacific Coast found themselves transported to what some described as “a glimpse of hell” in the deserts of eastern California, western Utah, Wyoming, Colorado and Arizona.

Topaz Relocation Center

was located in one of the most inhospitable areas possible west of Delta, Utah.

My husband and I drove out to Delta to see the museum and walk around the camp. It is a trip I highly recommend. It isn’t a Disneyland trip because it isn’t the happiest place on earth. I would, however, say that it is an important trip that will hopefully help us avoid the kind of fear and hatred that allowed this atrocity to happen.

We started at the Topaz Japanese American Internment Camp Museum in Delta. The museum has artifacts, stories, exhibits and artwork that tell the story of not only the relocation, but of the people, what they faced and the dignity they faced it with.

Army style barracks, with nothing more than tar paper on the outside and sheetrock to cover the walls inside, provided little privacy and little protection for harsh weather conditions at Topaz.

Throughout Huey’s book, the main character struggles with a phrase many of her neighbors and family members keep repeating: “Shikata ga nai.” This phrase is Japanese for nothing to be done, and the main character learns that those words are only part of their philosophy. She learns that Shikata ga nai should be followed by “Gaman shite,” which means patience, and reminds her to do just that. The families in the internment camps did just that.

The internees did what they could to make the camps feel like home. They had newspapers, markets, school, police and fire departments, art classes and more. Baseball, America’s Pastime, was a popular sport in the camp. For some, it was a way to show how “American” they were. Trying to create some sense of normalcy for students, the schools held dances, had yearbooks, even elected student councils.

Many artists in the camp used their talent to narrate the internees’ experiences. Artists like Miné Okubo, used the mediums of charcoal, drawing and painting. Rev.



Above: A portrayal of how barrack life was in the relocation camps.

Below: Image from the Topaz Japanese American Internment Camp in Delta.



Shinjo Nagatomi, the lead Buddhist minister at Manzanar created beautiful postcards to send to friends back home.

Some of the internees had been illustrators for Disney and put their talents to use to try and entertain the children in the camp. Chiura Obata, a

noted artist and teacher, taught art to internees of all ages.

I recommend reading “Beneath The Wide Silk Sky” and visiting the Topaz Relocation Center to gain a better understanding of what happened to these people during this time.

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

‘Will Trent’ delivers different version of popular series of books

By Kelly Martinez

In 2006, novelist Karin Slaughter released a book titled “Triptych” that featured Georgia Bureau of Investigation special agent Will Trent. Slaughter has since written 11 more books in the Will Trent series, and will release another in August of this year.

The success of the novels eventually led to ABC ordering a pilot TV episode based on the books in February 2022. The network seemed to have liked what it saw and ordered a full slate of episodes for the 2022-23 season. The show premiered on Jan. 3, 2023 as a midseason series.

Ramon Rodriguez of “Transformers: Revenge of the Fallen” plays the titular character and Erika Christensen of “Parenthood” portrays his girlfriend, Angie Polaski.

Critics of the show claim the TV version of the Trent story doesn’t compare to the books—which often happens with book-to-screen adaptations. I’ve never read the books, so this review will strictly be about the TV show.

In a nutshell, I’d describe “Will Trent” as a more-dramatic version of “Monk,” minus the neurotic behavior of the main character. Trent is odd, just not as odd as Adrian Monk. The comparison between the show’s protagonists doesn’t stop there. Trent, like Monk, is a genius at solving crimes, albeit using different approaches.

For a yet-to-be-revealed reason, Trent is an outcast in the Atlanta law enforcement community, mainly by members of the Atlanta Police Department. There’s brief mention of the disdain being rooted in something Trent did (or didn’t) do prior to the show’s premiere episode.

Raised in the foster care system, Trent comes with a lot of baggage, which includes abandonment and trust issues. His girlfriend Angie also experienced the foster care system, which is where the two met as teens. Theirs is a complicated relationship, which includes frequent on-again-off-again periods. Rodriguez and Christensen have good chemistry,

which makes their on-screen relationship believable.

In the pilot episode, Trent is reluctantly partnered with Faith Mitchell (Iantha Richardson), a member of the APD, on a special case.

The two work well together and wind up becoming partners under the umbrella of the GBI. Faith brings balance to Trent’s quirky approach to life and crime sleuthing.

One of the more endearing elements of the show is Trent’s relationship with Betty, a chihuahua he’s kind of forced into adopting early in the series. Betty grows on Trent and soon the two form a touching relationship. In case you’re wondering, Bluebell, also a chihuahua, plays Betty.

“Will Trent” is well-written



and entertaining, which doesn’t necessarily guarantee a second season. It’s all about ratings and revenue. That said, the show premiered to an audience of 3.6 million viewers and has steadily declined to about 2.5 million. As of this writing, ABC has yet to render a decision on the fate of the show.

You can catch episodes of the show on ABC on Tuesdays at 9 p.m. in Utah or on Hulu the following day.

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Spanish Fork residents participate in ‘Book Chain on Main’ to move books to new library

By Ariel Higgs and Ari Brown

On March 25, an abnormally bitter cold, late March day did little to discourage over 400 patrons of the Spanish Fork City Library to form a “Book chain on Main” to carry books from the old library to the new one directly across the street.

Members of the human chain were loaded with stacks of books and all other forms of media inside the old library and directed across a section of Main Street to the new library.

Library director Scott Aylett said that this unique opportunity was a way for patrons to give back and to get a sneak peak at the brand new facility.

“Ever since we announced that we would be moving to a new library, we’ve had patrons ask if there will be opportunities to help with the move,” Aylett said. “One way that was often suggested was walking books across Main Street from the old building to the new one.”

Aylett explained that when the book chain was suggested, he thought it was really cool, but didn’t know how it would logistically happen – especially given the fact that patrons, including many children, would need to cross a busy road on a seasonally busy day.

“One of the complexities of Main Street is that it is a UDOT road,” he said. “There was that complexity of having to work with UDOT, who was great to work with, but it’s just an added level of difficulty. ... We had to do it early in the morning because it was the same day as the Color Festival and we had to have Main Street back open before 9 a.m. when traffic was starting to build and increase due to the festival.”

Why the move?

The original library was built in 1965 to serve a community of about 7,000 residents, and has been through



several renovations and expansions. According to Aylett, the growth of community was what ultimately caused the need for a new facility.

“Our current building was originally just upstairs on the main floor of the library, but as the community grew over time, the basement was opened up, and the building was renovated,” Aylett explained. “Originally, there was 6,000 square feet, but the renovation in the 1990’s added another 6,000 square feet. The building right now is 12,000 square feet.”

“Today we have a population of 45,000 residents, and to still operate a building that was built almost 60 years ago when the population was a fraction of what it is today – we have just outgrown the space. We maximized the amount of materials that we could fit on our shelves, our program space was really limited, and we could only hold one program a day and it was really packed. Oftentimes we get 50-60 kids that want to come to story time and we

just can’t accommodate that many in our program room.”

A new library to meet the needs of today

Aylett said that with all of the new space, it will not only make room for materials, but allow for space to accommodate the many different programs the library has to offer.

“The library that I grew up going to isn’t the library of today, where it was very focused on circulating books and that type of thing,” Aylett explained. “Certainly that is still our bread and butter – being a place for the public to access information – but libraries have also evolved. Story times are really popular for us, and we provide a variety of different activities for children as young as babies all the way up through teenagers. We have different story times throughout the day to help teach early literacy and the love for reading.”

“We provide after school activities for teenagers to come and have a

safe place to be after school and they can learn different skills or activities through STEAM which is science, technology, engineering, arts and math. We also offer programs for adults whether it be a crochet class or a chess club, and also work with other organizations like the Utah County Health Department that comes and teaches lock courses, smoking cessation or working with Utah State University Extension that teaches gardening classes, cooking classes and things of that nature.

“The library really is more than just a place where you come and get books; it’s a place where we build community, and members come together to learn and grow and be entertained and build connections with other members of their community.”

While the library is currently closed until the grand opening of the new one, Aylett said that the digital library is still open, and there will be story times offered throughout the community.

“The community is offering pop up story times throughout the community,” he said. “There is a local dance studio that will be hosting a story time. We’re working with the local hospital to hold a story time at other city departments like the fire department and the police department. Patrons and residents can check on our website to see a schedule of those different activities that we will be holding while we’re closed.”

The grand opening for the new Spanish Fork Library is taking place on April 29 at 9:30 a.m., just a little over a year after the initial ground breaking. For more information regarding the new Spanish Fork Library, including community programs and upcoming events, visit links.servedaily.com/sflibrary.

“Beginning today, treat everyone you meet as if they were going to be dead by midnight. Your life will never be the same again.”

- Og Mandino

Kiwanis Club of Springville Understands the Value of Early Childhood Literacy

By **Melanie C. Bott, Springville Kiwanis Club**

The Kiwanis Club of Springville had the opportunity to host guest speakers Amy Collyer, and Alyssa Kerby with Early Learning Essentials, formerly Mountainland Head Start, during the March 16th meeting held at the DUP Museum, 175 South Main St, Springville. They spoke about the importance of reading programs in the school and home setting and the need for early learning books in the headstart program.

There is a great need for children's books in the classroom and readers for children to take home. The Headstart classrooms always accept new or gently used books for their reading take-home libraries, as well as donations and volunteers to read to the children in the classrooms. Many families in the program do not have access to new books, so the donated books are typically the first time these children will own something significant towards their literacy growth because of incredible donors who know the importance of literacy and helping a child succeed.

Reading is an essential part of our everyday life because it is a fundamental part of how we communicate. Through reading, children can understand the world around them, learn about their environment, and gain further insight into the world, people, and even themselves. Immersing a child early

in reading fosters literacy, improves cognitive development, boosts memory function, creates a love of learning, strengthens bonds, and enhances focus. Literacy at a young age helps children develop a rich vocabulary, self-expression, and reading comprehension, giving them the tools to become successful readers and lifelong learners.

Contact Alyssa Kerby at akerby@eleutah.org to donate books, schedule reading in the classroom, or arrange to send monetary donations.

The Springville Kiwanis Club meets twice monthly on the 1st and 3rd Thursdays. If you want to join the next meeting, email springvillekiwanisclub@gmail.com. You can also sign up for volunteer opportunities at JustServe.org.

Two of the most significant volunteer opportunities are during Springville Art City Days, where the club has a Scone Booth on June 7-10. The sale of the scones fund scholarships and the large food drive in December. Sign up on JustServe.org.

Together we can help strengthen our community through compassionate service to build a strong quality of life. Serving is vital for both the person serving and the recipient. Both grow and develop through the experience and compassionate actions of community members. The greatness of our community is measured by those who serve.



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Utah Flower Market opens April 19

By **Julie Hall**

Spring will soon be blooming somewhere in Utah, and that place is the Utah Flower Market in Pleasant Grove. Each week, from April to October, 15 local flower farmers bring their best and most beautiful blooms to Grove Station in Pleasant Grove to sell to florists and to the public.

With flowers being sourced locally, the flowers sold at the market change with the seasons – even week-to-week. Throughout the season customers will find specialty narcissus, tulips, peonies, ranunculus, garden roses, sunflowers, lisianthus, cosmos, dahlias as well as hundreds of other unique and delightful varieties of flowers and foliage.

The Utah Flower Market will officially open its second season on Wednesday, April 19 - October 4 at Grove Station in Pleasant Grove.

President of the Utah Flower Market, Julie Hall said that those who shop at the Market not only purchase quality flowers, but by doing so, they are helping the local economy and ecosystems.

The market is open to wholesale customers from 9:00 to 11:00 a.m. and then open to everyone from 11:30 a.m. to 1:30 p.m. Customers can purchase flowers in 10-stem bunches or they can shop the flower bar and create their own custom bouquets. (See full article online)

Photos
& Cover Photo by
Pete Hansen



Rosemarie working on
a new artwork piece in
her art studio.

Butterfly Child

How one local artist *Touched my Heart*

By Karen Baird

Everyday we pass by some form of art and oftentimes don't give it a second thought. Then there are those times when we see a piece of artwork that really grabs our attention – the kind of artwork that causes you to take a moment and just simply smile. Recently I had one of those experiences that I'd like to share with you. First, I'll give you just a little bit of background about my story so it can help you better understand why the piece of art I came across moved me so deeply.

In 2015 I lost my older sister, Sally. She passed away in my arms inside of my mother's living room. In 2018, I lost my 21 year old nephew, Jason to suicide. He was my sister's only child. In 2021, both my mother and stepfather got covid and landed in

the hospital for three weeks. My mother ended up passing away, and my stepfather followed her just three days later. A few months later, also in 2021, my aunt who was like a second mother to me, ended up passing away unexpectedly.

During one of my last conversations I had with my sister before she died, I cried to her and expressed how lonely I was going to be without her. She promised me that when she passed, she would send me yellow butterflies. She said, "Whenever you see a yellow butterfly, I want you to think of me and know that I am still with you."

Since her passing, I've seen yellow butterflies during the most random times. When my nephew Jason passed away, I noticed blue butterflies flying around. When my

mother was in the hospital, she told me to watch for monarch butterflies after she passed away. Sure enough, I started noticing monarch butterflies flying around my home. Needless to say, butterflies are very special to me and I cherish each moment I see them, especially during the moments I need it the most.

Late one evening, I was sitting in my living room just pondering about all of the loss I've had. I was so overcome with sadness and just sat on my couch and started to cry. I felt so alone in my grief. After gathering my emotions, I went on Facebook and the first thing I saw was a piece of artwork that I have never seen before. It caused me to take a moment and it put a big smile on my face. It was of a

painting called "Butterfly Child" by local Utah artist Rosemarie Games Dunn.

I was instantly drawn to the vibrant butterflies surrounding the girl in the painting. The biggest butterfly was yellow, and was followed by butterflies with hues of blue as well as a beautiful monarch butterfly. The girl in the painting had such bright green eyes that reminded me of the August birthstone green peridot, which just happens to be my sister's. I knew I had been led to this beautiful piece of art not by chance, and it gave me such comfort. I was now very intrigued by who the artist was and I longed to see more. I immediately clicked on Rosemarie's website and started looking at all of her amazing



“Butterfly Child” by Rosemarie Grames Dunn

artwork. I was completely taken back by her unique talent and fun imagination. It's not everyday that you see teacups floating through the sky, a disgruntled monkey playing a triangle solo, or gnomes living on top of turtles.

Another one of my favorites of Rosemarie's pieces is a painting called “Bloom where you're planted.” I could tell there was a story behind each piece of art from all of the emotion that was drawn into each of her characters' eyes. This wasn't just your average artist. This was a woman who I knew was different from the rest. Her art made me feel joy, it made me feel like a child again. Her art took me to a different world filled with vibrant colors that I didn't want to leave, and I knew I had to meet her!

When Rosemarie agreed to let me interview her, I was thrilled! She invited me to her home and allowed me the privilege to hear her story. The first thing I noticed about Rosemarie was how pretty she is. Not only is she really pretty, but she is so down to earth and kind! Meeting her for the first time was so comfortable. It was like talking with an old friend who I haven't seen in a long time. We sat and talked about her upbringing and what led her to become an artist.

In my conversation with Rosemarie, I learned that she didn't have a happy childhood, and used art as a way to escape her reality. When she was a little girl, she would sit and daydream of being able to have wings and fly away to a better far off place – a place that would bring her joy and deliver her from her sadness. She wanted to be somewhere that was anywhere but where she was, which is why she is so drawn to fantasy. Many of her pieces involve flying and traveling away to somewhere wonderful. When she was telling this to me, it made me think of the song “Somewhere over the rainbow” by Judy Garland.

After graduating high school, Rosemarie immediately left home for good and enrolled herself in cosmetology school. After graduating, the hair school she attended decided to hire her to work in their professional salon. This gave her the chance to work on her art in between clients.

Still longing to have wings, and yearning for a place where she could create a different life for herself, she confided in a friend who gave her life changing advice. Her friend told her to “Bloom where you're planted.” Rosemarie not only took that advice from her friend, but she

used that very advice and created one of her most popular paintings and titled it exactly that: “Bloom Where You're Planted.”

She decided from that moment forward that she would create a life for herself here in Utah and indeed bloom where she was planted. She ended up finding her husband, Gabe and they have now been married for 20 years, and they have four beautiful children together. While busy building her family and creating the life that she wanted and deserved, she took a break from her painting for quite a few years. Life slowly guided her back to her paintbrush and once again she started to create on paper what she longed for as a child.

Finding the time to paint with four small children became quite the challenge, especially when it came to keeping their curious little fingers out of her acrylic paints while drying on the easel. Although there were feelings of discouragement, she did not allow that to deter her. Instead, Rosemarie decided to utilize her time by painting every night once her children were in bed. She often set an unfinished piece in her home so that way she could glance at it as she was going about her day.

This would help give her an idea of where she was at in her creation as well as give her time to be inspired on what to paint next. This helped make the most of her time in the evenings because she knew exactly what she wanted to do and could get started right away. She also

started using watercolor instead of acrylics and would allow it to dry by placing it on top of her bookshelf overnight. She then would draw over the top of the dried watercolor with her colored pencils and pens.

It made it so much easier to create her artwork and solved the worry of little hands smearing her wet paint. Although her children are no longer small, she continues to create her art using watercolors, pencils and pens which sets her apart from a lot of other popular artists who use oils and digital.

I was lucky enough for her to show me around her adorable art studio where she brings to life all of her magical fairy tales she has dreamed up in her mind and brings them to life on paper. She showed me some of her sketches that she does when she wants to get ideas out of her head. She said to me, “They are kind of messy and don't look like anything special but it's just a quick sketch of ideas I have.” I just stood there thinking, “She truly doesn't realize how special and incredible she is!” I was amazed to learn that she will sometimes spend five weeks on just one piece of her artwork. She really puts her time and love into each painting and it truly shows!

Rosemarie wants others who are inspiring artists to know that comparison is a thief of joy. She said, “View others' work, learn



“Bloom Where You Are Planted” by Rosemarie Grames Dunn

techniques but stop before it makes you feel bad about yourself. Try and push yourself a little more with each new piece. The most important thing is not if others like your work, it matters most if you like it.”

Another bit of advice she has for up and coming artists is to, “draw their pain.” I think this is powerful but I can also see

where that may be uncomfortable and intimidating for some. After all, society has taught us to play the role of “all is well” especially on social media. I mean, isn't that where we

typically go to post pictures or make posts portraying our life as perfect?

I walked away from my interview with Rosemarie feeling like a better person having met her. Her story is inspiring yet relatable to so many. We have each faced something in life that has left us wishing we could just grow wings and fly away, even just for a little while. Everyone at some point or another in life has felt either stuck, hopeless, inadequate, heartbroken and longing for something better in life. Perhaps if we could take flight and escape to somewhere more wonderful, we would avoid all of the heartache in the here and now. If we could up and fly away whenever we wanted to, what blessings that we currently have would we have unknowingly given up? What people that we have in our life now would we have passed the chance to meet if we had wings to fly whenever we want or needed? What if each of us were to create in life what we wanted



Rosemarie Grames Dunn by a recent sketch and holding a print of "All Things Shall Work Together for Your Good."

instead of running away from it? What if, just maybe, we were all to bloom where we are planted? I'm grateful that Rosemarie

decided to "Draw her pain" and share it for the world. When we become vulnerable and admit our sorrows, it allows others who may

be suffering silently to know they are not alone. Just like I needed the night I stumbled upon Rosemarie's "Butterfly Child" on Facebook while grieving the death of my family.

"If I can shine my light and put a smile on someone's face, then I can be an influence for good in some way," Rosemarie said.

Well, I can assure you she has done that. I feel that Rosemarie is a sunshine in this world that is much needed. I'm glad she has bloomed where she was planted because otherwise I would not have had the chance to meet her, as she has left a footprint on my heart that I will never forget.

Rosemarie has had her paintings displayed in Libraries, art shows, art festivals and art expos. She also has all of her artwork displayed on her website rosemariedunn.com. You may also find her on Etsy under RGDDesign, or on Facebook under Rosemarie Dunn Art.

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Local nonprofit lets kids raise funds for childhood cancer through utilizing talents

By Ari Brown

A new nonprofit organization out of Spanish Fork is aiming to help children with cancer in a unique way: By empowering youth to turn their passions into purpose to help kids battling cancer.

Nick Thiele of Youth-Led Charities has long had a desire to help children from all walks of life see how special they are. He said that the idea to begin a charity platform that aims to have children help children began when he wanted to give his own kids an opportunity to see the potential they have to do good in the world.

Youth-Led Charities, Thiele said, is simply asking for children to share their own talents to bring awareness to childhood cancer.

“The reason I started this nonprofit is because I was looking for a way to help my own kids realize how special they are, and how much potential they have to make the world a better place.” Thiele said. “All kids have passions and talents, and sometimes they don’t recognize how valuable they are as individuals. I want to show these kids that their talents are enough to make an impact on the lives of kids battling cancer.. At the end of the day, it’s about all the kids. I care as much about the youth that are giving of themselves to try to make the world a better place.”

14-year-old Ryker Truong of Springville submitted an art painting of a sunset over the ocean to YLC after losing a loved one to cancer.

“I have been painting for three years, and I enjoy the freedom of creating my own ideas and putting

them on canvas,” he said. “Submitting a piece of art to this organization means a lot to me. A few months ago, I lost a very special teacher to breast cancer. She helped me so much with math, and never gave up on me. When I painted this piece, I wanted young kids fighting cancer to know to never give up and that there is always hope for a new day.”

Thiele said that the goal of the nonprofit is not to add anything more that kids or parents have to do, but to utilize what kids are already doing.

“If there is a kindergartener or a high schooler that is passionate about making music or art, I want them to just share it with us,” Thiele said. “It’s an incredible way to see the light go off in these kids when they say, ‘Oh wow! I’m making a difference by just being me!’ They don’t have to go knock on doors selling popcorn or raffle tickets – or doing things that don’t define them. Sometimes sewing or building with LEGOs is their thing, and when they see that they can change people’s lives by being themselves. That’s where my passion is.

“A lot of kids these days are struggling with depression and anxiety, and I think it all plays into this,” he said. “If kids can see that what they do and who they are is enough to contribute to the world, then I think this will help with some of that.”

The nonprofit is barely off the ground, but Thiele has created a website and is working on a publication that features the



Painting by Ryker Truong, a teen from Springville who donated the artwork for the cause.

submissions. He is also working with and looking for sponsors for the project.

“What we’re working on right now is our first publication and we hope to show the community what these amazing kids are doing with their passions to help others. And while money is great, and we do want to raise money, that’s only half of what we do. The other half is helping kids know that they can make a difference.”

Thiele said that if parents want to get their kids involved, the easiest thing is to go to the website.

“We need people to understand that this doesn’t require a lot of commitment. Parents just need to go to our website and register their kids to submit something. That would be more than enough for us.”

For more information, go to youthledcharities.org or the Facebook page “Youth-Led Charities.”

“Be like a postage stamp. Stick to it until you get there.”

Bob Proctor



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Community remembers Spanish Fork teen killed in car crash

By Ariel Higgs

On March 19, 2023 tragedy struck. Four local teens on their way to the sand dunes in Juab County for a day of recreation were involved in a terrible car accident, killing Spanish Fork High School student Gideon Fudim.

After hearing news of the tragedy, the local community was quick to come together. Within hours of the accident, banners were hung at the Spanish Fork 7-Eleven where the boys and their families frequented. Messages of love and support quickly covered them. and donation jars appeared on the counter to help support the families of all involved in the accident. On Saturday, March 25, people gathered at the Spanish Fork Sports Park to pay tribute to Gideon and his family as well as Erick Franklin, and Easton Roundy and their families. It was a well attended event with family, friends and community members making it clear how important these young men are.

Friends of Gideon remembered him as being a fun-loving kid with a great sense of humor and a big heart.

“Having the opportunity to watch Gideon grow up has been amazing,” Kenzie Fredricks posted “I’ve always enjoyed his company, even if it was just sitting in his room watching him play video games. His personality was so unique, he had the most contagious laugh and he had the purest heart.”

“My heart aches for your loss,” Stacy Andersen wrote in a note to Gideon’s family. “We are forever grateful that we have had the privilege of watching Gideon grow up over the last three years at 7-Eleven. We love you and we are so sorry for your loss.

Thank you for letting us get to know your amazing son Gideon.”

Erick Franklin, a student of Spanish Fork Middle School, was also injured in the accident and transported to Primary Children’s hospital. Jaque Findley, a family friend, spoke of Erick’s great sense of humor and quick wit.

“He’s a very sassy kid. The nurse will ask him, ‘Where do you live?’ and he’ll answer ‘Next to my neighbor.’ Just very sassy replies,” Findley said.

Findley said that Erick has been quite surprised by the outpouring of community support for him.

“Erick has loved and been very much surprised by all of the interest and help.” Findley said. “I don’t think he was expecting that, and is very appreciative and flattered by the attention and care shown towards him and his family.”

Erick’s mother Michelle Edwards is a hard working single mom and taking the time off to help him with his recovery has been her top priority. She said she is incredibly grateful for the support of the community for Erick and his friends, that she has a lot of compassion for the driver involved and hopes the community will share in extending that same compassion during this difficult time.

Fundraising pages have been created for Gideon and Erick’s families to assist with expenses.

Gideon Fudim Fundraising Link: give.servedaily.com/gifudim

Erick Franklin fundraising link: give.servedaily.com/efranklin



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Drive-thru Dining: Jurassic Street Tacos in Springville

By The Drive-thru Diner

Drive-thru Dining is a feature that delves into the dining options here in south Utah County. Most restaurant reviews focus on walk-in, sit-down dining experiences, but this column focuses on drive-thru dining experiences. After all, the drive-thru dining experience can be quite different from what you get inside the restaurant, and is, more often than not, the one that most people have.

Our ranking system is unscientific and purely subjective. Based on five categories—drive-thru maneuverability/design, menu board clarity/orderliness, service, packaging, and food accuracy/quality/portions—a total score conveys the dining experience as a whole.

*This month, we focus on one of Springville's newest eateries that, based on its name, held a lot of promise.

Not-quite-prehistoric origins

Jurassic Street Tacos got its start in 2016 as a food truck and has grown

to include five brick-and-mortar restaurants. Known for its generous portions and authentic Mexican food, I looked forward to my drive-thru experience at the Springville store, which happened on a Saturday afternoon.

So did the restaurant live up to the hype? Let's find out.

Drive-thru maneuverability/design

Having been through this drive-thru before, since the building was the former location of Orange Peel, I thought I knew what to expect from the drive-thru before I got there. The path of the drive-thru lane was the same as before, but the addition of a menu board drastically improved on what the previous tenants offered. More on the menu board later.

Due to being part of a strip mall design, Jurassic Street Tacos' drive-thru window is at the front of the lane instead of the end, like the majority of drive-thru lanes. I was the only car in line that day, so this



didn't really affect anything. However, had there been as few as a couple more cars, the queue would've been awkward and crowded.

Category grade: 3 out of 5 stars

Menu board clarity/orderliness

This was one of the better parts of my drive-thru experience here. The drive-thru menu board had full descriptions for every item offered, and the design of the menu board was attractive, organized, and easy to understand.

Category grade: 5 out of 5

Service

The service rendered through the drive-thru window here was good. The young lady was friendly and professional. It didn't take long to prepare, package, and deliver my order.

Category grade: 5 out of 5

Packaging

Given our society's awareness of the importance of eco-friendliness and sustainability, it surprised me that this restaurant packed the food in Styrofoam containers, which brought this category's score down. That aside, the restaurant staff packaged my order well and I experienced no shifting or tipping of the containers on the drive home.

Category grade: 3 out of 5

Food accuracy/quality/portions

Let's start with accuracy. My order was accurately taken and prepared. No problem there.

Next, the portions of the items were abundant, more than I could finish, actually. In light of the high prices for the food, this wasn't a big surprise.

Which brings us to quality. Let me preface this part of the review with the understanding that I always hope for the best when a new eatery opens its doors for business. I did the same here. The guacamole and salsa were topnotch. However, the steak in my order was overcooked and left a strange aftertaste.

The meal came with a side of tortilla chips, which was a nice touch, but the chips proved to be not as fresh as I had hoped.

The portion sizes of the food were impressive, but the quality of those portions during my visit wasn't as impressive as I had hoped for.

Category grade: 2 out of 5

Overall drive-thru grade: 18 out of 25

Some aspects of my visit to Jurassic Street Tacos in Springville were great, while others were not. I still have high hopes for the eatery that has had proven success over the years.

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Tributes



Randi Christensen

Randi Louise Davies Christensen died in Salem, Utah at her home on February 28, 2023. She was born November 5, 1975.

On June 25, 2004 she married the love of her life, Daryl Jay Christensen.

She graduated from Spanish Fork High school in 1994, and from the Von Curtis Beauty School where she excelled in hair color.

She is survived by her husband Daryl, her daughter Hailey, son Gage, mother Geniel (David) Gaines, father Brent Davies, sister Lindi (Jeff) Christensen, in-laws Melba and Alan Christensen, grandmother Louise Davies, and many cousins, nieces and

nephews.

Preceded In death by her grandfather Keith N Davies and grandparents Betty and Loy "Shady" Chapple,

To leave condolences, visit www.legacyfunerals.com



Terry Lee Bleasdel

Terry Lee Bleasdel passed away on March 17, 2023, in American Fork, Utah, just a few days before his 54th birthday.

Terry was born on March 20, 1969 in Kearney, Nebraska to Vinton Junior and Elizabeth June (Palmer) Bleasdel.

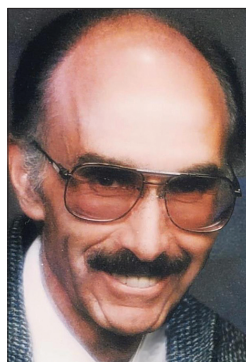
He worked in construction as an accomplished floor and tile installer.

He loved the outdoors and served as a

campground host in Cache National Forest for 6 years.

Terry was preceded in death by his best friend, Jamie.

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Reeves Wilmer Baker

Reeves Wilmer "Will" Baker, 86, husband, father, cowboy and disciple of Christ passed through the veil of mortality on March 10, 2023. After battling infection for several months, Will's last days were spent where he wanted to be – surrounded by his loving wife and family in his home in Orem, Utah.

Born February 1, 1937, to Laura George and Reeves Vincent Baker in Escalante, Utah,

Will learned the importance of hard work growing up as a cattle rancher. He carried that ethic into his service as a missionary for the Church of Jesus Christ of Latter-day Saints in Australia, a student at Brigham Young University, an officer in the U.S. Air Force and a Budget & Accounting Officer in the Forestry, Fire and State Lands division of the Utah Department of Natural Resources. He was rarely idle, constantly working on projects around the house, serving his family and neighbors, or working in the LDS temple – always in his quiet, humble way. When faced with challenges, he met them head-on and often encouraged those around him with a favorite phrase: "it makes men out of boys."

Even more than his love of hard work, Will loved God, his country, and his family, especially his dear wife, "Sister Baker." He met Sharey Ann Larsen at BYU, married her in 1964 in the Logan Utah

Temple, and moved with her to England where they began their family and a career with the US Air Force. Will was honored to serve his country, and he experienced great personal growth and development during his years with the Air Force, eventually retiring from the Reserves as a Lieutenant Colonel. Above all, he gave credit to Heavenly Father, and was quick to express gratitude to Him. Will recognized the Lord's hand guiding his decisions about family, employment, education and family history work.

Will was preceded in death by his parents (with whom he eagerly awaited a reunion) a sister, Laurel, and a daughter, Linda. He is survived by his wife, Sharey Ann, seven children – LeAnn (Michael) Johnson, Craig (Julie) Baker, Jennifer (Shane) Lawrence, Michelle (Joe) Gividen, Brian (Ashley) Baker, David (Tamra) Baker, and Camilla Baker - 30 grandchildren and six

great-grandchildren. A memorial service was held in Will's honor on Saturday, March 18, 2023 in Orem, Utah.



Cynda Lou Belmain

Cynda was the youngest child of Henry Arthur, and Alice Katherina (Hansen) Belmain. She was born July 28, 1947 in Rawlins, Wyoming, and passed away March 14, 2023 In Orem, Utah, at seventy five years of age.

She is survived by her Brother Jack (Connie), of Alexandria Minnesota, Brother (Pete) Eugene Ray, (Gloria), of Brush Colorado, Sister Dawna Rose Rice (Marlin), of Spanish Fork, Utah, Sisters -in-law Jennie (Robert) and Carolyn Belmain (Charles),

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many nieces, nephews and great nieces and nephews. Preceding her in death were Robert (Bob), Darlene Marie, and Charles.

Cynda served faithfully in many callings in the Church of Jesus Christ of Latter Day Saints, including working in the Denver, Colorado Temple for many years, several along side of her mother. Although Cynda, nor her mother drove a car yet they were able to get to almost any destination because they had so many friends.

Cynda and her mother lived together for many years, they had three beloved dogs that gave them both love and companionship that enriched their lives, Missy, Missy Dawn, and Oliver. Cynda always talked about Oliver. Cynda loved her flower garden and spent many hours growing her flowers and pulling weeds.

While living in Bel Aire, she had two dear friends and companions, Beverly and Sheri. At Bel Aire, Cynda enjoyed helping in the garden with the plants and flowers. Dawna and Marlin were surprised one day to see several large pumpkins outside her window at Bel Aire.

When Bel Aire received the news of Cynda's passing they mentioned that after Cynda moved to Orchard Park, Bel Aire

missed Cynda having everyone signing birthday cards, attending church, going to entertainment, being greeted when they arrived and made welcome. Cynda loved music and would sing along with the entertainers that performed at Bel Aire.

She had a wonderful memory and remembered how to get to different places even if she only had been there once. When she was younger she rode bicycle everywhere. She was also a great hiker, she had a long stride and could walk great distances. Cynda will be missed by family and friends everywhere.

Memorial Service will be held on Friday, March 24, 2023 at 10:00 am at the Cedar Fort LDS Chapel.

To leave condolences, visit www.legacyfunerals.com



Justin Darren Green

With great sadness, we are sharing that our son and brother, Justin Darren Green, passed away on February 18,

2023. Justin was 29 years young and lived in Layton, Utah at the time of his death. He is the son of Darren Jay and Helen Moss Green of Centerville, Utah.

Justin Darren Green was born June 25, 1993, in Stockbridge, Georgia (Henry County). He lived in Fayetteville, Georgia the first four years of his life, with his parents and older sister, Jennifer. We had great friends and shared fun times together. In 1997 our family moved to Layton, Utah. His younger brothers, Ryan and Kyle, joined the family in 1999 and 2003. Justin attended Mountain View Elementary School, North Layton Junior High School and graduated from Northridge High School in May 2011. He earned his Eagle Scout Award in June 2011. After high school, Justin attended Weber State University in Ogden, Utah from 2012 to 2014 and Utah State University in Logan, Utah from 2014 to 2016. In April 2017, Justin received his Bachelor of Science in Psychology with a minor in Music from Weber State University while living in Centerville, Utah. In 2020, Justin bought a home in Layton, Utah.

Justin loved the outdoors and connecting with nature; he especially

loved spending time in the mountains. He enjoyed backpacking, camping, fishing, hiking, and hunting with his brothers and many friends. Justin loved to travel and went on many vacations with family and friends.

Justin's greatest passion was his music. He started learning to play the guitar at age 14 with teacher and life-long friend, Daniel Quintana. Since then, Justin devoted his free time to grow into an exceptional guitarist. He practiced, played, and composed numerous songs from rock and roll to country, classical to jazz and everything in between. Justin shared his love for music with everyone he knew. He began teaching guitar lessons at the age of 16 and continued throughout his life. He volunteered to play at assisted living centers; accompanied for several colleagues and students; spent countless hours collaborating and playing music with friends; recording songs and performing with the band he loved, "The Multitudes".

Justin had such a kind heart and a vibrant personality; he was compassionate, empathetic, charitable, patient, loving, and cared deeply for the community and helping others. Justin

always worked hard and was passionate about his work. Early in his career, he worked with troubled youth groups and in assisted living centers. Justin then worked for Intermountain Healthcare at Primary Children's Hospital and Layton Hospital for several years. He also volunteered for several years at Camp Hobé, a local summer camp for children and youth with cancer. In the summer of 2022, Justin began working full time at Riverton Music in Layton, Utah, while continuing to teach guitar and pursue his love of music.

Those who knew Justin, know that he is an open minded, accepting, generous and loyal friend and mentor. He was always willing to help in any way he could. His bright smile, genuine laugh and witty sense of humor brought joy to everyone around him.

Justin was preceded in death by his maternal grandparents, J.R. & Donna Moss and best dog ever (Dexter). He is survived by his parents, Darren J. & Helen M. Green, siblings Jennifer Rae Green (Michael Ferro), Ryan Samuel Green (Kiyana Andersen Green), Kyle Richmond Green, paternal grandparents, Ray L. & Carma

Meldrum Green, and many aunts, uncles, cousins, and friends.

For years, Justin struggled with depression. We, as his closest family and several close friends, knew and we all tried so hard to help him. He tried everything he could to help himself, as well. It just breaks our hearts. We wish he could have seen the impact he has made and the joy he brought to all the people in his life. We think he knows now.

We wish we still had his love and light with us. We are so devastated. We do feel some peace knowing that he no longer suffers and is with some family and friends who went on before him. We also know he has been in the loving arms of our Savior and Redeemer, Jesus Christ. However, we long to see that smile, to hear his music and to feel his embrace. We all love him and will miss him dearly.

If you would like to see and add photos/memories of Justin, or donate to a worthy cause, please go to: everloved.com/life-of/justin-darren-green/ Please know that help is available. If you or someone you know is struggling or in crisis, call or text the National Suicide Hotline '988' or chat at 988lifeline.org

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Payson High School's Tallin Kunz takes home 5A State swimming title

By Ariel Higgs

Tallin Kunz, a Senior at Payson High School, took first at the Utah State 5A Championship Swim Meet in the 100-yard breaststroke with a time of 56.69. This is the first state title that the Payson High School swim team has ever claimed, adding extra sweetness to the victory.

Tallin began swimming competitively at age 10, following in his older brother's footsteps. When his brother moved up from the Payson City Summer Swim Team to swim on the UV Aquatics club team, Tallin followed and soon began to pick up speed. Now, seven years later, Tallin holds all of the individual records for boys swimming at Payson High School. Being such a fast and versatile swimmer has opened up many opportunities for him and he has committed to swim for Brigham Young University.

"I like how (swimming) kind of just brings people together," Tallin said. "Swimming is a little bit more of a niche sport and your teammates and competitors are not just temporary;



they're friendships that last a while. It's really cool that I can make good relationships not just with my teammates but my competitors as well."

Tallin is a 4.0 student, and says that he is working hard to balance his academics and athletics. He said



he hopes to be involved in the sport for a long time to come. His mother, Kimberly Kunz said that her son has goals of swimming in the Olympics.

"I want to stay involved with something that keeps me active and involved with sports and people," Tallin said. "I really enjoy teaching

and coaching. I want to give back to the sport."

Outside of the pool, Tallin likes to spend time with his friends and family. He enjoys watching sports, especially swimming, whenever he can. He is looking forward to the future both in and out of the pool.

Goshen Fifth-Graders Visit the Utah County Sheriff's Campus

By Lana Hiskey

Goshen Elementary fifth-graders had the opportunity to visit the Utah County Sheriff's Campus in Spanish Fork. The students started out by visiting the 911 call center and learning what it takes to be a dispatcher. The students were able to go to the dispatch floor and actually watch calls being taken. While there, students were given the opportunity to ask questions to those dispatchers that were not taking calls.

Next the students walked to the evidence building where they were taught about how deputies enter evidence into their system. The fifth-graders visited the crime lab where they learned how criminologists gather and find evidence. They were taught how investigators find fingerprints and how investigators can find evidence even after criminals think they have cleaned up after themselves.

Then it was off to the SWAT shed where the students were able to



see the different ways that the Utah County SWAT team gets around and helps other police departments during

dangerous situations.

The last place the students visited before lunch was the Search and

Rescue department. Here they saw all of the vehicles that Search and Rescue use to find people that are lost. The fifth-graders saw boats, waverunners, 4-wheelers, snowmobiles, and lots of other fun equipment.

Mrs. Openshaw, Mrs. Haines, and all of their fifth-grade students want to give a huge shout out and thanks to Deputy Garrett Dutson for putting together their field trip. They had so much fun and learned so much!

2023 GOAL

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Alano Club in Provo offers help for those struggling with drug addiction

By Alice Johansen

In May 2022, a small group of sober alcoholics and drug addicts saw a need for additional resources to support recovery from drug and alcohol addiction. This group of people, sober alcoholics and drug addicts from the local community got together to establish and serve as board members of a new non-profit organization called the Utah Valley Alano Club.

After buying the old Masonic Temple in Provo, the organization created a place for 12 step groups like Alcoholics Anonymous (AA) to hold regular meetings. The Utah Valley Alano Club is an independent and autonomous organization that supports 12-step groups, but is not affiliated with them. It is run entirely by volunteers who are working on their own sobriety whether it be two years or two decades. It is funded through rent from groups, member contributions, donations, and other fundraising efforts. It is important to note that the Utah Valley Alano Club is one of the many Alano Clubs in locations across the United States including one in Salt Lake City and St. George.

Meetings are held at the Alano Club seven days a week. In addition to Alcoholics Anonymous, groups such as Narcotics Anonymous, Cocaine Anonymous, Crystal Meth Anonymous, Adult Children of Alcoholics and others all hold 12-step meetings at the club. Currently there are 30 meetings each week with available space to triple that number. The people who attend meetings at the club come from all walks of life, backgrounds, and circumstances.

A wide range of ages, as well as individuals from each gender, education level or socio-economic group are represented in meetings.

In any given meeting you might see anyone from the bank president to the bank robber. Each person has one thing in common: The desire to remain free from active addiction and improve their lives and the lives of those around them.

The 12-step model, which forms the basis of these meetings, focuses on the importance of admitting powerlessness over one's addiction and recognizing a higher power. This helps individuals achieve sobriety by taking responsibility for their actions, developing humility, and accepting that they cannot overcome their addiction on their own. Furthermore, the program emphasizes the importance of making amends for past mistakes, and living a moral and ethical life, which can help individuals develop a sense of purpose and meaning in their lives.

The meetings also provide an opportunity for individuals to connect with others who are going through similar experiences, which can be very important in building a sense of community and belonging. The fellowship and camaraderie that can be found in these meetings can provide a sense of hope and encouragement, which can be especially helpful in the early stages of recovery when the person is still struggling to stay sober.

Studies show that regular attendance at 12-step meetings can double or triple the odds of the addict achieving and maintaining

long term sobriety. Additionally, substance use disorders can have a significant impact on the mental health and well-being of not just the individual struggling with addiction but also their loved ones. Family members and friends of people with substance use disorders often struggle with feelings of guilt, shame, and responsibility for the addict's behavior, many developing their own mental health issues.

The need for recovery from drug or alcohol addiction has never been greater in the state of Utah.

According to the Utah Department of Health, Substance Abuse in Utah is a major public health concern that costs the State \$1.2 billion annually. These costs are from various sources such as health care treatment, criminal justice, work loss and other social services. Addiction can also have a detrimental effect on the individual's ability to maintain stable employment and support themselves and their families, leading to financial

insecurity and poverty. Substance use disorders also contribute to a range of social problems, such as homelessness, child abuse and neglect, and relationship problems. Studies suggest that up to 60% of incarcerated people have a history of substance abuse. For the homeless population, this number varies and can be up to 50%.

"There are still countless individuals and families in the community who suffer from effects of addiction and have yet to find recovery" according to Neal Wagner, Director of Operations. "We are happy that the Alano Club can increase the availability of 12 step meetings for those seeking recovery from the disease of addiction."

For more information about the schedule or to make a donation, please go to the website utahvalleyalanoclub.org or phone the club at 801-214-1430. elected student councils.

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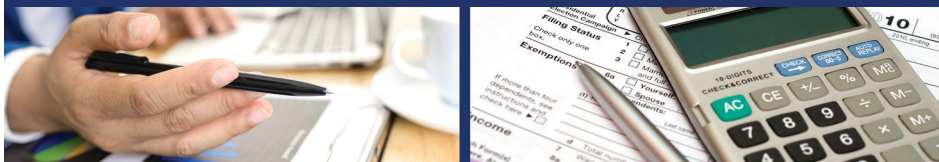
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Spanish Fork elementary students participate in 2023 Rodeo Reading Challenge

By Lana Hiskey

Spanish Fork Fiesta Days is sponsoring the 2023 Fiesta Day Reading Challenge for all Spanish Fork elementary students, in an effort to encourage students to read. The goal of the challenge is for students to read more this year than last year.

Seth Perrins, Spanish Fork City Manager, started off the Rodeo Assembly by letting the students know how important it is to read. He captivated each student with his stories and humor.

Mr. Perrins said that in 2022, the students read a combined total of 2,241,059 minutes, which is the same as 37,351 hours, 1,556 days, or 4 years and 2 months. Rees Elementary students were the winners in 2022, and as the prize, was able to keep the Fiesta Days Rodeo Reading Trophy for an entire year.

At the assembly, Nick Hanks, the Fiesta Days Rodeo Chairman, taught the students about different events in a rodeo and showed a PowerPoint with real-life photos of cowboys and bullfighters from the previous Fiesta Days Rodeos prepared by Angie Warner, the Fiesta Days Rodeo Secretary. Some of the Rodeo events include saddle bronc riding, steer wrestling, bareback riding, tie-down

roping, team roping, barrel racing, and bull riding.

Mr. Hanks introduced the 2022 Fiesta Days Queen, Morgan Ivie, who enthralled the students with her sparkly personality and outfit. A new Fiesta Days Queen will be selected for 2023 before the Fiesta Days festivities begin.

The Rodeo Reading Challenge starts April 1, 2023. Students will read and keep track of their reading time the entire month of April so they can meet their reading goal to get their name in a drawing. One student from each grade in each Spanish Fork school will receive two tickets to attend the Fiesta Days Rodeo. Out of those students, two lucky students will be drawn to receive not only two rodeo tickets, but a pair of Wrangler jeans, a pair of Justin boots, and a Resistol cowboy hat.

“When we first started the reading challenge and asked how many of the students had

been to a rodeo, we would get very few hands raised,” Fiesta Days Rodeo Committee

Chairman Nick Hanks explained. “Now, eight years later, the majority of the students are raising their hands.

“Spanish Fork City is becoming more urban by the day. Twenty years ago, we had a lot of horses and cattle in the



Nick Porter, Morgan Ivie, Nick Hanks, Angie Warner presenting information to local elementary students about the annual Rodeo Reading Challenge.

city limits,” Hanks continued. “Today, much of the farmland has been replaced with homes and businesses. The Fiesta Days Rodeo Reading Challenge has allowed our rodeo committee the chance to keep our western heritage

alive.”

Good luck to each of our Spanish Fork elementary schools for 2023!

Nebo students can be a Nebo Hero by surpassing their reading goals.

Springville organization working to support individuals' reentrance into society during 'Second Chance Month'

In April the U.S. Department of Justice is celebrating what is known as Second Chance Month which aims to “build meaningful second chances” for individuals returning back into the communities after having spent time in the prison system.

My Story Matters is an organization based out of Springville that is dedicated to this cause all year long with the added initiative of telling the stories of many of these individuals. This organization does so by recognizing the importance of helping individuals, communities and agencies across the country by supporting the safe and successful reentry of millions of people returning from incarceration.

“My entire life I grew up on the streets,” one of the beneficiaries of My Story Matters wrote. “I moved from ‘home’ to ‘home’ and never knew where my next

meal was coming from. From the time I was young I learned to survive. I didn't see any other way of living.”

There are dozens of these stories inside the walls of the prison and jails in Utah. Every week, certified guides with My Story Matters teach individuals to dream again by identifying what in their story needs changed and what future they want to create. The hope is to empower them with the tools they need to chase that vision of transformation for themselves.

Here at My Story Matters, our goal is not to remove justice; we are there to provide a path and inspiration for transformation so that when these individuals return to our societies, we are happy to have them as neighbors. We have also learned the value of needing solid reentry support networks to ensure their

success in returning to society with avenues and communities for success.

We believe that life is full of second chances for everyone, whether behind metal bars or behind the bars of life that just hold us back. The questions we ask those in our care are the same questions we ask ourselves: What are you looking for to give your life the joy and happiness that you deserve? What do you want in life? What will it take for you to get excited and go after your hopes and dreams?

My Story Matters brings the tangible to the intangible as you work to build a future you want. As you begin to find a voice for what you want and take the necessary action steps, you will see that vision come to life. What a great opportunity to give yourself a second chance at whatever you want to create for your next chapter.

During the month of April and all year long, we at My Story Matters, hope that you will join us in supporting second chances.

If you or a loved one is in need of support, please go to mystorymatters.org.

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Shopping Carts Don't Have Turn Signals

By Joe Capell

You don't need a driver's license to push a shopping cart, but maybe you should.

Over the years I've spent my share of time inside grocery stores, department stores, warehouse stores, dollar stores, and even craft stores. And one thing I've found is that, no matter what kind of store it is, people don't know how to properly drive a shopping cart.



shopping carts and automobiles, namely, four wheels, a metal frame, and the ability to carry a load. Likewise, there are a lot of similarities between how people drive shopping carts and how they drive automobiles. Unfortunately, most of the less-than-desirable driving traits seem to carry over between the two. In fact, those traits might even be heightened when pushing a cart.

Have you ever seen someone driving down the road while looking at their phone? Of course you have. As I see it, this happens even more often with people pushing shopping carts. They'll be talking to someone, or looking at their shopping list on their phone

without any regard to people around them, let alone where they're pushing their cart.

Shopping carts don't have turn signals or back-up lights, so this presents some confusion and a hefty amount of miscommunication between distracted cart pushers (DCPs for short) and other store goers. DCPs will suddenly change directions without warning, or they'll stop and quickly back up because they realize Pop-Tarts were on the aisle they just passed.

DCP's will park their shopping cart in such a way that it blocks the entire aisle so that no one can pass while they try to decide which flavor of yogurt they should get.

Excess speed isn't usually an issue with shopping carts, but it is occasionally – especially with kid car carts. Many grocery stores have carts

that have an addition in the front that looks like a car and seats one or two young children. I've seen a lot of parents who feel the need to run while pushing these carts while making race car "vrooming" noises. (92% of the time it's the dad, but there are a few mommy "vroomers.")

Occasionally, parents will let the kids push the cart. This is all cute and wonderful until you are standing there minding your own business, and a shopping cart suddenly slams into the back of your ankles.

It gets so bad sometimes that some might suggest a person need a license to drive a shopping cart. It's a thought, but it might be taking things a bit too far – the DMV is a nightmare enough already as it is.

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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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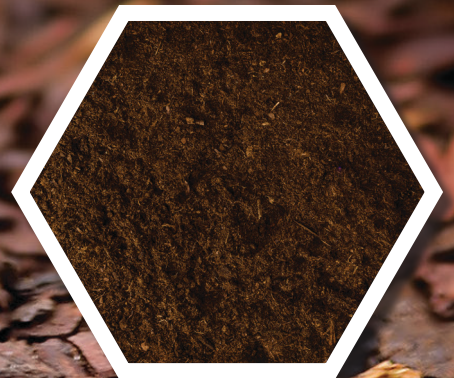
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