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**PAGE 12**

# Five Fall Hikes for the Best Fall Foliage

By Alex Sousa

As summer's warmth surrenders to the crisp embrace of fall, Utah County undergoes a breathtaking transformation. The landscape awakens with a burst of vibrant hues, making it an ideal time to embark on autumn hikes. Trails in southern Utah County offer an escape into nature's most magical season.

Whether you're seeking a rejuvenating soak in natural hot springs or yearning for panoramic views from lofty summits, this region boasts a collection of trails that showcase the magic of fall in every step. These captivating hikes highlight the vibrant hues, serene landscapes, and moments of tranquility that define the season.

**Near Mona**  
**Devil's Kitchen Viewpoint Trail**  
**Distance: 0.2 miles**  
**Difficulty: Easy**

Utah County's iconic Nebo Loop Scenic Byway is a quintessential autumn road trip, boasting captivating vistas at every turn. The Devil's Kitchen Viewpoint Trail, a simple, easy hike along the Nebo Loop, is a must for fall foliage. The trail leads through groves of aspens, allowing you to immerse yourself in a kaleidoscope of colors. The real treat awaits at the end of the trail—a unique rock formation known as Devil's Kitchen. Set against a backdrop of flaming leaves and vibrant undergrowth, this geological wonder is a photographer's dream.

The path is paved and quite short for a leisurely hike to enjoy some of the most vibrant colors that Utah's autumn has to offer.

**Springville**  
**Hobble Creek Trail**  
**Distance: 1.8 miles**  
**Difficulty: Easy**

Hobble Creek Canyon is a treasure of Southern Utah County, and the Hobble Creek Canyon Trail is a delightful introduction to its seasonal charm. The trail meanders through picturesque meadows and dense woodlands, punctuated by the vibrant hues of changing leaves. As you explore, keep an eye out for the dance of golden leaves drifting gently to the ground, creating a scene straight out of an autumn fairytale.

It's a pleasant trail that's paved along the creek, which makes it a great choice for families with children.



HIKES CONTINUED ON 4



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# Utah Valley Woodcarvers Event

By Kevin Jennings

If you'd like to be astounded, speechless, and utterly amazed all at the same time, this event is just for you.

The Utah Valley Woodcarvers Club is about to have their annual show. The show is open to anyone, even if you are not a current member of the local woodcarver's club. The featured woodcarver for the event is Ray Carlsen.

You may be surprised to learn woodcarving has been around for about 12,000 years. The primary difference between woodcarving and whittling, if there is a difference, boils down to the various tools used by each artist.

You likely aren't aware there are different methods and types of carvings as well – chip carving, relief carving, spoon carving, treen, and several others. Some carvings are produced on non-wood material such as antlers.

At this family show, there are at least five skill levels that will be judged with the best of the best awarded ribbons. There are categories for youth woodcarvers, novice entrants, and various levels of experts in the craft.

Expert woodcarvers will be on hand to display entries, answer questions, demonstrate various carving techniques, share woodcarving experiences, and to assist with other areas of woodcarving dilemmas and guidance.

Each entry is judged on its own merit as prescribed by the judging criteria and is not compared to other carvings.

## Learning the Art

What if you find this show inspirational or motivational and you'd like to learn more about becoming a wood carver yourself or know someone that would be a great fit for this

creative and relaxing hobby? Well, you're in luck . . .

An experienced and local woodcarver in Provo, Susan Hendrix, offers very affordable classes and class gift-certificates to those that would like to learn woodcarving or would like to have a friend or family member explore the possibility of learning woodcarving in a small class environment.

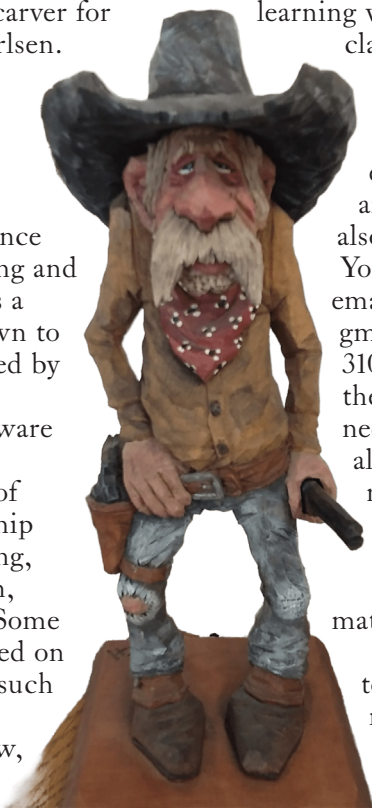
Susan holds weekly classes for all ages and levels of interested artists each week on Thursday and Friday mornings and also on Thursday evenings. You can contact Susan via email at: [susanlhendrix@gmail.com](mailto:susanlhendrix@gmail.com) or call her at 801-310-2078. Students between the ages of 9 and 12 will need to have a parent come along to assist. Classes are reasonably priced at \$20 - \$25 for 4 - 5 hours of instruction. Reach out to Susan for more information.

You'll find woodcarving tools, catalogs, and carving materials are also available locally at Treeline in Provo. Treeline has a great YouTube channel with well over 100 videos that will give you a glimpse of this fantastic expression of art. You can contact Treeline at [www.treeline-usa.com](http://www.treeline-usa.com) or call them at 801-373-5786.

## Show Details

The 2023 Utah Valley Woodcarving Show will take place at the Veteran's Memorial Building in Spanish Fork, 400 North Main Street, on Friday, September 22, 2023 from Noon to 6pm and again on Saturday, September 23, 2023 from 10 am to 5 pm. Admission is only \$3 (cash or check only) and anyone 10 years old or younger gets in free.

This once-a-year show is pure fun and astonishment. You'll regret it if you miss out on this experience, so mark your calendars – twice.



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**Near Santaquin  
Grotto Falls Trail  
Distance: 0.6 miles  
Difficulty: Moderate**

Venturing into Payson Canyon unveils the charming Grotto Falls Trail, a local favorite for autumn escapades. This family-friendly hike features a well-shaded path that winds through a canopy of aspens and oaks, providing an intimate connection with nature's transformation. The trail leads to a hidden cascade, a serene alcove surrounded by colorful foliage, where hikers can pause and reflect amidst the tranquil beauty of the season.

foliage. The trail is flanked by groves of aspen and maple trees ablaze with red, orange, and gold. As you traverse the path, the air is imbued with the soothing scents of autumn, leading you to the soothing embrace of natural hot springs. Immerse yourself in warm waters while surrounded by the serene beauty of the canyon's colorful foliage.

As it's a popular trail, there have been reports of trash being left behind by some hikers. Those who want to help keep the area clean can bring a sack along to collect any garbage they may find.

unfolds around you, offering breathtaking panoramas of Utah County's southern landscapes. The summit rewards hikers with unobstructed views of the Payson Lakes area, Mt. Nebo, and the surrounding valleys, all painted with the rich colors of

autumn.

Some sections of the trail can be steep, so trekking poles can be very useful. There's also no water, so anyone taking to the trail will want to bring plenty of their own.

**Mapleton  
Fifth Water Hot Springs Trail  
Distance: 4.5 miles  
Difficulty: Moderate**

Amidst the stunning beauty of Diamond Fork Canyon lies the Fifth Water Hot Springs Trail, a mesmerizing journey through vibrant fall

**Santaquin  
Loafer Mountain Trail  
Distance: 11.2 miles  
Difficulty: Difficult**

For those seeking a more challenging expedition, the Loafer Mountain Trail near Santaquin offers a spectacular adventure. As you ascend through thickets of aspens and evergreens, the vibrant foliage



Autumn photos by Alex Sousa.



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# The Rivoli Theater in Springville – Some Good News

By Kevin Jennings

The Rivoli Theater in Springville has outwardly appeared empty the past few years. Well, we have some news to report to our readers.

The Rivoli (RIV-o-lee) first opened in late 1927 with a silent film. It was the second theater located in Springville as the Star Theater had been operating for a few years prior to the Rivoli.

The Rivoli theater added sound in 1929 that set it apart from the Star, allowing for the presentation of 'talkies,' not just silent-only films.

Live performances of animal acts and magic shows were viewed along with the large number of movies presented through the years.

The Rivoli has changed owners a number of times through the years and has also been known locally as the Villa Theater and the Villa Playhouse.

According to Melissa Cannon-Johnson, the theater's current owner (and new mom), the Rivoli is in fact being used currently, although it is not yet open to public viewings of motion pictures.

Melissa is excited to one day invite the public to the revitalized theater to share in the enjoyment of an inspiring performance and be together as a community.

The current condition of the building is fittingly described as leaky and creaky. The building has not seen much in the way of updating over the years and the needed renovations come with a challenging price tag.

Future plans are to renovate in phases and keep the building true

to its vintage design and features while vastly improving a multitude of amenities including restrooms, lighting, sound, and installing a modern camera system that will allow for the streaming and recording of all performances.

It is encouraging to know that Melissa has previously been a film and television producer. She already has a list of contacts and friends in the business that can be called upon for their creative talents.

Those friends will be influential in creating a newly rejuvenated Springville theater that will become a welcoming and comfortable venue for everyone in the area once again.

The vision of the revived Rivoli theater includes providing a place for the showcasing of gifted actors, musicians, and film makers. There are great plans for bringing loads of big talent to Springville on the stage, through films and film festivals, and by way of screen writing events.

From its inception nearly 100-years ago, the Rivoli has been celebrated as the place to be seen in Springville. Whether it was a first date, a last date, or an everlasting romance, wait just a little longer and similar experiences will once again take place at the Rivoli theater.

Watch for the latest updates on social media platforms and reach out for ways you can get involved with the new Rivoli Theater. On Instagram: therivolitheater and on Facebook: Rivoli Theater Springville.



The logo for Tire Buster's Supreme Auto Care is displayed in a stylized font. Below the logo, the slogan "WE GO ABOVE &amp; BEYOND" is written in large, bold, blue letters. The background of the logo features a close-up of a tire being worked on.

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Kyle Gay.

# Payson Band remembers longtime ‘conductor’ with tribute concert

By Ari Brown

On Aug 27, the Payson City Band paid tribute to one of their own in a special concert held at Memorial Park.

Kyle Gay, who became a fixture at the Sunday Concerts at the Park as a featured conductor, passed away on Aug 23 at the age of 59.

Gay had Down Syndrome, and learned early on that he had a love of music. According to band committee member and announcer Kenton Phillips, Gay began his relationship with the band oddly enough while in his Latter-day Saint ward.

“Kyle was in the same LDS ward as a member of the band who was actually the director at the time, Roger Holt,” Phillips recalled. “Kyle was leading the music in priesthood, and Roger Holt said,

‘Well, gosh, if he can do that, let’s have him announce or let’s have him lead a number in the band.’ So we started in the mid- late-eighties doing that. Kyle would patiently wait his turn and he go and conduct a song or two.”

Phillips explained that as the years went on, Gay became a fixture in the band.

“Roger started having Kyle conduct every week ... “When Wayne Huff took over in 2001, we started getting band shirts, and he said that we should get Kyle a band shirt. Kyle would wear the band shirt proudly every week, and we got him one and every time we would get new shirts and he was just so excited to have one.”

Not only was the band invested in

Gay, but he was every bit invested in the band. Phillips explained that Gay walked five blocks to the concert every week, and even donated money from his own paycheck from his job washing and folding laundry to the band.

His dedication to the band was outlined in his obituary with a story that his family holds dear.

“Band concerts were his favorite, and he had a front row seat every week,” the obituary stated. ... “Grandpa Morden’s viewing was on Sunday night, and (Kyle) still insisted he needed to go to the band concert. ... “We are so grateful to all those that have him this wonderful privilege.”

Gay did everything he could to attend the band concerts, but un-

fortunately, health concerns took a toll in 2020, and Phillips said that it made it difficult for him to do what he loved.

“In 2000, when COVID hit, he had some health concerns and he wasn’t able to come back,” Phillips said.

The concert at Memorial Park on Aug. 27 was a way to bring Gay back if just for a moment, and Phillips said that it was a special night.

“It was a great concert and really well attended,” he said.

As the concert closed, those who knew Gay, no doubt felt his presence and imagined his larger than life smiles and bows and wave of baton.

**WHAT ARE WAYS THAT YOU CAN SERVE DAILY?  
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# Protecting the Children of Our World

By Kevin Jennings

A number of months ago, there was a news story and video of a woman attempting to load a number of items and a child into a car on a windy day.

When it was the child's turn to go in the car, the lady turned to assist the little one only to see the baby and stroller quickly rolling away unattended towards a busy street with fast moving traffic.

Just as the stroller got to the sidewalk, an angel of a man who just happened to be in the right place at the right time, caught the wind-propelled child before tragedy could claim its victim.

The man said he wasn't a hero, just lucky enough to be able to do what anyone would have done if given similar circumstances.

So, would you, assuming the circumstances were yours at the time, have attempted to catch the child and stroller before it met certain heartbreak?

If you answered yes, or would have at least tried, keep reading – this story is for you. If you answered no, keep reading – you need a story like this.

In our world, there exists a diverse number of good and bad characters. Count yourself as one of the good and prepare yourself to made aware of opportunities to save the lives of innocent children from around the globe.

Some of the bad characters choose to traffic innocent children. It is a big business with an estimated 40+ million victims overall, including 10 million children. (Data is from <https://ourrescue.org>)

Human trafficking is second only to illegal drugs in the United States as the largest illicit industry. Children are trafficked for a number of various forms including forced marriage, armed militia (child soldiers), sex-tourism, begging, migrant farming, pornography, sweatshops,

domestic labor, and begging.

Of those several forms of human trafficking, the U.S. sees about 72% of detected survivors being handled for sexual exploitation.

There are approximately 70 million child sexual abuse material (CSAM) files as of 2019 and almost 55 million of those files involve children under 12 years of age.

CSAM refers to content created in the form of photos, videos, live-streaming, and digital images as well as computer generated images that are indistinguishable from a live human.

It is a fact that child sex trafficking has been reported in every state in America. In Utah, just in 2021, 78 human trafficking cases involving 118 victims were reported. Of those 78 cases, 82% involved sexual exploitation. (<https://htcourts.org/utah/#>)

As of 2020, the internet is the primary location for all forms of

human trafficking. The internet is also the chief place to learn to fight human trafficking and to protect our loved ones and neighbors around the world.

In the recent non-Hollywood independent film, "Sound of Freedom", a true and innocent scenario is played out that causes a man to lose two of his children to traffickers while it is his understanding that he is helping his kids to further their talents and to earn respect along life's journey.

The Child Rescue Coalition (<https://childrescuecoalition.org/educations/>), has a number of educational ideas available for parents, grandparents, friends, neighbors, and concerned individuals that want to learn what can be done to combat this alarming trend of child abuse in various forms.

Here are Ten Tips from experts:

CHILDREN Continued on Page 8.

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**CHILDREN** From Page 7.

1. Have access to their passwords – extremely helpful if someone goes missing. Easily adapted to remaining in a sealed envelope “in case.”
2. Monitor their online activity with apps or software. Potential issues of concern are flagged, giving you a sense of peace.
3. Sign a two-way family contract that outlines expectations for everyone.
4. Agree that no devices are allowed in the child’s bedroom,

especially at night. This helps keep predators away from your loved ones.

5. Don’t ‘friend’ others not personally known to you or your children. Fake profiles are all over the web – and can be found in social media.

6. Have open dialogue with the children. Don’t avoid certain subjects because they are uncomfortable in nature. Let them also approach you with subjects that is of concern or creates curiosity for them.

7. Pause before you post online. 39% of teenagers report posting online and later regretting. Parents could also learn from this little tidbit.

8. Common area charging of devices. This allows kitchens and living rooms to serve as open areas of device monitoring.

9. Online games must have parental control settings. Nearly 60% of kids in the 8 to 12-year-old range play online games not intended for

children.

10. Employ a weekly device check of all devices. Don’t have a scheduled day and time, vary it a little bit to get honest evaluations.

Everyone must realize “God’s children are not for sale” as was expressed in “Sound of Freedom.”

Like many things in today’s world, we must become vigilant in preserving our freedoms. Let’s pitch in and help make this world better for everyone.



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## Gordo's Fun Farm offers fun for the family this fall season

By Ed Helmick

My wife and I enjoy the rural landscape of South Utah County and frequently take drives to view our local farmland. On such a drive a few days ago we came across a field adjacent to Utah 77 that had several old farm trucks with kids' slides and various doors and windows that looked fun and inviting to climb through. It looked like it could soon become a kid's harvest playground. A few days later we went

back to meet the people behind this eye-catching farm field, and learned that it has been family owned and run since the early 1900's.

As it turns out, the farm itself is owned by the Gordon family, and is called Gordon's Family Farm. The inviting playground area that my wife and I saw is also part of the farm, but is called Gordo's Fun Farm, and is run by a grandson named Brady Gordon, along with

his wife Madelyn Gordon. Brady said that he is "living the dream of his life."

When I spoke to the young couple, I learned that they love the farm life and harvest time activities for the kids are a highlight. The farm supplies regional markets, as well as direct sales to the public through its small roadside produce shed.

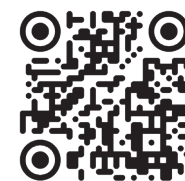
When asked about pumpkins, Brady said they have 35 acres growing both orange and white pumpkins. He added that white pumpkins have become increasingly popular in the last few years. They love showing the farm life to city kids, which they have been doing since 2020.

According to the farm website, this year there will also be a corn maze and pit, train rides, a petting zoo, playground, yard games and seasonal drinks and snacks. They also host field trips for local schools. While you are visiting the fall harvest celebration don't forget to pick up some farm fresh produce such as sweet corn, pumpkins, squash,

and other seasonal produce.

Gordo's Family Farm opens September 15, and will remain open until October 31, and is open from 12p.m. to 9 pm. Monday through Saturday. General admission is \$8.00, with children under the age of 2 being free.

For more information, go to [gordonfamilyfarms.com](http://gordonfamilyfarms.com) or call 385-985-5946. The farm is located at 5746 South 3200 West, Spanish Fork.



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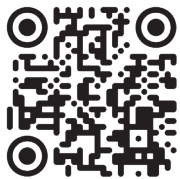
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## Bikers Against Child Abuse has been keeping children safe since 1995

By Kevin Jennings

A biker gang – you’ve seen them in movies, heard about them in the news. Maybe you’ve seen them on the road while you were out and about yourself.

Perhaps you were even a bit skeptical of their aims. Well, here’s an introduction to an interesting and valuable group of bikers unlike those stereotyped by moviemakers and others.

Bikers Against Child Abuse (B.A.C.A.) is an international non-profit entity that was founded in the mid-nineties in Utah with the purpose of creating a safe environment for abused children. The founder was a Licensed Clinical Social Worker working part-time as an instructor at Brigham Young University.

B.A.C.A. began with the idea to assist a single victim. The first ride included over two dozen bikers that visited a wounded child and invited that child to become a part of a safe family, even a family of bikers.

That eight-year-old child had previously chosen to remain within

the walls of his home due to his fear of those that had abused him. Soon after contact from B.A.C.A. members and their support of that child, that same young boy was seen out and about, enjoying his childhood as any young person deserves.

With that first successful encounter, word spread regarding the achievement in Utah. The first two chapters of B.A.C.A. were formed in Utah. Then chapters formed in Oklahoma, Missouri, and Texas.

Today, B.A.C.A. chapters are located in nearly every state and throughout multiple countries around the globe. Anyone who thinks that these bikers are vigilantes for hire are sorely mistaken.

Local B.A.C.A. chapters attend many community events to answer questions the public may have about them. This interaction allows the bikers to educate the public regarding their mission to protect and support victims of abuse as well as to raise awareness of the epidemic itself. Presentations are given that effectively demonstrate the opportu-

nities to get involved in preventing child abuse.

The local chapters receive referrals from parents, guardians, law enforcement agencies, and child-care agencies. Their representatives often meet with police agencies informally to educate and introduce the biker’s goals towards victims and to remove any concerns that they are trouble makers. This, in turn, helps the police reassure the public that they have nothing to fear from this group of bikers.

You may be surprised to learn that every member of B.A.C.A. submits to a federal background check, including being fingerprinted. This safety measure and others help to ensure that members aren’t abusers secretly looking for prey.

They also pledge to an internal policy that requires at least two members of B.A.C.A. be present at all times a child is in attendance with or interacting with the biker members.

Although they don’t endorse the use of violence or physical force,

B.A.C.A. members are ready to protect any abused child from further abuse, even at the personal expense of becoming the lone obstacle between the victim and their abuser.

Time and again, B.A.C.A. members are asked, “How can I help?” or “It’s about time somebody is really doing something.” or sadly, “I wish you guys were around when I was a kid.”

You can visit the B.A.C.A. website to explore even more about them. Just type [bacaworld.org](http://bacaworld.org) into your favorite browser.

B.A.C.A. members don’t claim to be especially popular with those residing behind bars for their poor choices against children and they don’t claim to be popular amongst those individuals that prey upon children.

They are near-proud of their resolve to make enemies to those that harm the children of our society.

As they honorably declare, no child deserves to live in fear.



Kate & Jack prepare the cookie dough to create a brighter tomorrow for a recipient of the finished cookies as seen on the cover.

# SPANISH FORK SIBLINGS FIGHTING CANCER WITH COOKIES

By Nick Thiele

In a heartwarming display of compassion and creativity, two local children have taken it upon themselves to make a difference in the lives of kids battling cancer. Kate, 11, and Jack, 6, from Spanish Fork are siblings who have embarked on a sweet mission - using their love for baking to raise awareness and funds for children undergoing cancer treatment.

Kate and Jack started the Baking Brighter Tomorrows initiative through Youth-Led Charities (YLC), a 501c3 nonprofit that empowers youth to turn their passions into purpose. Baking Brighter Tomorrows makes it easy and fun for families to spend time together while helping kids with cancer. By simply baking a treat and sharing it

with friends and neighbors, families can make a difference in the world by serving together.

What started out as just a simple idea quickly blossomed into something much bigger than Kate and Jack ever expected. Families throughout the U.S. heard about the Baking Brighter Tomorrows program and started to get involved. Within just a few weeks, families in over a dozen different states were baking treats and delivering them to neighbors in a unified effort to help kids battling childhood cancer.

One of the stories we heard about is of Briggs and Keisel, two brothers in Texas, that heard about the program and jumped on the opportunity to help. Their cousins Jaylee battled childhood cancer for many

years, so they wanted to do this for her. Briggs and Keisel baked a few plates of cookies and delivered them to friends and family. Their favorite delivery was to Jaylee's house where they were able to show the family that they've joined the fight.

When asked how she feels knowing that the program is inspiring children in other states to get involved, Kate said, "It feels really good. I hoped other kids would want to do it with us, but I didn't think that kids from all over the country would hear about it and want to help. The more people that do this, the more good we'll be able to do."

Baking Brighter Tomorrows was selected as the first Charity Challenge put out by Youth-Led

Charities. YLC is based right here in Spanish Fork and publishes a monthly magazine called the Charity Challenger. The publication provides a monthly challenge, or activity, for families to raise awareness for childhood cancer. Each challenge is fun and easy enough that families to come together and make a real difference in the world. Even though each challenge is simple enough for children to participate in, the hope is that even families without children in the home can get involved and join the fight.

Youth-Led Charities provides a unique platform for youth to turn their passions into purpose. Historically, youth wanting to get involved

COOKIES Continued on Page 13

in charitable causes have felt limited to traditional activities like hosting a lemonade stand, or participating in a charity marathon. Through YLC, youth can now easily share their greatest passions to not only make getting involved easier and more enjoyable, but also more effective!

Young bakers, artists, musicians, athletes, mechanics - you name it - now have the ability to share their own talents to make one of the greatest impacts on the lives of families battling cancer. Since these

are things that youth are passionate about and doing in their free time, youth are not adding to their already busy schedule to be able to get involved!

We asked Nick Thiele, the Founder and Director of Youth-Led Charities, how youth sharing their talents helps raise awareness for childhood cancer.

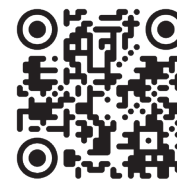
Thiele replied, "The mere act of youth doing something to support a great cause is inspiring, and it motivates others to support that cause.

Think about a charity marathon. Nothing magical happens when sneakers hit the pavement. People get involved simply because they see that the cause is important to the participant, and that makes people want to support it."

He continued, "Likewise, nothing magical happens when youth share a piece of artwork, or turn a piano recital into a benefit concert. The act of youth doing something because they want to make a difference in the world is enough to inspire

others to join the fight."

To learn more about the Baking Brighter Tomorrows, and to support Kate and Jack in this great cause, visit [youthledcharities.org/bbt](http://youthledcharities.org/bbt) or scan the QR Code.



## Federal grant helps Community Action Services & Food Bank to stop hunger in Utah

*Submitted by Jessica Miller*

Every day, people in Utah struggle to put enough healthy food on the table to feed themselves and their families. As costs increase, so does the problem of hunger in Utah.

From May 2022 to May 2023, our pantries saw a 155 percent increase in usage.

Community Action Services & Food Bank is committed to helping individuals and families lift themselves out of poverty and hunger. Generous donations from the community go a long way to supporting that goal, and we look for grants whenever possible to help stretch these donations even further. Community Action Services & Food Bank was recently awarded a Grower's Grant through the Local Food Purchasing Assistance (LFPA) program. Thanks to this amazing grant with funds through the Utah Department of Health and Human Services, Community Action Services & Food Bank will be able to help both underserved local food growers and hungry families in Utah.

### Feeding Hungry Families

More than 400,000 people in Utah are food insecure, which means that they do not always know where their next meal will come from. When it comes to the children in our state, one in nine

children don't get enough food to eat. Not having enough food to eat can lead to poor physical and mental health, which leads to poor physical and cognitive development.

Through the USDA grant, Community Action Services & Food Bank will be able to purchase and distribute more than \$600,000 of food through its six food pantries and distribution partners (Tabitha's Way, Christian Center of Park City, International Rescue Committee & MOSAIC Inter-faith Ministries) by the end of 2024.

### Providing Fresh Food

Food insecurity is more than just not having access to food; it also includes not having access to healthy foods.

Fresh, healthy food like fruits and vegetables, whole grains, and lean meats can be more expensive and even difficult to find. For people on a tight budget, dollars are stretched often by buying cheaper, and in many cases, nutritionally inferior foods. Eating foods that lack sufficient nutrition can result in long-term health issues, including type 2 diabetes, cardiovascular disease, and obesity.

Working with farmers and food producers in our community, Community Action Services & Food Bank will also alleviate this nutri-

tion insecurity, specifically providing struggling families with access to fresh, healthy food from local sources.

The LFPA grant will help Community Action Services & Food Bank expand its reach to work with growers and ranchers around the state to get fresh, healthy foods into the hands of hungry people. Many of these growers include Home Grown Greens in Corinne, Vann's Vegetables in Richfield, and IRC's New Roots CSA. Another program partner, the People's Health Clinic, will prescribe fresh, healthy food to patients with health conditions that can benefit from a better diet. These "prescriptions" can then be filled at CCPC's mobile food pantry.

### Helping Underserved and Minority Communities

Regional cooperation between different areas and cultures around the state leads to better service for underserved Utahns. Increased funding from this grant will allow us to work with more partners all over the state to reach more communities. We will be able to work with about 50 rural and refugee food producers in the state to provide fresh food to families through several food banks and programs.



Food insecurity can affect people of different cultural backgrounds in unique ways. In 2021, 22% of Black children and 18.5% of Latino children in the United States lived in food-insecure households. People who were born in other countries may have a hard time finding or affording food ingredients they are familiar with, which can contribute to food insecurity. Working with farmers markets and community gardens, will allow us to have a greater capacity to provide more fresh ingredients that are commonly used in cultural dishes that different communities are familiar with.

Food insecurity is something that hundreds of thousands of our neighbors all over Utah struggle with every day. Working together, Community Action Services & Food Bank, our partner organizations, and generous Utahns can work to put an end to hunger in our community.

# Spanish Fork Airport holding annual Wings & Wheels 'Festival of Speed'

By Ed Helmick

The annual Spanish Fork Airport open house event has become known as Utah's Festival of Speed. The open house will take place on September 22 and 23, and will be a great event for aircraft enthusiasts to see the ramp and runway being used for demonstrations of speed and skill that you don't usually get to see close up. It is an opportunity to witness fast cars and slow airplanes.

Two WWII airplanes, a B-17, affectionately called "Sentimental Journey" and a PB4Y Privateer will be coming to the Spanish Fork Airport for this year's event. For those not familiar with the Consolidated Aircraft Company Privateer, it is the Navy version of the Army Air Corp B-24. Numerous other interesting airplanes will be on display, along with an amazing car show of historical and exotic vehicles.

On Friday the 22, from 4 p.m. to 9 p.m., there will be competitive street racing and you will be amazed at how fast cars can get around the track layout. Helicopter rides will be available from 4 p.m. until 8 p.m. The powered parachute demonstration is scheduled to take place from 4 p.m. to 6 p.m., and from 6 p.m. until 9 p.m., we can witness how slow an airplane can fly in the scheduled "Bush Plane Event." There is no doubt that you will be "amazed" by the ability of the airplanes and the skill of the pilots.

Saturday, Day 2, gates open at 8 a.m. with airplane and car displays, helicopter rides, and tethered balloon rides. Car show awards will be presented at 10 a.m. An autocross race will be in progress from 8 a.m. to 3



## Wings & Wheels

p.m, and from 9:30 a.m. to 9:45 a.m., skydivers will drop into the event. The aerobatic airshow starts at 10:15 a.m. after the parachutists have landed, and will be a wonderful 2 1/2 hour demonstration of three-dimensional pilot skill.

The day's events will continue with the runway being used for car versus airplane races and then there will be a jet demonstration.

The "Exotic Car Runway Attack" will consist of speed runs down the runway, from 1 p.m. to 4 p.m., all while flybys and bush plane landings will sprinkle the day's events. The PB4Y Privateer Navy Patrol aircraft is scheduled to depart between 3:45 pm and 4:15 pm, and B-17 bomber rides will be conducted between 4 – 6 p.m. Saturday evening and Sunday morning.

The event is sure to be filled with things for everyone.

Tickets for this two-day event can be ordered at SFCityTix.com for \$8.00 for each day for anyone over 10 years of age. There is also a discount if tickets are purchased prior to September 10.



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## Can You Name 12 Crucial Areas of Emergency Preparedness?

By Kevin Jennings

Disasters disrupt thousands of lives every year, leaving behind lasting effects on people and property. After a disaster, many of our neighbors in the community may need help as well. Due to those needs, our first responders may be serving others and not able to get to you right away.

You and your family can take simple steps now to prepare for emergencies. When you do so, you take control—even in times of disaster uncertainties.

Many people are reluctant to prepare for disasters and emergencies because they don't know how or even where to begin. But know this, the better you are prepared, the more you will increase your and your family's ability to endure potential emergencies with confidence and well-being.

According to Ready.gov, people and families that plan for emergencies will:

- Help keep people safe
- Limit property damage
- Know what to do during and after a disaster
- Better manage their savings
- Support community preparedness
- Help their community get back up and running after a disaster.

Taking simple actions to protect against disaster helps you, your family, your community, and your country in important ways.

Be Ready Utah cites the following twelve areas of emergency preparedness, noting they may apply differently according to diverse conditions and situations:

1. First Aid
2. Water
3. Food
4. Cooking
5. Safety and Security
6. Hygiene and Sanitation
7. Shelter, Clothing, and Fire
8. Communications
9. Tools and Personal Items
10. Light and Power
11. Transportation and Navigation
12. Important Documents & Money.

To learn more in detail, visit Be Ready Utah's website by scanning the QR Code and click on each of the twelve buttons. Remember to consider in your disaster planning the needs of children, the elderly, and those with disabilities or medical needs.

The most important thing is to take action now. It doesn't matter what you know if you don't take the necessary steps to implement your knowledge. After all, what good is the information in a book that you haven't opened?



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# Spanish Fork ReStore closing its doors after 10 years

By Ari Brown

Spanish Fork ReStore will be closing its doors in November, and will be holding a customer appreciation event on September 26 at 10 a.m. to both liquidate products and tell its loyal customers thank you.

ReStore is part of Habitat for Humanity which is a nonprofit organization that helps community members in need be able to build or improve upon the homes they live in. The store itself was a place to purchase affordable household items like lighting, flooring and other supplies. Proceeds from sales fund the local Habitat for Humanity, and the store has been serving the community for close to a decade.

Store manager Marillee Marx explained that the store is closing due to circumstances out of its control, but will be moving in with the Orem location for the time being.

“Everything in Utah County is the same exact affiliate, so we’re just moving with our sister store for the time being when the market kind

of settles and we can buy another building,” she said. “I don’t know what the future holds, but customers down here have been amazing, and we want to hold an event to show our appreciation.”

Marx said that moving has been heart wrenching because of the community they will be leaving behind.

“The building owner sold the property, so they’re tearing it down and our lease is up,” Marx explained. “We have no option. We can’t stay and that in and of itself is just heart wrenching because the customer base that we have built — everything about it has just been the most amazing experience.”

Marx shared a time when she was the warehouse manager and didn’t have another employee working with her, and customers stepped in to help her.

“There was a time when I was the only one here, and was the only muscle and I’m only 5’3” and I’m

50 years old,” she said. “That day, customers just jumped right in and helped, and they didn’t even bat an eye.”

The spirit of helping one another is what ReStore and Habitat for Humanity is all about, and Marx said that it shows.

“Habitat for Humanity builds homes for families with various needs and they go through an extensive qualifying process,” she explained. “Once they’re picked, they go through, home maintenance and repair classes, budgeting classes and more to help them stay on their feet once they get there. ... They also do sweat equity, and there have been occasions when individuals have not been able to go on the build site for whatever reason, and they’ll come here and work off their hours and it has just been incredible.”

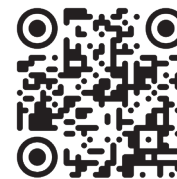
It has been working closely with the community at the Spanish Fork store that Marx said has made this

move so difficult, and why she says she hopes that the customer appreciation event will show the community what they have meant to the store.

The event will start at 10:00 a.m., and will have items to purchase at liquidation prices — things like carpet and other flooring items like linoleum and pad, as well as paint and paint tools. The event will also have food trucks and other things available to show appreciation.

“We appreciate our customers and want to give them the greatest deals as we possibly can.”

The store is located at 253 Arrowhead Trail in Spanish Fork. For more information, go to the ReStore - Habitat for Humanity Utah County, Spanish Fork book page.



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# Birdies Power Equipment celebrating 40 years In Business

By Kevin Jennings

Birdies Power Equipment in Springville is a locally-owned family business that started in a backyard shed about 40-years ago, buying and fixing lawn mowers found at thrift stores and yard sales.

Clint and Wendy Bird started the business to add income to a growing family. They moved into a bigger home in 1987 and started working from their garage.

Clint had a full-time job, so it was a struggle to keep doing the regular job and the growing business of repairing equipment.

In 1997, he took a leave of absence from his employer, Geneva Steel, to see if they could survive on just the income from the repair business.

Clint returned to his full-time job for a couple of months and quickly realized he needed to keep growing the repair business.

In just a short time, the business was too much for a garage mechanic and the business was relocated out of the garage to a downtown location.

Again, the business quickly outgrew that location and Birdies moved to a larger shop in Spanish Fork.

When the economy took a dive in 2008 – 2009, the Bird's struggled to stay afloat, but they did – and more.

Birdies found a better-suited shop in Springville and started the re-growth that continues today. They have added monthly RV parking to the mix.

They have been in their current shop location at 147 North 2000 West in Springville since 2011.

They began their business with just the two of them and have expanded with two of their children, Josh and Jared, as well as four other employees.

Wendy says, "We couldn't be where we are today without them, and our loyal customers who have followed us through the many ups and downs."

Birdies has developed quite a loyal following with the inclusion of custom generator installations and service work along with the installation of solar panels on Recreational Vehicles, horse trailers, food trucks, off-grid cabins, mobile pet groomers, bookmobiles, and more.

It is not uncommon for their RV friends to come from the area, but they have experienced customers traveling from the East Coast, Texas, California, and many places in between. One recently made their way from Canada.

Birdies has also carved out a niche supplying and repairing power equipment for contractors around the area, from excavators to brick and stucco businesses to concrete finishers.

If you live in a home that has been built in the past 30 to 40 years in Utah County or nearby, there is a very good chance the Bird's helped with the equipment utilized in the construction of your home.

They have basically outgrown the homeowner market of lawn mow-



ers, tillers, weed whackers, and snow blowers, but they can refer you to a reliable business associate of theirs if needed.

Birdies offers new and used equipment in their showroom and Clint is a certified Onan generator repair technician. Gas, diesel, or propane, they sell and fix them all. They can also help you

with a backup generator for your home – you won't have to worry when there is a power outage.

Of course, with all the growth Birdies Power Equipment has experienced over the years, Clint is

always looking for talented mechanics.

It seems there is a shortage of mechanics around the country right now, and Utah is no exception. If you have mechanical talent, or know someone that does, Clint would certainly like to speak with you.

Clint and Wendy also say, "We are forever grateful to those who have supported us throughout the years and we will continue to be a source of help for those across this great state and beyond."

If you have questions, feel free to stop by or simply give them a call at 801-491-6095. Their motto is "When the job gets tough, it's for the Birds."

"When the job gets tough, it's for the Birds."

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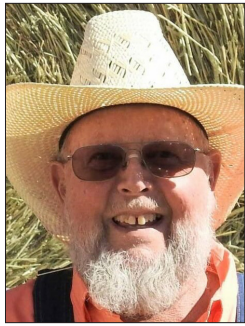
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# Tributes



**Basil Arlynn Talbot**

Basil Arlynn Talbot, 73 passed away peacefully at home surrounded by family. He was born on July 6th 1950, in Delta Utah. He was born to Basil Talbot and Geraldine Hone Talbot; he was the oldest of 8 siblings.

Though he lived in Benjamin Utah most of his life he had attended school in Benjamin, Lakeshore, and Spanish Fork, Utah. Basil Arlynn married Darla Winder on January 14th, 1970 in the Manti Utah temple.

Together they had three children; Brody Leroy (Deceased), Sherland Arlynn, and Shelley May. They later divorced. Basil then married the love of his life Jeanette Haney on February 14th, 1984 and gained two more children Christopher George Haney and Tina Ann Corbin Herbert. They were later sealed in the

Provo temple for time and all eternity on April 19, 2008. Basil Arlynn had a passion for baseball, softball, playing guitar and singing, along with being an avid hunter and fisherman. Basil Arlynn was an active member of the Church of Jesus Christ of Latter-day Saints. He worked for Van Gas, Geneva Steel, Neways and finally retired in 2015 from SupraNatural. However, his biggest passion was his family and loved ones.

He is survived by Wife Jeanette, Children Sherland Talbot of Indianola, Chris Haney (Catrina) of Tooele, Shelley Console of Spanish Fork, and Tina Herbert (Russ) of Nephi. Siblings Randal Talbot (Marla) of Spanish Fork, Becky Roman of Nephi, Clair Talbot (Louann) of Benjamin, Doug Talbot (Jill) of Spanish Fork, Nanette Johnson (Kevin) of Nephi and sister in law Sherri Talbot of Lake Shore. In-laws Vickie Nostrom of Spanish Fork, Susan Haney of Spanish fork, Dennis Erickson of Spanish Fork and Patricia Thomas (Lynn) of Spanish Fork.

He is preceded in death by Son Brody Leroy

Talbot, Parents Basil and Geraldine Talbot, Brothers Robert Talbot (Linda), Ken Talbot, brother in law Jeff Roman, Brother in law Michael Haney, Sister in law Denise Erickson and brother in law Kelly Nostrom.

We also want to thank all the nurses and staff at Intermountain Home Health and Hospice especially Kallie and her patients with our fur babies. We also appreciate all the help at Timpanogos Dialysis but for Kate we will be eternally grateful.



**Bruce Albert Buchanan**

Dr. Bruce Albert Buchanan passed away peacefully at home on July 31, 2023 at the age of 79. He was born to Robert Amos Buchanan and Gertrude Wahl Buchanan in San Diego, California on December 18, 1943.

Bruce grew up in Helper, Utah and attended Carbon County High school. He met his wife, Ruth Rasmussen there

and they later were married on July 1, 1967 in Salt Lake City. Bruce joined the Church of Jesus Christ of Latter-day Saints in 1975, and was later solemnized in the Salt Lake Temple on June 1, 1977. They raised their six children in Las Cruces and Farmington, New Mexico. While living in Gilbert Arizona in February of 2015, Bruce said goodbye to Ruth as she passed on from this life.

He was later married to Pamela Russell. They made their home in Holladay, Utah. Bruce served in the Church in various callings and cherished his time as a Stake Patriarch. He was an expert fly fisherman and enjoyed sharing his talents with others on the water.

He is survived by his wife Pamela, his children with Ruth, Heather (Bradford) Pack and Kristi (Jeffrey) Cutler, sons Ryan (Rachel) Buchanan, Bevan (Amanda) Buchanan, Spencer (Kari) Buchanan, Adam (Lisa) Buchanan, 23 grandchildren who knew him as Grampi/Papa Bruce; Christopher, Elise, Bruce, Alice, Johnathan, Annie Kate, Caroline, Sally Jane, Luke, Elle, Jane, Kate, Liam, Asher, Kingston, Savannah, Moirah, Cozette, Zelda,

Ryan, Beckham, Max, and Jett, as well as a Great Grandson, Jeremy. Along with Pam's sons and daughters and 13 grandchildren who lovingly called him 'Purple Boots'.

Funeral services were August 4th He was buried interred at the Cliffview Cemetery in Priceceon.



**Tiffani Baker**

Our dear friend and bright light, Tiffani Baker passed away August 8, 2023, in Castle Dale, Utah at the age of 54. Tiffani was born in 1969 in Salt Lake City. She grew up in Orangeville, Utah, the daughter of George and Judi Baker and the only sister of Ryan, Matthew and Kelly Baker. She graduated from Emery High School in 1987 where she loved participating in theatre, chorus and playing the saxophone in marching band and jazz band. She worked as a nanny in New York and served a mission for the Church of Jesus Christ of Latter-Day Saints in

Florida. She earned an Associate of Science in Anthropology from the College of Eastern Utah and a Bachelor of Science in History Education from Utah State University. Tiffani loved her community and was an active member, serving on many committees and participating in many groups. She served as the Emery County Democratic Chair, the Land Use Committee Secretary, a member of the Emery County Tourism Board, Vice Chair of the Emery County Democrats and others. She also assisted her lifelong friend, Neal Peacock, in his community history courses and loved participating in these classes. With her trademark laugh and good nature, levity was a guarantee any time Tiff was around. She loved blasting pop music, playing practical jokes, writing stories, drawing, watching ridiculous British Sitcoms, and she made having fun a full-time job. Tiff was a voracious reader and a lifelong learner. She was interested in everything but particularly loved to study history, paleontology, geology, anthropology and astronomy. A consummate desert rat and a third generation rockhound, she

Florida. She earned an Associate of Science in Anthropology from the College of Eastern Utah and a Bachelor of Science in History Education from Utah State University.

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explored the sandy cliffs and vast deserts of Emery County and beyond in a big straw sun hat, rock hammer in hand, with family and friends. If rocks were currency, Tiffani would have been extremely wealthy, always in possession of a new collection of geodes, fossils, arrowheads or crystals.

She worked for a time at the Prehistoric Museum in Price, Utah and later found her true calling as the Museum Manager at the Museum of the San Rafael in Castle Dale, Utah where she served for nearly 10 years. She excelled in this role and was passionate about her work. An incredibly competent museum director, she did a great deal of research, exhibit design, hosted many events and was a skilled grant writer. She managed many employees and became lifelong friends with each of them. She planned and launched the museum's annual EMCO Paranormal Con, a brilliant fundraising effort for the museum and she looked forward to this each year. Of all her roles in the museum, guiding tours and meeting new people was her favorite.

Among all her titles, her most important and widely used was "Aunt Tiff." Biologically, she has 8 nieces and nephews whom she loved immensely, but she was called "Aunt Tiff" by dozens of children that knew her. If you were to question the validity of her aunthood to any of these children, they would tell you in no uncertain terms that it was not up for discussion. She loved them all so well and was constantly checking on them, buying them gifts and making them feel

special.

Tiff loved animals and was a devoted pet parent to her dogs Chrissy and Niles and her cats Harley and Jasper. Many of her pets were rescues including Jasper, who has special needs.

She had an innate gift for connecting with others, whether online or in person. In simplest terms, she was an avid collector of rocks and friends. Tiffani's tribe is large and loves her fiercely. She was a devoted friend to so many, always looking out for others and so often giving her last dollar to those in need. Her charity was constant, unending and given without hesitation.

Like the fossils she lovingly collected, Tiffani has left an indelible mark on each of us that time cannot erase. She will be missed profoundly.

Tiffani is survived by her siblings, Ryan and Layna Baker of Orangeville, Matthew and Briell Baker of Lake Oswego, Oregon and Kelly and Tatum Baker of Spanish Fork. Her nieces and nephews: Sarah Jane and Alex Fish of Glendale, Arizona, Coleton Baker of Orangeville and Paiton and Asher Baker, of Spanish Fork and her great nieces and nephew: Mara, Jared, Tatum and Elise Fish of Glendale, Arizona. Also survived by many aunts, uncles, cousins and dear friends. She was preceded in death by her father George Floyd Baker, and her mother Judith Smith Baker, and her grandparents Sarah Jane and Forrest Smith and Bess and Floyd Baker.



**Bryce Lynn Howlett Sr**

Bryce Lynn Howlett Sr. is the fifth child born to Ernest Golden and Ada Smith Howlett on April 27th, 1935, in Murray, UT. He was raised on a chicken farm with his six brothers and sisters.

Bryce served in the Utah National Guard while still in high school as part of the 115th Ordinance Company. Then, he served the people of Colorado and Nebraska for two years as a missionary for the Church of Jesus Christ of Latter-day Saints.

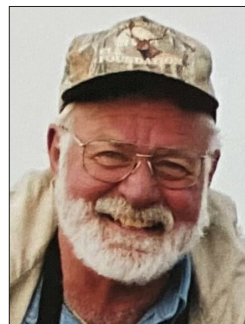
He married RaNell "Sandi" Sanders on August 18th, 1960 in the Salt Lake Temple. They had four children together: Bryce "Lynn" Jr., Garth Kenyon, Kimberly, and Corey West. In 1965, they moved to Anchorage, AK, where Bryce operated a general contracting and electrical business.

In his free time, he was an avid hunter, fisher, sailor, and pilot. If there was an adventure to be had, he was out there enjoying the world that the Lord prepared for him and his family. He taught his children to do the same. Bryce loved the Lord and loved to serve in his wards and in the temple. He did electrical work for the construction of many church buildings and worked as a temple worker for twenty-five years.

In 2014, Bryce and Sandi moved back to Springville,

UT, where they enjoyed spending time with their grandchildren as they attended college. Bryce loved to read and shared his love of reading with his grandchildren. Bryce was active with his mind, his hands, his body, and his family until the day he died on August 23rd, 2023.

He is preceded in death by his father, Ernest Golden Howlett; his mother, Ada Smith Howlett; and his wife, RaNell "Sandi" Howlett. Bryce's memory lives on with his four surviving siblings, his four children and their spouses, thirty-one grandchildren, and thirteen great-grandchildren. The Howletts were surrounded by their family and friends to celebrate Bryce Lynn Howlett's life on Saturday, August 26th, 2023.



**David LeRoy Beardall**

David LeRoy Beardall age 78, passed away peacefully at his home in Benjamin on Thursday August 3rd. He was born September 12th, 1944 to Scott and Merlene Beardall in Payson, Utah.

David grew up in Springville, Utah and attended Springville High School where he played on the basketball and football teams and also competed in track and field, running the 440 and 100 yard dashes. He graduated from Springville High School in 1962.

David went on to play on the basketball team at Utah Technical Institute for one season. While there he obtained a degree in carpentry and later worked for a carpenter in Provo before beginning his career at Utah Power and Light in 1964, he worked there for 45 years, retiring in 2006. David surveyed power lines in all different parts of Utah, Idaho and Colorado. He took great pride in knowing that he was providing a great life for his family while also being able to enjoy the outdoors and see new places. He continued playing church basketball throughout his married life and would often take his daughters to be his cheerleaders.

He met and married Susanne Elliott in June of 1965. He had 3 beautiful daughters with Susanne; they later divorced in 1980. He married Kady Carter in 1985, they were later divorced in 1993. He then married Susan Whitely in 1997 and they later divorced in early 2010. He met Lavina Wiggington in late 2010 and they married in 2018.

Photography was one of the loves of David's life. He got his first camera at the age of 10 and enjoyed taking pictures of his family on all of their adventures. He continued his love of documenting memories throughout his life and always had a camera in hand to snap a photo or ten.

He also loved bowling and he played on many leagues throughout the years with a high score of 190! He continued to bowl until 2013 when he was no longer able to compete at the level he wanted. He also loved dancing, playing horseshoes, riding horses, camping, fishing, and the

many Lagoon trips with family. Above all he loved spending time with those that he loved the most, his family.

David had several dogs and horses that he loved throughout his life. He was an avid hunter and fisherman from an early age and enjoyed several hunting trips both stateside and internationally. Hunting quickly became a passion in his life that he loved to share with his friends and family. His passion for the outdoors grew as he traveled to new places, exploring the rugged and beautiful terrain as well as photographing his amazing adventures.

As his family expanded with his three beautiful girls, his passion for hunting never wavered. He would be found dragging them up the mountain on horseback in the crisp early fall mornings. David was an accomplished and well-known hunter. He shined as an example of selflessness and accountability, teaching his family great values and hard work. He always gave back to the outdoor community through volunteering for the Wild Sheep Foundation as well as the Rocky Mountain Elk Foundation. One of his greatest accomplishments was the fulfillment of his Grand Slam.

His dream of a Grand Slam started more than 70 years ago when he first read Jack O'Connor's stories in 'Outdoor Life Magazine'. He doubted he would ever come to realize this dream because he was a working-class family man and family always came first. He finally realized that his dream was attainable after his friend, Collin Allen, drew

a desert sheep tag. (See online for full tribute) David is survived by his wife Lavina Beardall, daughters Tracy (John) Williams of Mapleton, Cory Webster of American Fork, and Debbie Sandberg of Saratoga Springs. Grandchildren Riley (Elle) Williams of Omaha, Nebraska, Tyler (Andrea) Bixler of Springville, Trevor (Tess) Williams of Idaho Falls Idaho, Brandon (Kiersten) Bixler of American Fork, Dalton (Makele) Sandberg of Saratoga Springs, Sarah (Brock) Williams of Reno Nevada, and Brooke Hardin of Saratoga Springs. He had 4 step

grandchildren, 5 great grandchildren, a sister Carolyn Buck and brother Kent (Tammy) Beardall. He was preceded in death by twin daughters, his parents and one grandson.



**Shaela Linda Boyer**

Our beloved daughter, sister, granddaughter, niece, cousin, and friend,

Shaela Linda Boyer of Springville, Utah, passed away unexpectedly on August 11, 2023, at the age of 13.

Shaela was born on December 30, 2009, in Payson, Utah. Shaela's birth middle name was Sunshine and she brought precisely that to everything she touched. ShaeShae lived life large, always seeking the next adventure to conquer. She never backed down from a challenge on the soccer field, was willing to drop into the steepest skateboard bowl, and was a fierce competitor on the basketball court. She tried her hand at swimming,

horseback riding, violin, peer tutoring, water polo, track and field, wrestling, and body surfing and found great joy in each new experience. Shae had a special gift with animals and cared for them with tenderness and skill. Shae was fearless, courageous and believed she was invincible.

ShaeShae was a faithful member of the Church of Jesus Christ of Latter-day Saints and loved her Young Women Leaders. She cherished memories of time spent at girls' camp and FSY as she had experiences that deepened her love of the Savior. She often mentioned that her

favorite Young Women activities were the ones when they "went visiting" the seniors in the ward.

Shaela felt a special connection to her American Indian roots and was blessed to have her grandmother and aunt who loved her dearly and helped her learn how to celebrate her Washoe, Paiute and Yavapai ancestry. She was proud to represent the Nebo School District as the Jr. Native Princess for two years and attended PowWows and school assemblies as she shared with others the beauty of her cultural heritage.

Shae was a truly loyal

friend, who loved others with unwavering commitment. Her friends knew her as fun-loving and spirited, tough and sweet. As a family, we knew her as spunky and sensitive, thoughtful and brave. Shae never gave up on anything or anyone. She was universally loved and will be deeply missed.

Shaela is survived by her parents, Robert and Kris (Kohler) Boyer, sister Ellie, brother Max, and her grandmothers Linda Kohler and Billie Calvin as well as many adored aunts, uncles, cousins and friends. She was buried at Evergreen Cemetery in Springville.

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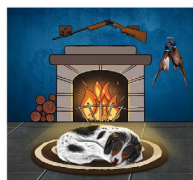
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# Ready or not, school is here!

By Ari Brown

There was a time in my life when all I needed to get my kids ready for school was a backpack from Walmart, a cute outfit I picked out, a comb, some hairspray, a hug and a good-bye wave.

Oh, how things have changed – for most of my kids anyway.

I have nine children, and once upon a time, the older kids were small. Today, the oldest is starting his second year in college, and the second oldest will be a college freshman – and on and on it goes from high school, to middle school, all the way down to Pre-K.

I assure you that my current tone around this time of year isn't nearly as melancholy as it sounds in my head as I write this; I am just really tired.

Because today was not spent stocking up on 50 cent packs of crayons, but was instead spent calling college housing because sometimes (well, in my case), adult children don't know exactly what

they want to do until it's screaming in their face. And now housing and class schedules and meal plans are a reality that I have to face in addition to ...

Drumroll please ...

Getting high schoolers ready for school.

If you've done the high school thing, you know that it isn't nearly as exciting as the previous years because burnout has set in. They're going mostly because they have to because there is no recess, and there hasn't been for quite some time.

Classes aren't exciting, but consist of mostly "do I have to" credits. The good thing about high school (and I think it might be important to mention that my high schoolers are boys), all I really need to stock up on is mechanical pencils and granola bars.

Middle school is a whole other beast because looking good is of utmost importance – especially when you're a girl going into eighth

grade. My middle schooler hasn't made mention of any supplies or classes, but micellar water is a word I hear a lot. If you know, you know, and if you don't know, its makeup remover – which means that there must be makeup to be removed.

Getting a middle school-aged girl ready for school only includes makeup apparently.

Amidst all the chaos that makes my head not work very well, I can at least settle in the elementary school arena and take a full breath because this is where I get it.

I understand pencil bags and erasers and sharpened pencils. I love the smell of new crayons and a clean backpack that may or may not smell like pencil shavings from last year, because "clean" means all the papers are dumped out. Pencil shavings are rather magnetic, and I don't mind that.

But I am just delaying the inevitable announcement that I am also returning to school as a full blown

educator after 16 years away, and I am making my list of what I will need in order to prepare myself for this experience.

Pencils? Yes. Crayons? Yes. Granola bars? Most definitely yes, but perhaps with a drop of caffeine. Micellar water? No. I'm not that kind of girl, and middle school is not something I ever feel like revisiting even in my scariest of nightmares.

Lots of love and patience and even more yoga? Yes, yes yes!!

To all those parents getting your kids of all ages ready for school, I stand with you in solidarity. And for all you teachers revving up for a new year, I wave my flag with you.

The 2023-2024 school year is going to be ....

Drumroll please ...

Whatever we make it.

And don't forget to sniff the pencil shavings. They smell good.



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# Nine Children Songs Impossible to avoid

By Joe Capell • Funny-ish Files

When you become a parent, your mind is open to an unforeseen invasion of children's songs. These are not songs you seek out. You don't listen to them on purpose. You don't buy these songs. You don't hear them on the radio.



(B-I-N-G-O) because his friend McDonald kept trying to spell it "E-I-E-I-O."

4. The Itsy-Bitsy Spider-- Those dad-gummed spiders sure are tenacious, aren't they? It's true, and it doesn't matter if they are itsy-bitsy, eensy-weensy, teensy-weeny, incy-wincy, or hairy-scary.

3. If You're Happy and You Know It--Clap your hands! Stomp your feet! Shout hooray! And if no one believes you, at least your face will surely show it.

2. Pop Goes the Weasel--If you asked most people who would win a fight between a monkey and a weasel, the vast majority would probably pick the monkey. The weasel is always getting underestimated, but just when you think you can count him out...Pop!!!

1. Twinkle, Twinkle Little Star/ The Alphabet Song--Most people don't even realize that "Twinkle, Twinkle" and "The Alphabet Song" use the same tune. This song is inescapable.

Seriously! Any time you go out at night those stars are going to twinkle, and someone's going to sing about them.

And the alphabet? It's everywhere!!! Heck, if you ask an adult, "What's the letter before Q?" they'll probably sing this song in their head to get the answer.

But, they're EVERYWHERE! They emanate from children's toys and television programs. These songs are insidious mind worms that invade your skull, dig in, and set up permanent residence.

There is no escape!

9. Five Little Monkeys Jumping On the Bed--This is a cheerful little ditty about five monkeys who jump on a bed until, one by one, they fall and crack their heads open. Fun!

8. Rock-a-bye Baby--Let me get this straight--the cradle is in the top of the tree, and if there's any little breeze it will crash to the ground with a baby in it? Between this and those bed-jumping monkeys, there's an awful lot of head injuries going on here..

7. Row, Row, Row Your Boat--Row that boat gently. Row that boat merrily. (But hey, at least no one cracked their head open!)

6. B-I-N-G-O--Some farmer had a dog named Bingo, and apparently it's very important to the farmer that everyone knows how to spell the dog's name.

5. Old McDonald Had a Farm--Of course, it's possible that the farmer kept spelling out his dog's name

# 'Songs of Gratitude' Program welcomes singers and musicians to join Sunday evenings of music

By Louise Huber Payne

November 5th at 7 p.m. in the chapel on 400 N. 400 E. Springville, Utah Valley's community of singers and musicians are invited to gather with us for a few Sunday evenings to practice as a choir each Sunday in October from 7:00-8:30 p.m., with an afternoon tech practice the day before the performance

The performance will be Saturday, Nov. 4 from 1-4 p.m.

Auditions for solo and/or ensemble pieces will be held on Oct 1 and 8 at 6:30 p.m., and will go until practice starts at 7 p.m. Pieces must be chapel and family friendly, and should be no longer than four minutes long. Just show up, audition and, if you can match pitch, control vibrato, blend your voice with other singers, read/sing in English and be fun to be with, then please, stay and sing with the choir.

This is a group that encourages you to continue sharing with many of the other good venues where you may sing/share your family-friendly talents. We invite a supplement for you for just a few weekends a year from the last weekend in September to the first weekend in November.

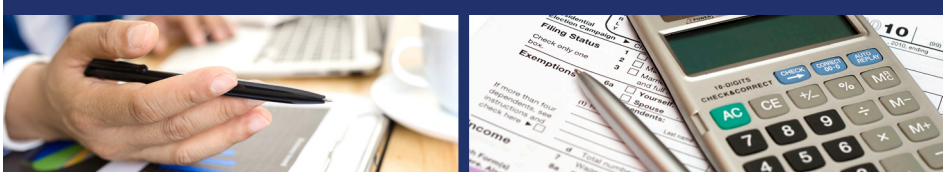
Please consider gathering with us. This is a group where no one has to pay to sing or to present their songs, all faiths are invited. This program is created with songs FOR our community family FROM our community family to lift, bless and encourage each other.

Come sing with us and/or invite your friends and family to enjoy the program.

For more information, contact utahvalleychoir@gmail.com or Tom and Louise at (801) 489-8484. This is a landline phone.

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# Springville City's Third Annual Art Festival Celebrates Creativity, Community, and Culture

The Springville Art Festival returns for the third year to the heart of Springville on Saturday, September 16. Come to experience all things art with a unique blend of fine arts, performance arts, film, music, food, and fun. The festival runs from 11 a.m. to 8 p.m. at the Springville Civic Center Park, 110 S. Main Street, and at various locations throughout the center of town, spanning to the Springville Museum of Art. Admission is free to the public with ample free parking for attendees and artists.

Visitors will be able to attend a variety of art events at venues around Downtown Springville. The

historic Rivoli Theater will open its doors for short film screenings from local filmmakers. Springville Library will host live theater and musical performances, as well as provide the outdoor space for the much-loved Chalk the Walk event. Artists will provide live glass blowing, sculpting and other art demonstrations at the Civic Center Park. There will be hands-on art projects for kids and the community. Food trucks and vendors will be set up along Main Street to provide food for purchase. In the evening, come out for "Springville's Got Talent," a community talent show on the main stage at Civic Center Park.

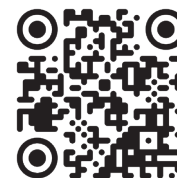
The event culminates with a family friendly dance party featuring Utah County band, Monkey Friday.

On Friday, September 15, the festivities kick off with a special screening of the locally produced and Sundance premiering film, Aliens Abducted My Parents and Now I Kinda Feel Left Out. Join us at Spring Acres Arts Park from 7 p.m. to 9 p.m. for an evening of cinematic delight. Please bring blankets, lawn chairs and the entire family to enjoy this unique experience.

Opportunities abound at the Springville City Art Festival, making it an excellent way for families,

friends, and groups to contribute to the community while enjoying the festivities. To find out how you can get involved and make a difference, visit [smofa.org/fall-art-festival](http://smofa.org/fall-art-festival) for more information.

For more information about the Springville Art Festival visit: [smofa.org/fall-art-festival](http://smofa.org/fall-art-festival).



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### UTAH HEALTH INSURANCE ADVISORS

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

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