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Local Man Creates Art To Serve Others



Serve Daily Readers – You Are Needed!

By Kevin Jennings

What is your definition of holiday tradition? Is it a favorite story, a recipe, or an activity? Serve Daily would like to share your favorite tradition with our reading community.

You are most likely acquainted with the term “open mic.” Our team at Serve Daily recently wondered what the response would be if we asked if our readers would share some of their favorite traditions from around the holidays.

So here is our call-to-action: We are inviting you to contribute to our entire community of great citizens your favorite holiday tradition.

If you have a tradition you would like to share, simply submit it via our submit form for Holiday Traditions. Visit servedaily.com/forms.

Perhaps your grandmother makes a unique treat for Christmas. Simply write something like, “Every Christmas Eve, my Grandma used to make the best popcorn balls. She used clear Karo syrup and fresh popcorn and then squeezed them into balls almost the size of a baseball. They

were a holiday must-have and we always left one out for Santa. Grandma said he always enjoyed them!”

~Nancy Lou, Utah County

Maybe your family tradition is to cut a fresh tree, assist with a Christmas morning breakfast or assist in preparing Christmas dinner for others. Maybe you participate in some type of “Angel” activity that helps out a challenged family or an individual. Maybe your family has had some fond experience regarding the “Twelve Days of Christmas” tradition.

There is no right or wrong answer to this request. We would love to hear what others do at this time of year to help wake the Holiday Spirit in all of us.

Your brief submission may very well inspire others or will likely prompt more warm memories in the minds of our readers. Better yet, it might inspire others to create similar traditions in their own homes.

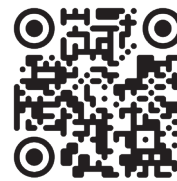
Can you think of a more valuable gift this season than to jump-start

the sometimes foggy memories in our friends and neighbors that helps them to reconnect with their childhood, their families, and their other loved ones or help start new traditions in the younger generation?

Don't worry about spelling or grammar; we are looking for the spirit of the tradition and we won't be judging.

Be mindful that we haven't tried this before now, so you are encouraged to participate.

Our deadline to receive your own submission is November 25. Thank you for participating and we look forward to seeing what makes your holidays brighter.



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Winter Warmth in Utah County: A Guide to Volunteering and Serving the Community

By Alex Sousa

As the holiday season begins, residents of Utah County are gearing up to give back to their communities through various volunteer and service opportunities. Whether it's providing warmth to those in need, supporting local shelters, or helping to preserve the environment, there are numerous ways to make a difference this fall and winter. Volunteering in Utah County during the fall and winter can be a rewarding experience, and there are various opportunities to make a positive impact on the local community.

Food Banks and Pantries

For many, the holiday season is synonymous with giving, and local food banks and pantries are always in need of extra hands. Volunteers can help sort and distribute food, ensuring that families in Utah County have enough to eat during the colder months. Organizations like Tabitha's Way and the Utah Food Bank are continually seeking individuals willing to make a difference in the lives of those facing food insecurity.

Homeless Shelters

While Utah County doesn't currently have a homeless shelter, there are plenty of organizations that provide help and care to unhoused individuals. The Food & Care Coalition in Provo is one of the largest organizations that helps people find suitable housing, teaches financial accountability, and helps them reach a fuller potential. Volunteers are able to serve meals and sponsor food drives, as well as help keep the facilities clean, provide professional expertise, and even help maintain an agency scrapbook. The Food & Care Coalition also has ongoing projects that volunteers can help with, such as hosting arts and crafts hours, singing or playing an instrument during meals, and helping to decorate the facility for the holidays.

Clothing Drives

As temperatures drop, collecting warm clothing, blankets, and jackets can make a significant impact on the lives of those without proper attire for winter. Organize or participate in local clothing drives to ensure that everyone stays warm during the coldest months. The Center for Women and Children in Crisis appreciates drives and fundraisers on their behalf. However, they ask that potential donors call ahead to coordinate their donations. The organization's needs fluctuate, and in the interest of making sure that no effort is wasted, they want to confirm the items that will help the most.

Senior Centers

Loneliness can be particularly challenging during the holiday season, and volunteering at senior centers, nursing homes, or assisted living facilities can brighten the lives of elderly community members. Activities like engaging in conversation, playing games, and assisting with activities are all appreciated. Provo, Springville, Spanish Fork, and Payson and have senior centers, with several other assisted living centers being spread throughout southern Utah County.

Home Repairs

Winter can be an especially trying time for homeowners in need of repairs. Organizations like Habitat for Humanity often require volunteers to assist with construction or repair projects, ensuring that families have safe and warm homes. Habitat for Humanity of Utah County was established in 1991, and since that time has helped more than 140 families in need of decent housing. They also run ReStore facilities, found throughout Utah County, which are always in need of volunteers and community service workers. Volunteers can assist ReStore staff

in unloading trucks, merchandising and pricing, and assisting customers on the sales floor. ReStore Volunteer and community service opportunities are available Tuesday to Saturday from 10-6, with all shifts lasting at least two hours.

Animal Shelters

Four-legged friends need love and care year-round. Local animal shelters are always on the lookout for volunteers who can help care for animals, clean cages, and participate in adoption events. The South Utah valley Animal Shelter is in Spanish Fork and volunteers are always welcome. They just ask that any group of four or more calls ahead to schedule a time to volunteer. Children under the age of 18 must also always have an adult with them.

This winter, the residents of Utah County have so many ways to give back and make a meaningful difference in their communities. Whether it's providing food, warmth, companionship, or support, there's no shortage of ways to contribute to the well-being of the community and

create a warm and caring environment for all.

To find more volunteer opportunities in Utah County, consider reaching out to local nonprofits, community centers, places of worship, and government organizations. Additionally, you can check volunteer websites and platforms such as VolunteerMatch and Idealist, which often list local opportunities. Keep in mind that some organizations may have specific requirements or orientations for volunteers, so be sure to inquire about their guidelines before getting involved.

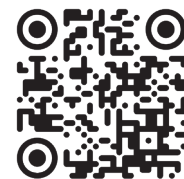
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Donate food or money to Tabitha's Way to help stock the shelves for those in need of food.



Palmer family - Roy Olmstead (Colorado) , Chuck Rose (Cottonwood Heights) , Carolyn Bloodworth (Springville), Terry Palmer (Syracuse), Blaine Palmer (Syracuse), Sharon Ewing (Springville).



Springville Utah FamilySearch Center

Submitted By Sharon Ewing

As the end of the year approaches, the Springville Utah FamilySearch Center is close to celebrating its first birthday. In the past months we have helped thousands of people with their family history projects.

Have you ever wondered how to start researching your ancestors and enjoying the stories, documents and photos that others have already added to your family tree?

There are numerous ways you can get started. We have classes every month on numerous topics. The classes in November include beginner workshops in both English and Spanish, finding your Mayflower

ancestors, digitizing videos, using the Family Tree and Memories mobile apps, using the Descendancy Tree Function on FamilySearch and education for LDS ward family history leaders and consultants.

The Center has state-of-the-art computers, discovery centers and many pieces of digitizing equipment. Preserve and protect your precious videos, photos, cassette tapes, scrapbooks that are in your closet gathering dust by saving them in a digital format. There is a dedicated staff that can help you accomplish your family history goals. All of the services and use of

the equipment are free of charge. Group appointments and scheduling the use of digitizing equipment can be done on our website by scanning the QR Code or visit familysearch.org/ and search for the Springville Utah FamilySearch Center.

Bring your family, youth group, religious class or community organization for a one of a kind experience with your ancestors. You can choose from several topics when you schedule your appointment, including the popular Family History Escape Room we have created just for you. The youth groups and college groups love the escape rooms.

So whatever your needs are, whether you are new to family history, you want to create your family tree, save your family memories, or discover the stories of your ancestors, come to the Springville FamilySearch Center for a fun, exciting and rewarding experience.

The FamilySearch Center Hours Are: Monday through Thursday from 10 a.m. to 5:00 p.m. Monday through Thursday from 6 p.m. to 9 p.m. Friday from 10 a.m. to 1:00 p.m. Sunday from 4 p.m. to 7 p.m. 260 S. 700 E – Springville, Utah 801-489-2956.



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November Gardening Tips: Getting Your Garden Ready for Winter and Spring

By Alex Sousa

Preparing your garden in Utah for spring during the fall and winter is an important task to ensure a successful and thriving garden when the warmer months return. From planting bulbs so they flower in the spring, to keeping hearty vegetables growing through the winter, or getting the garden ship-shape so it's ready once things thaw out, there's plenty of work that can be done.

Garden Planning: Use the winter months to plan your spring garden. Decide on what plants you want to grow, create a garden layout, and order seeds or plants.

Plant Spring Bulbs: Plant spring-flowering bulbs like tulips, daffodils, and crocuses in the fall. They'll provide early color when spring arrives.

Mulching: Apply a layer of mulch to your garden beds in the fall to help insulate the soil, retain moisture, and suppress weeds. This will also protect plants from frost.

Composting: Continue adding kitchen scraps and yard waste to your compost pile, even during the winter. Although decomposition may slow down, it will still occur.

Pruning: Winter is a good time to prune deciduous trees and shrubs while they are dormant. Trim back or remove any dead, diseased, or overgrown branches and shape the plants as needed.

Soil Testing: Test your soil in the fall to determine its nutrient levels and pH. Based on the results, you can amend the soil with compost,

organic matter, or other soil conditioners to improve fertility and structure.

Clean Up: Begin by removing any dead or spent plants, weeds, and garden debris from your garden beds. This will help prevent pests and diseases from overwintering in your garden. Winter is also a great time for maintenance. Clean, sharpen, and repair your gardening tools during the winter months, so they're ready for use in the spring. You can also check garden structures like fences, trellises, and garden boxes for any needed repairs.

Hardscape and Infrastructure: Winter is a good time to work on garden infrastructure projects such as building raised beds, installing lights, or constructing trellises and fences. If you're interested in adding or updating hardscape features like patios or paths, winter can be a good time to plan and execute these projects. You can also add garden art, sculptures, or decorative elements to enhance the visual appeal of your garden during the winter.

Wildlife Support: Consider setting up bird feeders, birdhouses, and water sources to attract and support wildlife in your garden during the winter. Food can be scarce in the winter months, so providing it to local birds can help them thrive through the coldest part of the year.

Protect Sensitive Plants: If you have tender plants that are not cold-hardy, provide them with proper winter protection, such as burlap

or covers.

Winter interest plants: Consider planting winter interest plants like evergreens, ornamental grasses, and plants with colorful berries to add visual appeal to your garden during the cold months.

By taking these steps during the fall and winter, your garden will be well-prepared for a successful spring growing season in Utah. For those who aren't quite done getting their hands dirty, though, there's plenty of gardening that can still be done through the winter. Indoor gardening is always an option, provided there's room, but there are plenty of vegetables that can be planted outside and harvested throughout the winter. Keep in mind that winter gardening in Utah can be a bit challenging due to the cold temperatures and occasional snowfall. However, for anyone up to the task, there are several cold-hardy vegetables and herbs that you can grow in your garden during the winter months in Utah, including some of the following:

Kale: Kale is a cold-hardy leafy green that can thrive in the Utah winter. Varieties like Siberian kale and Lacinato kale (also known as Dinosaur kale) are good choices.

Spinach: Spinach is another leafy green that can withstand the cold. You can plant it in the late summer or early fall for a winter harvest.

Lettuce: Some lettuce varieties, such as Winter Density and Arctic King, are bred for cold weather and

can be grown during the winter.

Swiss Chard: Swiss chard is a cold-tolerant green that can be harvested throughout the winter. It comes in colorful varieties that add interest to your garden.

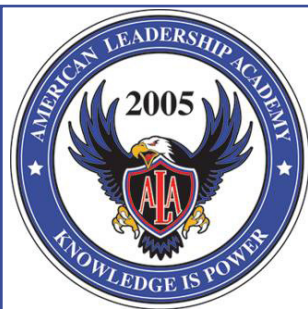
Carrots: Carrots can be left in the ground during the winter, and you can harvest them as needed. Just be sure to provide some mulch to protect the soil from freezing.

Onions: Overwintering onion varieties can be planted in the fall for an early summer harvest.

Garlic: Plant garlic in the fall, and it will develop roots over the winter, ready to produce bulbs in the spring or early summer.

Herbs: Certain herbs like rosemary, thyme, and sage are hardy and can be grown in a sheltered area or potted and brought inside during the coldest days.

Remember that the success of your winter garden in Utah will depend on your specific location within the state, as temperatures and snowfall can vary. It's also essential to provide proper insulation and protection for your plants, as well as paying attention to the local climate and weather conditions. Additionally, be prepared to cover your plants on extremely cold nights or during heavy snowfall to help them survive the winter.



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'I Love You, Bro' Takes on Men's Mental Health

By Alex Sousa

It was 2022 when Joe Tuia'ana was driving to a basketball game with his two daughters. At the time, he was recovering from a bout of pneumonia brought on from a case of COVID-19. He was also still dealing with the guilt and grief he felt about his best friend's death from suicide five years earlier. So, when Tuia'ana saw a young man walking along a freeway overpass, clearly distressed, he recognized the signs of someone in the midst of a suicidal crisis.

Tuia'ana pulled over and left his car and talked to the man in what he now refers to as, "loving him off the ledge."

A year later, the man Tuia'ana helped off the overpass in the middle of a crisis is a close personal friend – often referring to him as his little brother.

Today, Tuia'ana has immersed himself in the world of suicide prevention and men's health, creating the Utah County-based organization called, I Love You, Bro.

"I just felt like I had to do more," Tuia'ana said. "People always tell me my experience was such a beautiful story—and it is—but the question that comes after is 'why did it even have to get that bad?', 'why did it even have to get to the overpass?'"

With the creation of the I Love You, Bro project, Tuia'ana is less interested in talking someone else off the ledge. Instead, he'd rather help that person a long time before it ever reaches that point. To do that, I Love You, Bro has started two new initiatives in Utah County. Beginning in the month of November, Tuia'ana has started Courage to Bro support groups that offer opportunities for men to talk, vent, and come together in a safe, understanding, accessible environment.

"When I first started looking for what men could do for help—not even men in a crisis, just men who needed help in a stressful time – I only found a few options in Utah,"

Tuia'ana said. "They were all retreat-based, where somebody could pay \$3,000 to \$6,000 to go out with a group of guys for a few days and come back feeling better. But what if somebody doesn't have that kind of time, that kind of money?"

The second initiative from the project is the creation of Let's Grow, Bro, classes. These are simple trainings that men can attend dealing with marriage, divorce, finances, and more. The classes are meant to build fundamental relationships and skills, allowing men to find strength and help through others so that suicide is never an option.

The Courage to Bro support groups are in their early stages, with plans to grow, but for now they meet every Wednesday night. The Let's Grow, Bro classes are set to begin soon with more information coming on the project's website, iloveyoubro.net.

The I Love You, Bro project is just getting started, and it's a good time for it since Movember is taking place as a monthlong initiative to bring awareness to men's health. This annual event takes place during the month of November, and is most often celebrated by men growing mustaches to raise awareness and funds for various men's health issues, particularly prostate cancer, testicular cancer, and mental health challenges. The month provides a platform for discussing topics that are often considered taboo but are crucial for the overall health of men, especially as the mental health crisis grows increasingly dire.

"I never want to pretend like I know everything about suicide prevention or mental health," Tuia'ana said. "I want to come at it with an 'Average Joe' perspective, and I want to make it so easy to participate that anyone can just go on to the website and sign up. I want to make it very easy."

In 2021, more than 47,000 people



in the United States died by suicide – 38,025 of those were men. In the United States, the suicide rate for men is four times higher than it is for women, which is a disparity that has continued to grow. For every 100,000 men between the ages of 45 and 54, 28 of them die by suicide. For men ages 15 to 19, the number drops to nine out of every 100,000, but for people like Tuia'ana fighting for change, and those who are affected, even those numbers are too high.

Suicide is the tenth leading cause of death in the United States, with 1.38 million suicide attempts a year. While unemployment and divorce exponentially increase the risk of suicide rate for men, 90 percent of those who died by suicide had a diagnosable mental health condition at the time of their death. Only one in four men who report daily feelings of depression or anxiety have spoken to a mental health professional. And while men have four times the suicide rate as women, women have double the reported rate of depression.

The statistics highlight the urgency of the matter and mental health continues to be one of the primary areas of concern for Utah. According to the Utah Department of Health, suicide remains a significant issue in the state.

For anyone who is in a crisis state, Tuia'ana says that 988, the suicide and crisis lifeline, is the best resource. Utah County also offers a crisis line for anyone experiencing thoughts of suicide or self-harm and can be reached at 1-800-273-TALK (1-800-273-8255). Available 24/7, the Utah County Crisis Line provides immediate assistance to individuals facing a mental health crisis or those at risk of suicide. Trained professionals are ready to listen and offer support.



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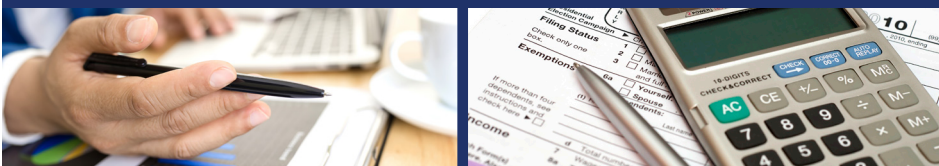
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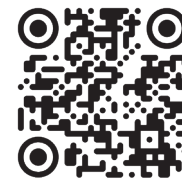
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Jennifer Hughes



Salem Hills High School Coach Wins National Award

By Ari Brown

Salem Hills High School cross country coach Jennifer Hughes was awarded the Brooks Running Inspiring Coaches grand prize for 2023, and her athletes are saying that the award is well deserved.

For the past 14 years, Hughes, who is also a teacher in the special education program at Salem Hills, has been coaching the cross country and track teams. She said that when she was notified of the award, she wasn't sure what to think about it at first.

"I got an email from the Brooks Running Company back in June, and I ignored it because it just said, 'You're a winner! Congratulations, you won!' I thought it was a fake email so I didn't respond," Hughes recalled. "Then I got another email saying, 'Hey, we tried reaching out to you to make sure you got this.' So then I read it over, and it looked legit."

Sure enough, it was a legit email, and Hughes had not only been nominated for the award, but had won the grand prize of \$10,000 to spend on the team as well as an additional \$2,000 to put back into the cross country program.

A video published on the Brooks Running website told a story of not only a dedicated coach, but of an individual who was dedicated to serving within her community. Athletes spoke about weekly service projects that they do as a team and of feeling like Hughes genuinely cared about their lives and not just about how they performed.

Two athletes spoke to Serve Daily, reaffirming the great coach and person Hughes is.

"I love that Jen actually cares about everybody!" Sam Levie, who is a junior this year, said. "Even outside of running, she's interested in my life and well-being. It's nice to have a coach who you know cares about you on a deeper level than your 5K time. When I say it's nice to have a coach like Jen, I mean it's really crazy awesome."

Lexi Christiansen, who is a former athlete of Hughes', spoke about the dedication that she witnessed firsthand by her former coach.

"Jen is an incredible coach who dedicated many hours both on and off the track to help her athletes succeed," Christiansen said. "She

is one of the most hardworking, selfless, and kind people that I have ever met. She puts in the effort to get to know all of her athletes and has created an environment and a team where everyone feels welcome and loved. She motivates and encourages her athletes to become their best through her example and running/coaching experience. She is incredibly intuitive and helps all her athletes feel seen whether they have a good or bad race or practice. Jen has had such a positive impact in my life and the lives of everyone she interacts with whether it be through her coaching, teaching or community."

Christiansen mentioned a key ingredient in Hughes' coaching, which is that she very much practices what she preaches.

Hughes is an elite athlete herself who has run in the elite sector at the Boston Marathon, and who has qualified to run at the Olympic trials. Her road has not been easy, and part of her story includes being involved in a car accident that threatened her ability to walk, let alone walk.

"I was coming down the canyon when I hit some black ice, and my car skidded out. I hit a guardrail and the guardrail went through the passenger door and through the drivers' side door. My legs were caught between the clutch and the break, and when I went to the hospital, the doctor said, 'I don't know if you'll be able to do the same things that you used to do. That shook everything within me. I made a change right then and there that I didn't want my accident to stop my life."

Hughes expressed her gratitude to her athletes and the other coaches, saying that there are so many deserving coaches out there.

There are so many deserving coaches," she said. "Coaching is a passion project, and if I didn't love it, I wouldn't do it. I love being able to work with these amazing kids and athletes. It really is such an honor to be able to do what I do."

To see the Brooks Running video highlighting Hughes, go to brooksrunning.com/en_us/programs/inspiring-coaches or scan the QR Code above. Her segment starts at 4:27 mark to the end.

Better Than Goals - Really

By Kevin Jennings

Almost every one of us has goals in our lives, big and small. But why are goals important?

Here are a few reasons why goals may be important to us:

Goals help give direction. Who sets out on a journey without having a pretty good idea of how to get there?

Goals help to identify items of significance in our lives.

Goal-setting helps us to measure progress along our path.

Goals can help with specific motivations.

Creating goals is a form of accountability.

Despite our greatest intentions and honest desires to improve ourselves, our goals often get set aside as careers, families, social lives, and other commitments compete for our limited time and devotion.

Want to know what is better than setting goals?

Focus on systems instead. Goals are great for determining a particular direction, but systems are far better for actually achieving progress.

Goals create brief changes while systems create more significant changes.

Consider this story of carrying buckets versus building a pipeline:

There was once a small village that time needed water brought to the town from the nearby fresh water source. Men were hired to carry buckets of water to the town for a price that was agreed upon by all.

Another gentleman decided he could build a pipeline to achieve the same results, so he focused his energy on designing and building this pipeline.

Once the pipeline was complete, everyone could see the wisdom and efficiency of the pipeline.

No more sick days, no more sore arms, feet, and shoulders; no more broken buckets, and no more disruption of the water supply!

We can apply that thinking to our own circumstances. When we have an efficient system in place rather than simple goals, we minimize the chance for the inevitable disruption

in our lives. We minimize the unintended situations in our busy lives to get in the way of our desired outcomes.

The targets we want to reach are our goals – the action plans by which we get there are the systems we put in place.

When we focus on goals, not systems, we risk experiencing repeated failure time and time again and discouragement soon appears in our lives.

As we emphasize the system method, we succeed nearly every time because we can see that our efforts are making progress towards our desired outcome. That, in itself, creates momentum in the direction we want to go.

Here's one example from the world of weight loss:

Suppose we have a weekly goal (target) of no more than 10,000 calories. Those calories divided evenly over seven days amount to about 1,428 calories per day.

When we keep a notebook and pen in our kitchen, we simply record what we've spent in calories for that apple, a slice of cheese or whatever it is we are consuming.

If we have been honest with ourselves, we'll know every day, and without a doubt, if we have had a successful day in our weight loss objective.

Even when the scale doesn't reflect our win as a number, we'll have the undeniable truth on our side that we did it! That momentum often carries us into the next week where we will eventually get validation at the scale.

Embrace focusing on the systems - forget the idea of setting goals only.

By regularly revisiting our goals and action plans it also helps to keep those ideas relevant, realistic, interesting, and motivating. Revisiting also helps to ensure they reflect our present circumstances and objectives.

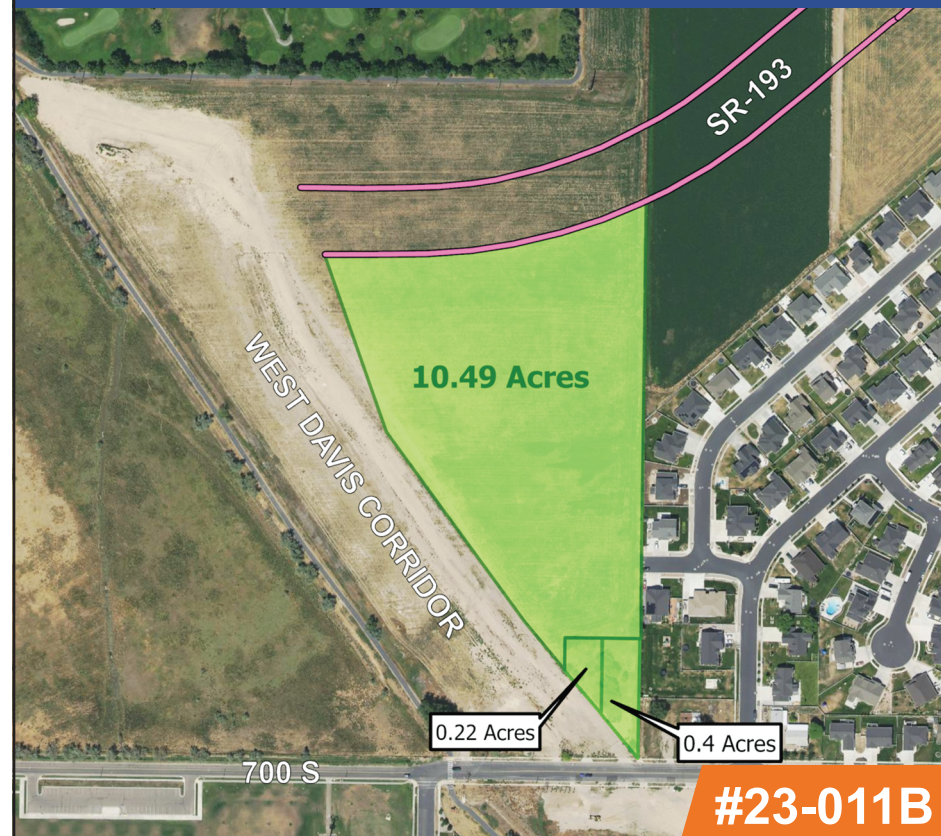
Remember, even small steps taken towards reaching our desired outcomes are steps of progress.

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Bonnie Ashdown.

Spanish Fork woman turns love for helping people and cleaning into ‘A Beautiful Mess’

By Ari Brown

Six months ago, Bonnie Ashdown of Spanish Fork never would have imagined that she would have a career cleaning people’s houses for free, yet that is exactly what she’s doing.

Earlier this year, Ashdown experienced a financial hardship that she didn’t think that she and her family would recover from. After a 17 year career owning a medical transcription business, a series of changes forced her to make a career change. What was a devastating several months has now turned into something Ashdown said she could have never imagined.

“I lost everything all at once, and it was devastating,” she said. “I was forced to change gears and I had to think about what it was that I loved to do. I thrive on helping other people and I love cleaning, and I began looking into ways that I could combine these two things.”

Ashdown said that she’d heard of people providing a service to individuals in need and creating a YouTube channel as a way of generating an income, but that she didn’t know much about how it would work.

“I have very little social media, and I didn’t know how I would connect with people who needed help,” she said. “I ended up posting on a community Facebook page asking for people with mental health conditions who were in need of extreme cleaning. All I asked in return was that I videotape the experience and keep them anonymous. From there, I was able to get several people and narrow it down to those who were in the most need.”

Ashdown said that she anticipated that it would take over a year to get things going, but within only a few months, her channel that she has named, “A Beautiful Mess,” was gaining tens of thousands of viewers.

“I had no idea how fast it would grow,” she said. “I really am living my dream.”

More than just views

Ashdown said that while starting the channel had a primary goal of generating an income for her family, that it has turned into so much more.

“Most of the people who I have



Dirty Kitchen before the cleaning.

had the pleasure of working with during this experience are on the neurodivergent spectrum,” she said.

Neurodivergence describes a wide range of cognitive conditions, most notably, autism and behavior disor-

ders classified as executive dysfunction. Ashdown said that as she has been working with these individuals, that she has been opened up to a

MESS Continued on Page 13



The previously Dirty Kitchen after Bonnie cleaned it.

whole world that she knew existed, but was unaware of its prevalence and complexities.

“I had heard about autism, but had never heard about the neurodivergent world,” she said. “It’s been really neat to get to know these people behind closed doors. People have a lot of shame and they need someone who is nonjudgmental to help them. I’m so grateful that I get to be someone to help them.”

On Ashdown’s channel, she shares the cleanup and the backstories of the individuals in need, but makes sure to keep them anonymous. She said that the experience has helped her to know more about herself and her family.

Learning about herself

Ashdown said that learning about the neurodivergent world could not have come at a better time because recently her 21-year-old daughter was diagnosed with ADHD and possible autism.

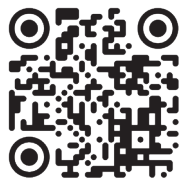
“It’s been such a blessing to be opened up to this world so that I could better understand my daughter and even myself,” she said. “I have often wondered about myself because I am very introverted and relate a lot to many of the people who I help. I recently tested myself and am waiting for the results.”

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Ashdown has been able to help 35 people in the past five months, and said that she hopes to be able to help more.

“These are people I would have never crossed paths with,” she said. “It has been an eye opener to see that so many people struggle, and I want to help people have empathy for others.”

Ashdown’s channel can be found on YouTube under “A Beautiful Mess/ Extreme Cleaning.” If you know of someone who would benefit from her services, she can be contacted at btashdown@gmail.com.



Find A Beautiful Mess On YouTube

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GIVING BACK TO VETERANS ONE FISH AT A TIME

By Ari Brown

With resin in one hand and a carving tool in the other, 78-year-old Spanish Fork resident Steve Henline carefully creates replicas of what he's known his whole life: fish. He does it for the love of the art, the love of fishing, and the love of servicemen and women and their families.

Henline was born on the Diamond Fork River on his grandfather's ranch, which is where he learned how to fish.

"I learned to fish up there at a very early age and have spent literally a lifetime as a fishing guide," Henline said. "I've run the charter operations with boats. I hold the US Coast Guard 100 ton masters license. I was a licensed guide and ran a tour operation at Lake Powell, and when I retired about eight years ago, I came back to Spanish Fork. The water and fishing have always been a big part of my life."

When Henline retired from active

duty, having served in the Air Force as far back as the Vietnam War, he knew that he wanted to give back to the community that gave him so much. So he went back to his roots as a fisherman and decided that he would use this as a vessel to do just that.

"I was talking with a couple of friends and trying to figure out what I wanted to do with the rest of my life, and I mentioned to them that I wanted to take disabled children and veterans fishing," he said.

That idea turned into a nonprofit organization called Hand in Hand Outdoors, where he built special boats to accommodate wheelchairs, and took children and veterans out on boat rides and fishing trips for what he called a therapeutic experience. For the next five years, Henline took 2,000 children in wheelchairs as and disabled combat veterans, at no charge.

"That changed lives," he said. "When veterans who might have been on the battlefield come back from war and have never spoken a word of it to their wives or mothers or no one, and when they get on the boats with guys who had shared similar experiences, they begin to open up and talk about it. And that was the beginning of the healing. So, although it doesn't sound like much, it ultimately was a very significant thing changing the lives of these men, and women."

Henline was able to do this for five years, but he said as he got older it became too much physically for him to continue. This was about the same time when the COVID 19 pandemic hit, making it so that he was confined to his home. It was during that confinement when Henline learned something about himself that he never knew: that he was an artist.

"When COVID hit, I became isolated here at my house, and I spent my time drawing pictures of what else? Fish, right?" he said.

Henline said that he had never drawn anything outside of when he was a child in school, but that being home with not much else to do, he began to develop a talent that was deep inside him.

His sketches evolved quickly into pictures, and then to carving fish and ultimately to creating fish and trout into resin art. And while it began as a hobby, it soon turned into something more. His art pieces were soon in high demand and were being displayed in art galleries around the state and in other establishments around the country and even world.

"My pieces were well accepted," he said. "I have some of my works, both my photography and my fish,

FISH Continued on Page 17

Moyamo: Your New Favorite Budget-Friendly Restaurant

By Tim Jafek

Moyamo is a hip new Korean restaurant right next to BYU, over by Wendy's and Rancheritos. Jay, the owner, has a vision of bringing the flavors of Korean street food to the American palate. From bulgogi hotdogs to Korean-style sandwiches to Korean-inspired sushi, Moyamo has it all.

Jay started his restaurant just this past April, and it quickly has become a new favorite for students and families alike, and this much is apparent when you walk through the door. The food is purposefully priced within student budgets, so even though he could easily increase margins given the general trend of increasing food prices, Jay is adamant in his desire to "serve students, who many times don't have means to go out a lot". And looking at the menu confirms this:



The menu ranges from the K-Style Toasted Sandwich, which is at the moment just under \$5, to the most expensive sushi roll, at just 7.95, and all of his portions are good enough to be a meal on their own. While I do personally expect prices to rise slightly over the next year or two with cost of groceries at an all-time high, Jay does his best to source quality ingredients at affordable prices, sourcing from a number

of different wholesalers from Provo to Salt Lake when necessary.

Jay's approach to the food he makes is unique as well. He grew up watching his mom cook authentic Korean dishes and has added his own flair over time, both in his work as a sushi chef in Florida, and in casual spaces with his friends, where he is often designated "friend group cook". On his own, he has a lot of fun experimenting with different Korean instant ramens and unique combinations of flavors. In his restaurant, you'll find anywhere from the chicken katsu dog to a sweet beef bulgogi sushi roll.

All of his sushi rolls are fully cooked and all his food is made to order, so it's guaranteed to be fresh and a great place to take friends or kids who might want to try sushi or love the appeal of it but aren't ready for the full raw fish experience. It's no wonder why at times his store, though just recently opened, has already had a fan following and has had a few times with lines out the door.

Typically though, when I go in, there's no line, and I get a warm welcome by Jay, who knows basically all his returning customers, and then I get a solid meal at a great price. There's no wonder

why I've been over five times in the past month alone!

So whatever you're looking for—great food, an affordable price, a solid place to eat near BYU, or a familiar eatery with friendly staff, Moyamo is your place to go! Like always, I've hooked you up with a coupon for when you go, a buy two get one free so you can try a few different menu items or share some with your family or on a date. It'll be well worth the journey.

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Springville Museum of Art Presents: 'The Most Noble Subject: Artists, Muses, and Inspiration in the Gail Miller and Kim Wilson Collection'

Submitted by Shannon Acor

Discover Unveiled Masterpieces of Utah and Danish Art Spanning Generations Springville, Utah. The Springville Museum of Art is thrilled to announce its upcoming exhibition, "The Most Noble Subject: Artists, Muses, and Inspiration in the Gail Miller and Kim Wilson Collection." This captivating exhibit will grace the museum's galleries from November 15, 2023, to March 16, 2024, offering a rare opportunity to see this incredible private collection in person. The exhibition will feature masterpieces of Utah and Danish art including works by historic Utah artists John Hafen, H.L.A. Culmer, Alfred Lambourne, J.T. Harwood, Minerva Teichert, James Christensen, LeConte Stewart, and C.C.A. Christensen. These masterpieces have never before been exhibited publicly. The collection will also feature

works by living and contemporary Utah artists including Al Rounds, Annette Everett, Jeremy Winborg, Bryan Mark Taylor, Gary Ernest Smith, and Nancy Glazier. This is a once-in-a-lifetime opportunity to experience these works of art in person. H.L.A "Harry" Culmer painted magnificent scenes of the American West in the late nineteenth and early twentieth centuries. He opined that the mountains were "the most noble subject for an artists' brush." This exhibition will explore what the artists in the exhibition considered their "most noble subject." It will share where they found inspiration and prompt visitors to consider: "what inspires you to create?" Founded as Utah's first museum for the visual arts, the Springville Museum of Art is committed to fostering beauty and contemplation through life-affirming art and experience.

The Museum's mission aligns seamlessly with the collection's spirit, bridging historical and contemporary to preserve and share the history of Utah art. Housed within a breathtaking 45,000-square-foot Spanish Colonial building just off the freeway in Springville, Utah, the Museum stands as a beacon of artistic inspiration, welcoming visitors from all walks of life to engage with the transformative power of art. The exhibition will run from November 15, 2023 to March 16, 2024. Museum hours are Tuesday through Saturday, 10 a.m. to 5

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p.m., with extended hours until 8 p.m. on Wednesdays.



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A Halloween Facebook Challenge

By Chris Baird

On the afternoon of October 28th, I made a post on my facebook wall and then also posted it on a few community pages.

In the Payson UT News and Goings On, it had 446 likes, 20 comments and 25 shares.

In the Springville Utah Community page, it had 192 likes and 21 comments.

It was shared in a few other places as well.

The post tagged many of the local Police Departments, You have been challenged. Let's see your Halloween Photos.

I also shared a picture from Truckee, CA police that showed four officers flying on brooms in front of their police car.

Salem Police Department is the

only department to take me up on the challenge and they posted the following:

Happy Halloween from the Salem Police Department. We suggest staying out of areas you don't belong (specifically Witch houses turned museum with black flame candles that raise the dead). Also note, if you're going to "run amok" curfew is 11pm, be inside or we might "put a spell on you." Remember, it's not a bunch of "Hocus Pocus" to be safe and make good choices. Have a safe and Happy Halloween!

In their first comment they tagged me and said, "Challenge Accepted."

Here are a few photos that they posted.



Detective Wright (green), Officer Bigler (purple) and Officer Wood (red) dressed up as the Hocus Pocus witches.

POLICE Continued on Page 17

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- Randy Pausch

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NOVEMBER 2023 | 15

Local woman receives second chance at life after rare heart condition, husband paying it forward

By Kevin Jennings

In November of 2018, a 24-year-old newlywed was dealt a card in life that no young woman should have to accept. Unlike most 24-year-olds in the prime of their lives, Violette Gubler was tired every day, had difficulty breathing normally, and was experiencing severe chest pains.

After a series of tests, it was determined that Gubler had a rare genetic heart disease that was causing an enlarged left ventricle. This discovery, while devastating, helped to explain the loss of a parent and a sibling – both at relatively young ages. The discovery of her own condition also led her to learn that two-thirds of her family have the same predisposition to this rare condition.

While having answers created a greater understanding of her health and the health history of her family, Gubler now faced a difficult road ahead, including the need to be placed on a heart transplant list. What made matters more challenging was that being placed on the transplant list is a small step toward receiving a transplant because heart transplants are based on health needs, and not on who has been on the list the longest.

Fortunately, doctors equipped her with an LVAD, a “Left-Ventricular Assist Device” to help her while she waited for an available donor heart. An LVAD is a type of medical pump that is used by patients with end-stage heart failure. The device

helps the left ventricle pump blood throughout the body, and it kept her heart pumping for 30 months. Because in February 2023, a donor heart became available.

After over two years waiting, Gubler was elated.

“Holy Smokes! Is this real?” she recalled saying when she heard the news.

As she arrived at the hospital, the pre-transplant work began, then the actual medical transplant of a human donor heart to the recipient. During the next four days, Violette remained unconscious with her medical incision open, but sealed with plastic to discourage an infection.

The incision remained open in case of a potential need for medical access to the area – a common procedure in the world of heart transplants. The very first thing she remembered when regaining consciousness was seeing her family members in the hospital hallway.

Over the past six months since the transplant, Gubler has a new lease on life, and her husband Chase Gubler said that she has the “most energy that he has ever seen.” And while they have not been in contact with the donor’s family due to some protocols, they wanted to express gratitude for them taking that step to be a donor.

This experience has another silver lining, as Chase Gubler has seen firsthand the love and care that medical professionals have adminis-



Violette and Chase Gubler.

tered to his wife, and he has taken the steps toward beginning nursing school in the coming months.

Visit these sites for more information about organ donation:

[YesUtah.org](https://www.yesutah.org) &
[Donorconnect.life](https://www.donorconnect.life)

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in the Covey Center for the Arts and for the Utah County Museum. I have fish all over the nation and find restaurants in Louisiana and collector places in Abu Dhabi."

As his creations began to grow in popularity, Henline saw an opportunity to continue to give back to children and veterans. For years, he has been affiliated with another non-profit called Little Warrior Camp that is a camp for kids who have lost a parent in action or have suffered a loss related to PTSD. Henline said that his goal has always been to find

ways to give.

"It took most of my life to understand that happiness is derived from giving, not from accepting," he said. "I am fortunate enough to take the great love I have for outdoors and fishing and turn it into something that's powerful and touches people's lives."

For more information on Henline and his creations, or to order pieces, go to everythingfish.art.



Detective Wright (green), Officer Bigler (purple) and Officer Wood (red) dressed up as the Hocus Pocus witches.



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Tributes



Fawn Enid Underwood Fife

On October 23, 2023 after 91 years, Fawn Enid Underwood Fife passed away with her daughter and son by her side. She was an irreplaceable wife, mother, friend and relative to many.

She was born August 20, 1932 in Mammoth, Utah to Ken and Virginia Vanausdal Underwood. She lived there until the age of 12 at which time the family moved around the hill to Eureka to be closer to schools and work. She loved those early years in Mammoth and had many memories and stories to share. She enjoyed her school years in Eureka but as was the custom in those years, she married early on June 5, 1948 to Robert Fife and in the coming years had her family. She lived in the same house for 74 years.

She was the main cheerleader and supporter of all sports and activities that her children participated in. She was proud of her achievement of going back to school to receive her graduation certificate. She enjoyed time spent participating in the Ladies of Elks of Eureka, card clubs and winters in Quartzsite, Arizona.

She was raised with four brothers and two sisters. Another sister died at the age of 3. The seven

together were a very close-knit family. They spent their entire lives caring for and loving each other as families should, supporting and standing by whenever needed.

She was preceded in death by her husband Bob, parents Ken and Virginia Underwood, an older brother Vance, younger brothers John, Adren and Jim, younger sisters Carol and Tamara, and sisters-in-law Bonnie and Pat. Tragically she also had to endure the loss of her oldest son Cliff. She is survived by a son Carl (Pam), a daughter Joy (Bill), and daughters-in-law Kerry and Pam L.

She leaves behind a friend in anyone she met. She had many in her life.

Graveside services were held Friday, October 27, 2023 at 11:00 am at the Eureka City Cemetery.



Juanita Faye Vickers

On Saturday, October 7, 2023, Juanita Faye Vickers was reunited in heaven with her eternal husband Richard James Vickers. Richard died on May 16, 2020.

Richard was born to John Todd Vickers and Cora Henrietta Bartelt Vickers in St. Charles, Illinois in 1927. He was the youngest of six children. Juanita was born to Vance Jay Price and Jessie Edna Brown Price

in Waterloo, Iowa in 1930. She was the third of four children.

After high school, Dick enlisted in the United States Army and served in Korea between World War II and the start of the Korean War. After the war, he studied aeronautical engineering at Bradley University and the Northrop Aeronautical Institute. Dick found employment with Northrop Aircraft in Los Angeles, California. Faye graduated from high school in Arizona before moving to Los Angeles. She found a job as a secretary with Northrop Aircraft where she met Dick. After three months, they spontaneously drove to Las Vegas one night in their pajamas and were married in a drive through ceremony. Dick described this as taking the biggest gamble of his life in the gambling capital of the world.

Dick and Faye later found the Church of Jesus Christ of Latter Day Saints and built a family through devotion to their faith. Dick met and shook hands with President David O. McKay in 1957. They served as stake missionaries and temple workers. Both Dick and Faye were avid researchers and documenters of family genealogy. Dick writes in his personal record that he was grateful for many things. He was grateful to live in America and be able to participate in the history of the world in the last days before the second coming. He leaves his history with his children so they might know how much he loved them.

Dick and Faye lived in California for a number of years before moving to Colorado. They retired 8,000 feet up the side of

Year-Round Thanksgiving - A Challenge

By Kevin Jennings

When was the last time you were challenged to make a positive impact on others around you?

Some of us view challenges as things we'd rather not endure, but "Murphy's Law" presents us with the opportunity anyway.

With the holidays at our doorstep, the thought of 'goodwill towards others' may very well enter our mental landscape.

There's a story written by Darren Hardy, the former publisher of SUCCESS magazine where he relates an experience that he claims changed his marriage.

As the story goes, one Thanksgiving, Hardy decided to keep an appreciation journal for an entire year that included daily entries about his wife. He noted the positive qualities that she displayed. He recorded her expressions, her cooking, her interaction with others - including the family dog.

He looked for positive things that she did that touched him in one way or another. He wrote this journal secretly so his wife had no idea of this ongoing project.

At the end of the year, he presented her with his Thanksgiving Journal of his recorded feelings towards her. She cried and said it was the best gift she had ever received.

Hardy claims the one most impacted by that genuine gift was him - all of the many observations and commenting of his wife's attributes prompted him to focus with intent on her positive characteristics.

His appreciation, gratitude, and commitment to see the best in her was something he felt in his heart and saw through his eyes on a daily basis.

This story can be valuable and beneficial to each of us.

The Challenge

We can certainly look upon and reflect on the positive features of our own spouses, our children and other members of our families, our neighbors, our friends, and even complete strangers.

Although keeping a journal for a year is quite an undertaking, there are other ways to express genuine

thanks towards others.

We could easily write a short thank-you note that encourages another person in some way. When a youngster is accepting this challenge, they may choose to color a picture for someone. Maybe one of us writes a little poem and gives that away.

We can hold open a door for another or even just share a smile with someone. We have so much ourselves to be thankful for.

How about paying it forward at the convenience store or fast food drive-thru? Just ask the person serving you to accept your donation for the next people in line until it is used up. Do the same thing again on your next trip, too. All these small things add up.

With the colder weather season upon us, we could think of taking to the curb and retrieving our neighbor's trash can for them on the scheduled day or night before.

Maybe we offer to assist someone with their loading or unloading of items to their car when shopping. We can dedicate some of our time to a charity in our community or donate items to a food bank. We could easily offer to assist others in getting their donations dropped-off as well.

While shopping, we should support our local businesses as well as the big guys. We can also share uplifting and positive content in our emails, blogs, and social media posts.

We should also support others by being attentive and lending a helping hand when needed. We could offer time to friends and family as we babysit their little ones so they can get away without kiddos in tow.

Feel free to modify any of these ideas to fit into your life capacities and especially the lives of those you choose to serve.

The opportunities to serve others are endless and not limited to a particular season. The rewards will be amazing as you genuinely engage in this type of "Year-Round Thanksgiving." Let's create a widespread energy with it!

the mountain in Baily, Colorado. When Dick's health began to fail, they moved to Indiana where they resided until Dick's death. Faye then returned to the mountains they loved until they could be reunited again.

During his lifetime, Dick helped design the very first flying wing, worked on the Hubble Space Telescope and heat shields for the space shuttle working for Lockheed Missiles and Space Co and Martin Marietta Corp. He also worked on "killer" satellites. Dick's hobbies included building model airplanes. He also loved to bowl and participated in league play.

Faye's primary job was that of a homemaker. At times she also worked as a data entry secretary and a security guard. Faye had a love of music, particularly church music, and was an accomplished pianist. She shared her love of music with music boxes she gifted for births and weddings. Faye was an avid reader and had a collection of Harlequin Romance books that her grandchildren would sneak down the stairs to the basement to read. She was a collector of all things copper and rust, creating beautiful floral displays with her treasures.

Dick and Faye were preceded in death by a son, Robert Vickers, daughter Stacy Morris, grandson Austin Ellis, grandson Adam Laughner and granddaughter Ka'Tiana Morris.

Dick and Faye are survived by 5 children, Stephanie (Terrence) Bauer, Suzanne (Tim) Ellis, David Vickers, Jean Baker, and Richard (Shirley) Vickers. They

have 20 grandchildren, 38 great grandchildren, and 1 great great grandson. They are also survived by Faye's brother Wesley Price and numerous nieces and nephews.

A celebration of life was held for Dick and Faye at Spring Creek Utah County Mortuary on October 14, 2023. A graveside service was held at Orem Cemetery.

Memorial donations may be made to the Adam D. Laughner Memorial Scholarship. Checks can be made out to the Duneland Education Foundation, 601 W. Morgan Ave, Chesterton, IN 46304. Please note Adam D. Laughner Memorial Scholarship on the memo line.

Condolences can be offered at www.springcreekmortuary.com.



Jared Von Baker

Jared Von Baker, 16, Orem, UT, passed his earthly test and graduated to his heavenly home on Oct 3, 2023, with his parents by his side and his siblings on the phone. He passed away at Primary Children's Hospital in Salt Lake City, Utah, due to complications from a seven-year battle with cancer.

Born on January 6, 2007, to David and Tamra Baker, Jared was a strong soul from the start. The fourth of five children, he was surrounded by a large loving family including cousins, aunts, uncles, and

grandparents.

Jared was born with rhythm; he loved music and loved to dance and do hip-hop at an early age. The positive beat inside of him came out in all he did. His natural athleticism led him to excel in lacrosse, taekwondo, football, soccer, and snow skiing. He had a strong mind as well, and he loved reading, learning about random subjects, and making keen observations about the world around him. But his real love was for his friends and family, and he prioritized spending time with them.

Jared was not passive in life nor in his beliefs or opinions. He strongly stood up for what he believed, and he wouldn't hesitate to share his thoughts or challenge you to defend your perspective. He didn't have a weak bone in his body.

The battle for his life started when he was diagnosed with stage 4 cancer at age 9. That began Jared's transformation from a boy into a warrior. Cancer tried to beat him over and over again, but Jared braved every day and every new condition - and he did so without complaint. Those around him would never have known how sick his body was, they knew only that he was present, in the moment, and a fierce fighter.

Spending months at a time sick or in the hospital taught Jared life lessons well beyond his years. He developed patience and perspective and learned to take things in stride, go with the flow during delays or disappointments, and not be upset by things he couldn't change.

Jared was a student at Mountain View High School, in Orem. Al-

though he was a friend to all, he especially cherished his tight-knit group of friends who stood by him through thick and thin.

Even when he was at his sickest, Jared would still go to school for seminary - sometimes for the entire day. He also made sure to complete Driver's Ed and worked hard to obtain his driver's permit in between hospital visits. He had a passion for cars, especially exotic supercars, and he even got to drive a Lamborghini. He loved games and spent many hours strategizing over board games with his uncles and playing video games with his friends and cousins. He also strategized in the mountains where he loved to have airsoft battles with his friends.

He was especially close to his siblings, Taylor, Trent, Jaida, and Kurt. He thought the world of them and often expressed his gratitude for his relationships with them. Although he was teased and taunted by his brothers and sisters, he fiercely defended them. Each played a special role in his life, and all gave him reasons to fight every day.

Jared had a special relationship with his mother, who spent years of her life helping him fight for his. She was his confidant, compassionate caregiver, and an integral part of his medical team.

His dad was his role model and teacher. They worked on projects together and frequently pushed each other through healthy debates.

Above all, Jared was a faithful disciple of Jesus Christ. He chose to let his health challenges teach and refine him and bring him closer to his Savior. He was an active member

of The Church of Jesus Christ of Latter-day Saints. His life was the start of his mission service to the

Lord, touching thousands of people with his strength, courage, and faith. With his new heavenly transfer, Jared's unique mission will continue and he will bless lives on both sides of the veil. Jared lived and died with Jesus Christ by his side.

Jared is survived by his loving parents, David William and Tamra Orgill Baker, siblings, Taylor, Trent, Jaida, and Kurt, grandparents Sharey Ann Baker and Von and Sherri Orgill, as well as many adoring uncles, aunts, and cousins, who will miss him deeply. He was preceded in death and greeted on the other side by his grandpa, Will Baker, and his uncle, Scott Orgill.

Special thanks to the caregivers and medical teams at Primary Children's Hospital, to the community of Orem, Utah, and to the thousands of online friends and followers all over the world who prayed for Jared and helped him and his family through the journey. So many people have been blessed by his strength, his faith, and his pure goodness.

Funeral services were October 14, 2023. Interment was in the Orem City Cemetery. Jared requested casual attire, and attendees were invited to wear TeamJared apparel or something with his favorite colors of purple and fluorescent orange.



Leo Steele Prestwich

Leo Steele Prestwich unexpectedly passed away October 23, 2023, at his home in Springville, Utah. He was scrappy, competitive and admittedly bull-headed at times, which is not surprising as he was born the eleventh of 12 children on November 21, 1935. He was proud of his family and loved talking about them and his experiences growing up in Delta, Utah.

He enjoyed and excelled in sports which led him to college to play football and start his education. Leo attended Southern Utah University and Utah State University on football scholarships and eventually earned a Master's Degree in Education from UNLV.

His career included teaching, coaching and administrating at various schools and the district in Lincoln County, Nevada. He loved Lincoln County - the area and the people.

Leo tackled life head on. He didn't dodge responsibility or weave around difficult obstacles. He worked, served, helped, moved, lifted, delivered anything and everything for his neighbors, church and family. He was a poor procrastinator - if it needed to be done, he started doing it right away.

On Friday the 13th of July 1956, he married Una Loy Breinholt in the Manti temple. They both considered themselves

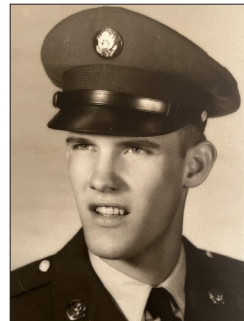
lucky to have each other for 67 years. He is survived by his children Curtis Prestwich, Jolene Peacock (Richard), and Russell Prestwich (Melissa), as well 8 grandchildren and 14 great grandchildren. He is also survived by his sister Nelda Prestwich.

Leo left this life in such an unexpected yet amazing manner. Over the weekend his whole family was able to gather in St. George for a few days of playing and relaxation. He hugged, held, and expressed love in his "Leoly" manner, carrying the babies, wrestling with the kids and grown ups, teasing, chatting and enjoying his time with

everyone. After hugging everyone goodbye and arriving at his home in Springville that evening, he mowed up a few leaves and started unloading the car. Una found him on the floor of their garage. It is unclear what caused the fall, however, those who know him best know the ground would not have stood a chance against Leo at full strength.

A viewing was held on Friday, October 27 and a graveside service was on October 28 at the Richfield, Utah, Cemetery.

Condolences can be offered at www.springcreekmortuary.com.



Thomas Crowther

Thomas "Jay" Crowther, 82, was called home on October 2, 2023, by his Father in heaven and into the loving arms of his father Loren Don, mother Laura Della, and twin sister Joy Crowther. He was the third born of ten children including one set of twins and one set of triplets in Fountain Green,

Utah. Jay comes from a proud history of sheepherders from Fountain Green, Utah.

As a young man, he served in the Army at Fort Bragg North Carolina in the 16th Court Artillery Squad. He shot the "big guns." After his service, he began his career with the Rio Grande Railroad, where he worked as a brakeman for over thirty years and could often be seen hanging off the back of the train swinging the railroad lantern. Jay was forever a cowboy and loved his cowboy boots and giant silver belt buckle. Jay cherished his heritage coming from a family of sheep herders. Late in life, Jay was

diagnosed with Multiple Sclerosis which robbed him of his strength but not his will and spirit, his strength grew as a support to his siblings, children, grandchildren, and great-grandchildren, and was the true example of strength to his family.

Jay is preceded in death by his father, Loren Don Crowther, mother, Laura Della (Rosquist) Crowther, and twin sister Margaret Joy Crowther.

He is survived by his three children, Todd Jay (Karen) Crowther, Teri Rae (Richard) Daynes, Derrick Grant (Angelia) Crowther, and two bonus children he loved as his own, Theresa (Adan) Garcia, and Shari Watson.

He was blessed with nineteen grandchildren and thirty-one great-grandchildren.

The family is requesting a donation to the Idaho-Nevada-Utah National Multiple Sclerosis Foundation in lieu of flowers to support research, those fighting MS, and help make a difference.

Funeral Services were held Saturday October 7, 2023 at 12:00 noon at the Fountain Green 3rd Ward Building. Interment was in the Fountain Green Cemetery.

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Contact Utah Valley Animal Rescue if you are interested in adopting Foxy Roxy



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Shane Paoli took over the Springville and Spanish Fork Branch of the Farmers Insurance agency in January of this year and said he is eager to join the local community that drew him to southern Utah County. "Everybody knows everybody here, and that environment is awesome!" Shane said.



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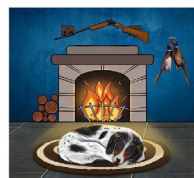
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Three tips for someone who had to give a speech?

By William Boardman

Have you ever wanted to overcome your fear of public speaking? Did you know that there is a place locally that provides a wealth of resources and community to be able to not only overcome this fear, but do it alongside others who share the same fear and goal?

Utah Valley Toastmasters holds weekly meetings where these fears are addressed and conquered using many methods including the following three tips for the trade.

Hold their Attention

You have to get the audience's attention immediately. People will give you a chance to grab their attention, and if you fail, they will pull out their digital device and their eyes and attention will be elsewhere. So, don't poke around with small talk, get right into the topic and try to keep it interesting. You can use a story or you can ask a question to get the attention of the audience. Stories, if told well, are great at capturing attention. A really good question can also grab people's attention.

Focus your speech on the topic

Don't try to squeeze too much into a speech. Too much information will make it hard to remember what it was that you were actually trying to say. For instance, if your speech aims to talk about the "20 steps to a great morning routine," you will likely not only lose interest in your listeners, but even if they do listen,

they won't remember all of the steps.

Keep it focused on a few main points. You don't want to wander out into the weeds on some extra topic that has no bearing on the point you are trying to make, so don't.

Practice

All speeches have a time limit. That is actually a blessing. It causes the speaker to be succinct in his or her message while choosing the right words and getting right to the point.

Sadly, I have learned this lesson from not timing myself and taking more time than allotted which in turn meant that the next speaker had less than the time that they were allotted. That is embarrassing and shows a lack of awareness.

Practice is also a great place to move from "the written speech" to "the spoken speech." You need to speak as you would to a friend, not as you would get from a textbook. Practice is going to make it easier on the ears of the audience.

After a recent event where students from the American Sign Language class at UVU visited, several left with positive reviews including, "I liked the safe space you have for people to speak." "I liked the evaluations of the speeches" "I think you all are so brave to stand and speak in front of a group of people." "I really appreciate the preparation the speakers have made for their speeches."



William Boardman presenting the Best Speaker award to Paul Mensinger at the Utah Valley Toastmasters Club that meets at Macey's in Spanish Fork on Thursday's at 7 pm.

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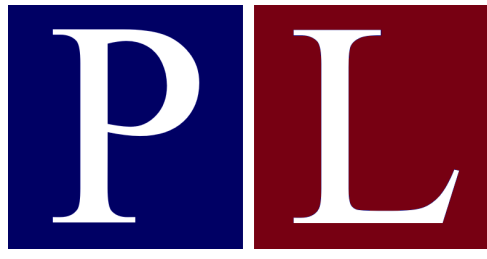
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What is Probate and How do I Avoid It?

By Ken Prigmore of Prigmore Law in Spanish Fork, Utah



Ken Prigmore
801-318-9379



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Wills ~ Trusts ~ Probate

THIS ARTICLE OFFERS GENERAL LEGAL PRINCIPLES AND IS NOT A SUBSTITUTE FOR ACTUALLY MEETING WITH AN ATTORNEY TO DISCUSS YOUR SPECIFIC CIRCUMSTANCES. DO NOT TAKE ANY ACTION BASED ON THIS ARTICLE WITHOUT FIRST DISCUSSING YOUR PROBLEM WITH AN ATTORNEY.

If you have ever had a discussion about Wills, Trusts and general estate planning, you may have heard the word “probate” come up as something awful to be avoided at all costs.

Probate refers to Probate Court where a Judge will review who survived the decedent, choose someone to manage the property of the deceased, iron out conflicts and then determine who is owed some or all of the property. As troublesome as probate can be, it doesn't compare to the problems and costs of paying the 40% Federal Estate Tax on large estates or the 20% capital gains tax on sales of investments. So why all the fear of probate?

Common Challenges in Probate

One concern is that probate happens in open court. This means that if someone has the desire, they can show up to watch whatever transpires between family members as they resolve disputes with the help of a Judge. Each courtroom has plenty of seating for visitors that have no connection with the parties, but simply want some free entertainment. I have seen some of the worst of this happen while serving as a representative of one of the parties.

Think of the reality tv shows where cameramen follow celebrity families around as they fight and tell family secrets. No family is perfect, and very few would want to see their children make family problems

public. The more your family is known in the community, the more likely that others will want to attend probate proceedings. If you are prominent enough, reporters might even show up to get some dirt to tell on the 6 o'clock news. If you can avoid probate, no one outside of your family will know who inherited, what they inherited or why.

Another concern is time. The fastest probates can happen in only a few days. My record is three days. Many families don't even know a probate is needed until they have already found a buyer for the decedent's home, and the closing deadline is looming. Suddenly the Title company surprises everyone by noting that because the decedent was listed as the owner on the most recent deed, no one living has authority to sign the new deed transferring the home to the buyer. A probate Judge has the ability to choose a Personal Representative. This person has court authority to sign the deed transferring the home. After choosing a Personal Representative to sign the deed, some probates end and no further filings are made. That was the case with my three day probate.

Other times the probate seems to take forever. Anything can slow down a probate. Sometimes the Judge assigned to the case is busy and can't get to the file as fast as you might like. Other times a Judge may want to schedule multiple hearings, often a month or two from now, to give the parties time to make arguments. I have seen probates that could have been complete in a week

take over two months because a non-party filed an objection, and the judge gave that non-party two hearings to make their arguments before finally ruling that the party had no standing.

What happens while waiting for a Judge to approve your petitions in Probate Court? Each month, the home may have a mortgage payment due, as well as utilities and maintenance. In November the county property tax will come due.

The home may also have significant issues, like a worn roof that will need to be replaced, prior to sale of the home. Where will the money come from to pay for these costs? This problem may have to wait until the court appoints someone to manage the estate and access the funds needed to make repairs.

If a family member has verbally agreed to a particular division of property, their spouse may have time while waiting for probate to talk them into changing their mind. Many families have financial problems that an inheritance might solve, but looming deadlines might force them to resolve those issues without the inheritance because creditors refused to wait.

Probate has financial costs as well. If you attempted to handle probate court on your own, you will start by paying a court filing fee of nearly \$400. If you review the various filings available on Utcourts.gov for probate, you may decide the process is too complicated to handle on your own and you may hire an attorney to assist you. This will usually cost a few thousand dollars. When there is a dispute between the possible heirs, this cost can grow to tens of thousands in a prolonged court battle. Parties can fight over who will manage and distribute the estate, who is a legal heir, who is owed money and property by the estate, and who will manage property for minors or those with incapacitating disabilities.

Finally, probate extends the suffering of those who lost a loved one. Separation from a dear family member is difficult, and the added burden of court battles can rub salt in the wound. Emotions can be raw and often family members will react to

probate problems by turning on each other, eroding and sometimes permanently ending family relationships.

Should Probate be Avoided at all Costs?

Though the problems above are real causes for concern and give significant motivation to find ways to avoid probate, not all things are a better option than probate.

One popular shortcut is to add an heir as a joint tenant on a deed or a bank account. As described in my last article, this can be a disaster. Loss of control of the home, a forced sale and loss of equity to the heir's creditors, and 20% capital gains taxes that could add up to tens of thousands all make this shortcut a bad idea.

An Estate Plan, Properly Implemented, Can Avoid Probate

A Will can give someone your home at your death. This allows your heirs to avoid the capital gains tax when they sell the home. Unfortunately, a will can only do this in probate court, and it must be done within three years before the will expires. More is needed in addition to the Will to avoid probate.

A Trust has the power to name a successor Trustee who has instant authority at your death to sell the home without going to probate court. This process requires you to place your home in the Trust to be effective.

In addition to your home, vehicle deed transfers must pass through government offices and bank accounts will be in the control of bank managers concerned about giving the money to the wrong person. Too many vehicles or too much money can trigger the government and the bank to refuse a transfer of assets until a probate names a personal representative.

At Prigmore Law we identify what issues may trigger probate in your estate and show you what tools you can use to avoid probate without forcing your heirs to pay high taxes or take other significant financial risk. When a family member has left behind assets requiring a probate, we can make the process as smooth and swift as possible. Give us a call today for a free consultation!

Bedtime Is Like a Game of Whack-a-Mole

By Joe Capell (Funny-ish Files)



The other night I was getting our kids ready for bed when the game “Whack-a-Mole” came to my mind.

“Whack-a-Mole” is an arcade game featuring a waist-high cabinet with a number of holes in it. Each hole contains an animatronic mole, which pops up and down at random intervals.

The objective of the game is for the player, who holds a mallet, to use the mallet to bop (or “Whack”) each mole in the head in the brief moments that it is popped up out of its hole.)

Why did I think of “Whack-a-Mole” at bedtime? I’m really not sure. And

then, it starts:
 Why are you out of bed? “I just need to get a drink of water.” (Whack!)
 What are you doing out of bed? “I forgot to brush my teeth.” (Whack!)
 I thought I sent you to bed. “I can’t find my stuffed animal.” (Whack!)
 Weren’t you in bed already? “I

have some homework I forgot to do.” (Whack!)
 Shouldn’t you be in bed? “I needed to get the cat out of my bed.” (Whack!)
 Haven’t I already sent you to bed twice? “I wanted to eat an orange.”
 Didn’t you already brush your teeth?

“Yes.” (Whack!)
 What are you doing up? “I think my pajamas are on backwards.” (Whack!)
 Didn’t I send you to bed a half hour ago? “I just want to get a book to read in bed.” (Whack!)
 Isn’t it past your bedtime? “I can’t fall asleep. I’m scared.” (Whack!)
 Didn’t you already get a book? “Yes. I finished it and need to get another one.” (Whack!)
 You again? What is it this time? “I need a drink.” Didn’t you already get a drink? “I’m a very thirsty person.” (Whack!)
 I thought I sent you to bed seven times already. “I’m having bad dreams.” (Whack!)
 Why aren’t you in your own bed? “I thought I heard something.” That “something” that you heard was me telling your sister to go back to bed!

(Whack!)
 What’s the matter now? “I’m too cold.” (Whack!)
 What is it this time? “I’m too hot.” (Whack!)
 Finally, eventually, they actually stay in their beds for the rest of the night. Or, at least I think they do. I’ve long since fallen asleep myself, so I might have missed another sixteen moles popping out of their beds.
 And, although I shouldn’t have to say this, I feel I should point out that I am NOT advocating whacking these bedtime moles with an actual mallet. The “Whack-a-Mole” game is just a metaphor.
 But, keep that metaphorical hammer handy, because when it comes time to get them OUT of bed in the morning, you might need it to pound on the walls.

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Michael Snelson is the president of Snelson PhotoColor Lab. With a passion for capturing moments and preserving memories, Michael has dedicated his career to providing professional grade printing and color enhancement services to professional photographers, artists, businesses, and individuals.

Outside of the lab, Michael is an avid cyclist. You can often find him exploring scenic routes, and embracing the beauty that surrounds us here in Utah County.

In addition, Michael participates in the competitive shooting sport of Cowboy Action Shooting. Through

this unique hobby, he actively participates in competitions that pay homage to the rich heritage of the cowboy era.

Beyond his professional and recreational pursuits, Michael is committed to his community. Serving as a City Councilman, he diligently works towards enhancing the lives of his fellow citizens. With a strong sense of civic responsibility and a desire to make a positive impact, he actively engages in local initiatives, addressing community needs, and shaping policies that promote growth and well-being.

Michael is dedicated to excellence and is committed to customer satisfaction. Under his



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