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A high-angle photograph of five people tubing down a snowy slope. They are wearing winter gear and are spaced out along the run. The snow is bright white with some tracks from previous tubers.

SLIDING INTO THE NEW YEAR

**Make it A Year to
Serve Daily**

Santaquin City Bike 4 Kidz Event

Submitted by Santaquin Recreation

For the second year in a row Santaquin City has participated in the FB4K Free Bikes 4 Kidz event where 18 youth from four Santaquin Elementary Schools received free bikes.

The event was coordinated by Mayor Dan Olson, Council member Jeff Siddoway, Miss Santaquin team, Santaquin resident Michael Romero, and supported by Santaquin Community Services Department. FB4K is a non-profit organization

geared toward helping all kids ride into a happier, healthier childhood by providing bikes to those most in need. Participants are taken to Salt Lake City in the Santaquin Fun Bus to select a helmet and bike.

After the event, FB4K Free Bikes 4 Kidz participants and family members received a free lunch donated by Ivanov and Emily at Maraca's Mexican Grill. We appreciate their support of this great program!



Start the new Year by Serving

By Chris Baird

As we enter 2024 and we have one extra day this year, make it a goal to Serve Daily.

Make plans to be kind to those around you.

Visit the sick and afflicted.

Visit someone in a jail/prison.

Write a letter to a loved one.

Create a new service project and

invite people to donate/help/serve.

Find local opportunities to serve and give of your time to those in need.

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Mayor Wright Welcomes New Council Members

Submitted by Mayor Bill Wright (Payson Mayor)

As Mayor, I would like to thank all the candidates who campaigned for the three open seats for the Payson City Council. Tyler Moore, Anne Moss, Brian Hulet, Ryan Rowley, Teancum Clark, Kirk Beecher, Carl Brines, Easton Brady, and Lacey Smith all ran a very professional campaign.

I would like to congratulate Anne Moss, Ryan Rowley, and Brian Hulet for being elected to the council. I look forward to working with them and having them join our team. I would like to highlight each of them.



Anne Moss

Anne moved to Payson in 2007 with her husband, two little ones, and one on the way, as the Golden Onion Days fireworks began exploding in the sky. Anne began her involvement in the Payson community when she was elected to her children's elementary school community council and advocated for continued focus on literacy.

She has been elected several times to her neighborhood HOA board, acting as city liaison, and is currently the Vice President. Continually influential in keeping HOA dues low, she makes sure the HOA cuts costs and establishes sound financial decisions.

Anne has been a member of the Daughters of the Utah Pioneers and believes in the importance of preserving and honoring Payson's history. She has served as County and State delegate and firmly believes in limiting government involvement

in the lives of citizens. She was also instrumental in stopping Payson's plan to put high voltage power lines along SR 198.

She is excited about Payson's great future but wants to make sure the wonderful people of Payson aren't neglected and burdened by costly and avoidable tax and rate increases. Anne is outspoken and honest and will boldly stand up for the good of Payson residents. She works for BYU at the J Reuben Clark Law Library.



Ryan Rowley

Payson City holds such a special place in Ryan's heart and memories. He was born and raised here. He has been dependent on Payson City for his childhood memories and now his children's memories as he and his wife Kara raise their children here. He relies on this area for his way of life as a realtor helping people buy or sell homes to make memories and often gets to help Payson City residents in that process. Home ownership is a key to the American Dream. He is also a cherry farmer and loves agriculture, green space, and water.

He worships Christ, works, plays, and lives in Payson. He realizes from nearly every aspect how the decisions made, or not made in Payson City Hall impact our daily lives, because he is here every day all day. He currently serves on the Payson City Planning Commission.

He is grateful for this experience and for the wonderful people that work for Payson City that he's been able to rub shoulders with. He feels the need to continue to serve and give some of his time back to the city and residents. He will focus on the Payson City residents and business owners.

He will ensure that the resident's concerns and voices are heard. He will ask the tough questions, listen, observe, and always do his homework and vote for what is right. Payson is in flux and change, but progress must always follow common sense, including the infrastructure, water, and the best land use for a given area. He will honor Payson's past while protecting its future. He is grateful and humbled for the opportunity to serve my community.



Brian Hulet

Brian Hulet is a dedicated advocate for Payson with a proven record spanning over two decades. Former-

ly a Payson City Council member for 6 1/2 years, his leadership has driven economic growth. As the founder and chairman of the Payson Economic Development Committee and a consultant for city economic initiatives, Brian played a pivotal role, alongside me and the city council in attracting Parris RV to Payson. Under Brian's vision, Payson was rebranded as "Home to Adventure." A former Central Bank Vice-President, having twice served as Payson Chamber of Commerce president, he's no stranger to fostering business relationships.

Presently, Brian is a trustee at Mountainland Technical College (MTECH) and serves on the Historic Downtown Payson and Huish Boards. He was instrumental in helping bring MTECH to Payson. Brian launched the PARC initiative, injecting over \$1.87 million into local ventures, from pickleball courts and theaters to the Dry Creek trail. A 22-year resident, he has five children and cherishes Payson's essence. Brian's vision for the next four years focuses on enhancing residents' quality of life, ensuring safety and transparency, and bringing diverse businesses to Payson, including a sit-down restaurant.

A Note from the Publisher: The Payson City City Council meetings are on the first and third Wednesday of each month at 6 pm. at 439 W Utah Avenue.

Find out the time of your city council meeting and participate.

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And a Healthy New Year

By Alex Sousa

According to the Statista Global Consumer Survey, the three most common New Year's resolutions are to exercise more, eat healthier, and to lose weight. However, a Forbes Health poll shows that, on average, Americans typically drop their resolutions before the beginning of April.

There are a number of reasons people don't keep their resolutions, whether it is due to the goal being too ambitious, or becoming discouraged by failure or lack of results. There are ways, however, to make achievable resolutions that can be maintained throughout the new year and beyond.

Experts agree that when shaping your resolutions, the best way is to be specific and realistic. Vague objectives like "getting fit" often lack the clarity needed for success. Instead, strive for precision by articulating measurable goals such as exercising for 30 minutes five times a week or adopting a plant-based diet. By making your aspirations concrete, you not only define success more clearly but also reduce the likelihood of frustration.

"Too many people give up because they don't really understand what they're trying to achieve," said Jason Shane, a trainer and fitness coach working in Utah Valley. "They lose sight of their big goal and give up when they should be focused on the steps they're taking to get there."

Shane also said that a critical shift in perspective involves focusing on behavior rather than outcomes. Instead of fixating solely on shedding pounds, redirect your attention to

cultivating healthier habits. This might include committing to a daily exercise routine or embracing mindful eating practices.

It's also important to prioritize overall well-being rather than aesthetic outcomes. Resolutions geared toward improved sleep, stress management, or increased energy levels foster a holistic approach to health, contributing to a more sustainable and fulfilling lifestyle.

Dr. Jarrett Hammer, whose practice is located in Spanish Fork, tells his patients that having a solid reason for wanting to lose weight or become healthier is vital.

"The best thing that people can do, is to reduce processed foods as much as possible and focus on cardio and strength training," Hammer said.

For those facing monumental changes, the key lies in breaking down large goals into smaller, more manageable steps. Achieving these incremental milestones not only builds confidence but also makes the broader objective appear less overwhelming.

Seeking professional guidance can provide valuable insights into setting health-related resolutions. You can consult with healthcare professionals or fitness experts to tailor your goals to your individual needs, ensuring they are not only challenging but also safe and effective.

"Creating a realistic routine that's aligned with your goals can significantly help the sustainability of healthy habits," Shane said. "Establishing consistency, whether in your workout schedule or meal planning, reinforces positive behaviors and

transforms resolutions into ingrained lifestyle changes."

Shane is also a huge proponent of accountability, with "accountability partners" being key to success when it comes to health and fitness goals. Sharing your resolutions with friends or family members who can offer support and encouragement fosters a sense of camaraderie. Regular check-ins and shared milestones create a support system that makes it easier to stay on track, even when faced with challenges.

"You'll also want to celebrate small victories along the way," Shane said. "Recognize and reward yourself for every achievement, regardless of the size. This positive reinforcement can not only boost your motivation but also reinforces the idea that progress is a journey."

He reiterated that the rewards should still align with your goals, meaning that instead of treating yourself to a cake after losing ten pounds, maybe buy yourself that new water bottle you've been wanting. Rewards can be small too, like taking a quiet walk somewhere or giving yourself 30 minutes to read.

Adaptability is a crucial aspect of maintaining resolutions. Life is unpredictable, and circumstances may change. Instead of rigidly adhering to a predetermined plan, be open to adjusting your goals to better suit your current situation while still aligning with your overall objectives.

Reflect on your progress regularly. This introspection allows you to identify potential obstacles, adjust strategies, and stay focused on your journey toward better health.

Embrace setbacks as opportunities to learn and grow, rather than as reasons to abandon your resolutions.

Another vital component is to incorporate enjoyable activities into your resolutions. Whether it's a favorite sport, hobby, or type of exercise, infusing joy into your pursuits makes them more sustainable in the long run. Choose activities that resonate with you, making the journey toward better health an experience to savor rather than endure. Ultimately, each person's success comes down to the person's ability to keep going.

"Approach your resolutions with a positive mindset," Shane said. "Understand that setbacks are a natural part of any transformative journey. Rather than viewing them as failures, think of them as opportunities to reassess, recalibrate, and reaffirm your commitment to a healthier life."

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Mapleton Man 'Explores Utah' One Photo at a Time

By Ari Brown

Have you ever walked down the street and asked yourself, "I wonder what this place looked like 30 years ago?" One man asks himself that daily, and then does something about it.

Jacob Barlow of Springville loves history – in particular, cinematic history – and he lives in the perfect place to rediscover it. South Utah county has been the home for seemingly countless films that have frozen many parts of the county in time.

Take the movie, "Footloose" for example. Every single Payson High School attendee since 1983 when the movie was filmed has walked past the lockers that Ren (Kevin Bacon) danced by when teaching his Willard how to dance. The lockers were orange then, and are green now, and we know that because people like Barlow have taken pictures as proof.

In fact, Barlow recently took a picture of the exact hallway at the high school and placed it next to a frame from the film. He has done these very things with scenes from a whole slew of movies. He also said he likes to find old photos not from movies to do the same thing. He posts what he calls, "side-by-sides" on his Facebook page "Exploring Utah."

But it isn't just pictures of movie scenes that Barlow takes, but scenery in general. His day job is a real estate agent, and he is always aware of homes and locations, and he said that one day he was looking at some historic markers while out and about, and wanted to see how it had changed over time. He said that he started taking his own pictures,

and noticed that even in the short period of time between one photo and the next, things change quickly. He said that he wanted to be able to document that change.

"It started out with me just getting pictures of the historic markers that you can see around on the side of the highway – just little monuments that talk about what happened there," he said. "I started to collect the pictures, and over time, I'd notice that the scenery around these things started to change. I started caring about getting pictures of houses and buildings because I started to realize how quickly they go away. I started caring about getting pictures about literally everything because there's always a reason that someone is going to care about it."

Barlow's Facebook group, "Exploring Utah" has over 200K members, and he said that he has had many reach out to him and thank him for immortalizing a photo from a time period that was important to them.

"I'll go to the cemetery and look for interesting headstones and get pictures of them, and then come back and research who that was and figure out where they lived and go get a picture of the house to match up with it," he said. "Then I'll get emails from people thanking me for getting a picture of their grandpa's house before it was demolished. I didn't even know that person; I just kind of get on that train and just follow wherever it takes me."

Barlow said that he never intended his "hobby" to be of any interest to anyone else, but he's glad that people



Opening shot from the movie Footloose. Utah Avenue in Payson 1984 (top) and December 2023 (bottom). For more photos from Footloose and other places, visit Exploring Utah Facebook page and search Footloose.

find joy in what he does.

"It started out with me just posting all of my stuff here to keep track of it for myself," he said. "I didn't expect anybody to join, but people just keep joining."

To see Barlow's photos, you can join the Exploring Utah Facebook page or go to his website, jacobbarlow.com.

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Community rallies around Ghanaian family in need, parents hope for family to reunite soon

By Ari Brown

Dickerson Automotive donated a car to a family in need just in time for Christmas as part of its Wheels With Heart program, and one woman close to the family said that she couldn't think of a more deserving family.

It was seven years ago when Rebecca Rivas first met Sulelumana "Sule" Issah when she hired him to work at the Nestle plant in Springville. Issah had just moved to Utah from Ghana after having won a lottery which awarded him all the documents that he needed to immigrate to the U.S. Unfortunately, Issah had to leave his wife and four children behind while he forged a path for them to come join him. According to Rivas, from the very start, she had never had a more dedicated employee.

"He arrived in Utah when it was snowing and all he had was Ghanaian clothing – you know, T-shirts," she said. "He borrowed a bike from somebody and he lived at the top of Provo Orem Hill and every day he rode it to Springville to work. I just remember the very first day of training was at 6 a.m. and I

remember he got to work before I did. It was snowing and his hands were so cold that he couldn't even write his name. He was not dressed appropriately because he didn't know what our weather was like.

"He was never late one minute, and he never missed a day of work," she continued. "He worked every day and every overtime shift possible. He has taught me about determination – this man who's literally riding his bicycle in the snow because he moved to make a better life for his family."

As the years went on, Issah worked hard not only earning money that he would support his family, but worked diligently with officials to be able to bring his family over with him. According to Rivas, Issah was able to travel to Ghana twice to visit his family, but was never able to bring any of them with him.

"He went back to Africa three times in the last seven years to see his family; one of those times his wife got pregnant again, and so then they had their fifth baby," Rivas said. "He's been trying to get the family here and the immigration process is

horrible. You always hear bits and pieces about immigration, but I've been working with him trying to get his family here and it is so hard. He finally became a U.S. citizen in July of last year, and usually once you become a citizen, family can get here pretty quick – usually within 30 to 60 days. We were pretty sure once we became a citizen, they were going to get here soon and nothing happened. I could just see the heartbreak on his face, you know, he'd never met his baby yet."

Making a home for his family

Amidst heartbreak, Issah continued to work and save to make sure that when the time came to bring his family over, he had a place to welcome them and a life for them to live. He worked the graveyard shift at Nestle and went to school during the day, working toward a degree in public health – an area he worked in while in Ghana. He even managed to put himself in a financial situation where he was able to purchase a townhome in Payson.

Rivas said he was hopeful that his family would soon be able to join him, but he was dealt another blow when he found out that he would need to begin the process all over again.

"We were working with Congressman Burgess Owens, and they went over all the paperwork and then they realized that once he became a citizen, he had to do a whole new application system," she said. "He had to redo everything all over again and pay the fees all over again"

Issah scheduled interviews with the African Embassy for his wife and two of his children, and was told that they could come back after they passed. He went back to Ghana during the interviews, and assumed that once the wife and two children were able to come, that the other three would be falling right behind, but that didn't happen. Three of his children, ages 14, 10 and seven remain in Ghana.

"They had to come back with his wife and two Children because

COMMUNITY continued on Page 9

Evolving Through Self-Awareness: A Transformative Approach to 2024

By Charity Stilson

As each new year dawns, our thoughts naturally turn to New Year's resolutions. Common aspirations like exercising more, eating healthier, or better managing finances often come to mind. However, these goals frequently fade as the year progresses, leading us back into our old habits and away from the positive changes we had hoped to achieve.

Creating lasting change hinges on recognizing the need for a deeper, more introspective approach than is commonly embraced. The foundation of this transformation lies in heightened self-awareness. Understanding and managing our thoughts, behaviors, and stress levels are crucial steps toward this awareness. Such a shift not only fosters personal growth but also significantly impacts our success in both personal and professional realms. This journey towards self-awareness is the cornerstone of genuine, enduring change.

Here are 5 innovative tips for a profound change in the new year:

1. Stress Awareness and Resilience:

Understanding and managing stress is crucial. Instead of just vowing to "reduce stress" focus on identifying your stress triggers. Whether it's work relationships, or personal challenges, identifying these triggers is the first step. Once these are identified, utilize deep breathing exercises, mindfulness or engaging in a hobby that disconnects you from the stress and helps to calm the body and mind. Tip: Taking 3 deep breaths throughout the day will reset the nervous system and restore peace and calm, to the body and mind. This proactive approach helps you address stress before it becomes overwhelming.

2. Awareness of Thought Patterns:

Your thoughts have a profound impact on shaping your reality. Start by becoming an astute observer of your thought patterns. Observe them without judgment to identify any recurring themes that

might be hindering your progress. Ask yourself: Are these thoughts empowering and propelling you towards your goals, or are they limiting and negative, leading to self-sabotage? When you encounter a negative thought, verbally acknowledge it by saying, "Not useful," and then consciously redirect your focus to a positive thought. This simple yet effective practice can gradually rewire your brain, paving the way for significant and positive transformations in your life.

3. Disconnect Digitally to Reconnect in Relationships:

In our always-connected world, it is vital to periodically disconnect from digital distractions. Dedicate time each day to be offline, using this time as an opportunity to clear your mind, self-reflect and enjoy activities that bring you joy. Also allowing more time to nurture face-to face connections with family and friends. Engaging in meaningful conversations and shared experiences strengthens relationships and enhances our emotional well-being and physical health.

4. Establishing Attainable Goals with a Positive Perspective:

In the quest for personal growth, setting realistic, detailed goals and dividing them into smaller, manageable tasks is a practical strategy. Experts suggest utilizing 90-minute focused intervals for optimal productivity and progress towards these objectives. Additionally, incorporating positive affirmations such as "I am successfully achieving my goal of..." can be remarkably effective. This approach subtly influences the subconscious mind into perceiving these goals as already underway, thereby enhancing the chances of their successful realization.

5. Fostering Inner Growth Through Healthy Boundaries:

Establishing healthy boundaries in both personal and professional spheres is a vital step for personal



growth. Begin by prioritizing tasks according to their significance and urgency. Learn to delegate responsibilities that can be managed by others, both at home and in the workplace. One of the most effective strategies in

boundary-setting is mastering the art of saying "no." This not only shows respect for your own commitments, time, and limits, but also ensures you're not overburdened with additional responsibilities that don't align with your current priorities and values.

As we embark on the journey of 2024, the path to lasting change lies not just in the goals we set, but in the depth of our commitment to self-awareness and personal growth. By mindfully managing our thoughts, embracing realistic goals with optimism, and establishing healthy boundaries, we lay the groundwork for a transformative year. These steps, rooted in self-awareness, promise not just fleeting resolutions but enduring changes that positively impact our personal and professional lives. Let this year be a testament to the power of introspection and the enduring impact of personal development.

Charity Stilson, Senior Consultant,
www.charitystilson.com

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Spanish Fork Rotary Club Supports Landmark High School's Nebo Pantry

By Eryn Rogers

O It is a wonderful time of year for giving, and the Spanish Fork Rotarians are always focused on looking for ways to serve our community. Recently, we collected donations for the Nebo School District's Nebo Pantry and were able to provide coats, hygiene items and food at our visit to Landmark High School on December 19, 2023. This is the eighth year in a row the Spanish Fork Rotary Club has had Angel Trees at businesses in our local community, with each tree giving people the opportunity to donate clothing, hygiene supplies and food to support the Nebo Pantry.

The Nebo Pantry that is located at Landmark High School, began in 2014 under the direction of the school's social worker Monica Hullinger who understands the needs of the students. Hullinger provides a list of the most needed items to the Spanish Fork Rotary

Club each year, and also makes sure that the students at the school are involved in unloading and organizing the items that are donated to the pantry.

Hullinger expressed gratitude to all of the community organizations and individual families that support the Nebo Pantry by providing donations.

If you are interested in donating to the Nebo Pantry, please contact Monica Hullinger at monica.hullinger@nebo.edu, or 801-798-4030 for additional information on this community service program. The Nebo Pantry would gladly accept any food, new clothing items, and any school or hygiene supplies. All donations made to the Nebo Pantry are used to help students and families in Nebo School District.

ROTARY continued on Page 20.



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they had to come within a certain amount of time because if they don't come within that certain amount of time, they can never come," Rivas explained. "He waited as long as he could and he brought his wife and two of their children, but the other three are left behind which is just horrible. His poor wife is just so distraught."

A car for the Issah family

The family is moving forward with the hope that they will all be reunited, and Issah is still making sure that he has all he needs when his other children are here; one of those things is a car. Rivas said that when she heard about the Wheels With Heart program at Dickerson Automotive, she knew that there wasn't a more deserving family.

"Sule was worried about how he was going to carry his family of seven in a vehicle," Rivas said. "So while he was in Ghana, that's when I started trying to figure out what can be done, and a friend of mine told me about Dickerson Auto's Wheels with Heart program. I had nothing to lose, so I submitted a letter to them a few months back and they emailed me a week later and they said we would love to help."

On Dec. 11, Dickerson Automotive presented the family with a fully refurbished Dodge Caravan, and Rivas said that Issah and his family were so grateful. Dickerson Auto's service consultant, Brenda Dudley said that they are so grateful to all who helped to make the donation possible.

"We so generously had this Dodge Caravan donated to us from a customer," she said in a statement

sent to Serve Daily. "Our team has worked many hours on this van replacing the transmission, engine mounts, suspension parts and tires to make this a safe and reliable van for the family to enjoy. A special thank you to Wiggy Wash for detailing the van, Us Auto Force for helping with the tires, and the Jensen Family for donating the van."

A call to action

Rivas said that the community has really rallied around the family, not just by providing them with a car, but by helping with clothes and furniture and welcoming the couple's daughter at school. She said that the best gift of all would be to find a way to reunite the family.

"It was bittersweet," She said. "He does have this amazing vehicle and I'm so grateful for Dickerson. Now it's just another waiting game. There are three Children that are just left behind. They're being cared for by the village, but the children don't understand. Sule said that when he left, he had to leave when they were in school because they kept crying saying 'Why didn't you get us a plane ticket?' And so it's been very hard on him. So now he's trying to support his family here. He supports his family, the children back in Africa. And he also has to support all of the extended family in the village as well."

"He's just, he's just the most amazing person and he just makes me want to be a better person," Rivas continued. "I'm so glad that things are going well, but I know he just feels so incomplete without his other children here, and I just won't rest until those children are here."



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**CANYON VIEW
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Get to Know Spanish Fork Fire & EMS – Part 2

By Kevin Jennings

Recently, we had the opportunity to visit with Eddie Hales, chief of the Fire and EMS Department in Spanish Fork, with an assist from Jason Turner. Part 1 of this interview was included in last month's edition of Serve Daily.

Chief Hales told us that nationwide, fire departments have a system of redundancy built within their resources that helps to avoid unplanned issues with their equipment, and Spanish Fork is no different. You would likely see two of everything on an incident scene if the equipment was all displayed.

Hales noted that the Emergency Medical Services has direct lines of communication with area hospitals, as well as a medical doctor that oversees all of the department's medical procedures.

Technology has greatly improved both at the station and on the go, and Hales said that one of the most crucial tools that ambulances carry is a device that can read your EKG

(an electrocardiogram) from wherever you are, at home, work, or an incident scene. He said that this is a critical tool because the information gathered by this device can be transmitted to the local cardiac department at the hospital where it is printed out and read by health professionals.

Due to this, if you were to experience a heart issue, the hospital would be preparing for your arrival and your exact circumstances even before you could arrive at their doors.

Accident Prevention

When asked specifically about the many serious crashes on Highway 6, Chief Hales said that he is well aware of the issues in that area. He noted that many of the fatalities can be unfortunately traced to sleep deprivation, speeding, and driver distraction – especially the use of cell phones while driving. Hales

said that it is important for all drivers to always make sure that they are free from distractions.

“Always use your highest level of alertness, and remember, the speed limit is the upper limit, not a suggestion,” he said. “Sometimes poor weather conditions will require a downward adjustment to the posted speed limit.”

Hales suggests that anyone with an interest in becoming a volunteer firefighter, regardless of which community they live in, just reach out to their local fire department for direction in researching the opportunity to serve others.

Many fire stations are in need of volunteers, and the Spanish Fork Fire Department is no different. Hales encourages those interested to contact the department, adding that volunteer firefighting may provide the first step towards a rewarding career as a paid firefighter.

We thank Chief Eddie Hales and Jason Turner for their time and

expertise, as well as the men and women who choose to serve their friends and neighbors on a daily basis as firefighters and EMS personnel in each of our communities.



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A Slice of NY Pizza in Springville

By Tim Jafek

Do me a favor. Skip reading this article and just get yourself over to A Slice of NY Pizza in Springville instead. Trust me—the food will speak for itself. This gooey, cheesy, savory goodness is all but too difficult to describe with words, but let me see if I can paint a picture of what your experience might be like going in.

When you walk in, you're greeted by around nine fully prepared specialty New York pizzas, each one perfectly crafted down to the bite. Not too many toppings, and definitely not too few. Options range from a mozzarella chicken pizza to a southern style with barbecue sauce, pulled pork olives, and onions, to a classic pepperoni with dozens of smaller pepperoni slices, and their garlic knots are way too good to pass up as well. Each slice is rebaked in their pizza oven to order, and pizza is sold by the slice, just as if you're walking right into one of the hundred corner pizza shops in New York. And trust me

when I say the quality here is top notch and just as good if not better than anything you'd find on the street in New York City itself. The owner, Chris, is a big time New Yorker, and when he came to Utah with his wife and realized there wasn't anything like the kind of classic New York pizza he could get back home, he was never quite satisfied until he opened up a store of his own.

Like many New Yorkers, he takes his pizza seriously, and that's something that comes across very clearly in the pizza served at his restaurant.

I'll be honest. One of my favorite things about trying out new restaurants and learning more about them is getting to experience the passion and culture of individuals who take the sometimes mundane experience of eating a meal and transform it into a small taste of someone else's life and the deep love they have both for the craft of cooking and their desire to share their own culture and heritage. It's amazing talking to restaur-

ant owners and managers who just love what they do and are there for the right reasons, and I would say that A Slice of NY Pizza is definitely one of those places. I've been dying to try them ever since they opened just under a year ago, and all the hype was worth it for me when I split my first box of pizza. It's an experience that is just really difficult to replicate, and they get it spot on, every time.

This is one of the restaurants that is relatively new on my radar, so I haven't been able to talk with the owners yet and figure out a coupon that you can use, but I'll make sure to add one in a later issue when I can!

I hope you have some time this coming month to drop in and grab yourself a slice or two when you're in the area and try what this awesome little place has to offer. I promise you'll find it well worth the journey.



About the Author:

Tim Jafek is a local foodie working to make the Provo community better through sharing good food and great experiences. Give him a follow on Instagram @provo.local.foodie for his full list of recommendations, photos, and menus. He loves to collaborate with local restaurants.





NEW SNOW PARK IN SPANISH FORK AIMS TO BE A ‘GATEWAY’ TO WINTER SPORTS

By Ari Brown

There is officially snow in the valley, but it’s currently isolated to the driving range of The Oaks at Spanish Fork golf course.

Gateway Snow Park has opened up a location in Spanish Fork with the goal of providing accessible snow activities throughout the winter months, providing what it calls a “gateway” to healthy activities.

The park has been a bit of a concern around town with many saying that it is taking away a popular sledding hill. Park manager Michele Spanbauer said that they hope to be an asset to the community that all will grow to love. She said that they are excited about this venue, and hope to be around for a long time.

“Gateway started in Boise, and has been in Idaho for 14 years now,”

she explained. “Ryan Neptune, the owner wanted to create a place that would build interest in snow sports like tubing, snowboarding and skiing in an area that is more accessible to the public.”

Spanbauer explained that the park has three tubing lanes and a magic carpet to pull the tubes up the hill. The experience costs around \$30, and tubers reserve a time slot. There is, however, an area of the park that is free to skiers and snowboarders that Spanbauer said is a driving force behind the park.

“Ryan’s goal is to build interest in skiing and snowboarding, by giving free access to the bunny hill,” she explained. “Charging for tubing is what allows us to keep that area free. There are still areas where

the public can sled for free, we just don’t oversee them, and there isn’t any snow over there right now.”

The Gateway Snow Park is on a one year contract with the City of Spanish Fork, with the city standing to receive 3% of the park’s profits. Spanbauer said that she hopes that they can show the community that they are an asset to them.

Natasha Lockhart of Mapleton recently took her family to the park and said that the Gateway really was a great place to go.

“We had a fabulous afternoon filled with fun in the sun and snow!” she said. “Booking our reservation online was super easy, check-in for our time slot was also a breeze, and the lines rolled through quickly. The magic carpet whisked

us back to the top for all the thrills and spills. I highly recommend it. As a parent, it is so much better than wrangling kids around to a hillside. The environment is perfect for a designated play time that is safe and has snacks nearby.”

The park is located at The Oaks at Spanish Fork golf course at 300 E Powerhouse Rd., and will be open to the public until March. For more information and to book a time slot, go to gatewayparksspanishfork.com,

Images continued on next page.



To Protect and To Serve – Mapleton’s Sgt. Kropf

By Kevin Jennings

For the past 19 years, Sgt. Tony Kropf has been serving the people of Mapleton, and Serve Daily recently met up with him to learn more about life on the force.

Sgt. Kropf grew up in Spanish Fork and Mapleton, and said that he loves the community and has always had a need to protect people and those in his community. He said he also likes having the opportunity to practice empathy – even attempting to “be in the other guy’s shoes.” “I’ve always had sort of a protective gift, and I was molded for the job,” he said.

Besides working with humans, he has also interacted with deer, elk, moose, bear, wild turkeys, and other creatures from the animal kingdom. He said that he has often been called upon to help wrangle wildlife in Mapleton to bring them back to their natural environments away from the city.

Sgt. Kropf said that out of all the shifts he’s worked, he enjoys the swing shift because it gives him the opportunity to offer service as well as to be a bit more “dynamic” in a variety of responsibilities. He said that over the years, he has been exposed to several different things that he said fall in the “you can’t make this stuff up” category.

According to Kropf, once while on an over-

night solo shift, his Dodge Charger patrol car became high-centered in a gathered ridge of plowed snow. With no one available for assistance, he had to free the stuck cruiser using his own determination.

When asked which unsolved crime or criminal mystery he’d like to see resolved, Sgt. Kropf said he would like to know the whereabouts of both Kiplyn Davis (missing from Spanish Fork) and also the location of Susan Powell (missing from West Valley City).

Sgt. Kropf said that “exciting” stories aside, one of the things he enjoys is spending time at local elementary schools.

When asked if he would encourage others to consider a life in police work, he said he definitely would, adding that the job does come with a number of sacrifices such as missing children’s ball games.

Sgt. Kropf said that Mapleton is a great community to work with and serve, and he sees himself in law enforcement for a little while longer.

Sgt. Kropf and Mapleton City seem to be a great fit for one another, and the citizens of Mapleton can be sure that he is nearby to protect and to serve them on a daily basis. On behalf of Serve Daily, we thank Sgt. Kropf for



his service, and wish him the best in the years ahead.

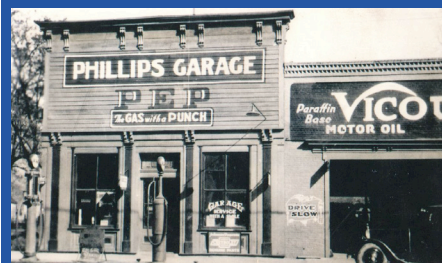


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A Look Over Our Shoulders – January 1999

By Kevin Jennings

Just a short 300 months ago (25 years ago for those calculating), we lived in a pre-Y2K world, but many worried about our technology readiness. Some of us were perhaps in a premortal existence, while many of us can recall quite a few details from our earthly life in those earlier times.

Time has always been a principal subject of study in religion, in philosophy, and in science throughout all generations of life. Join us while we take a quick look over our shoulders and turn the clock and scrapbook pages to early 1999.

Let's get going . . .

Around the world, January 1999 saw the introduction of the Euro, the currency of about 20 countries and 350 million people, more or less.

China announced new restrictions on the use of the internet.

Bill Clinton's impeachment trial began.

An earthquake in Columbia killed 300 and injured 1,000 people.

The Denver Broncos won the Super Bowl against the Atlanta Falcons.

The U.S. Embassy in Tel-Aviv closed due to a bomb threat.

Two officials with the Salt Lake City Olympic organizing committee resigned their positions as a result of a bribery scheme and other possible wrongs. Gov. Mike Leavitt was in agreement with the resignations to help Salt Lake City recover from the "revolting" actions by some boosters and to assure others that Utah can play host to the Olympic games on a level playing field.

Closer to home, January 1999 saw these advertisements around Utah:

ZCMI was open on New Year's Day from Noon until 5pm. Big Sale.

RC Willey was also open on New Year's Day with free soda and hot dogs. A queen-size Victorian bed was on sale for 50% off - \$299.99.

Granite Furniture was having its biggest sale of the year and included twelve months of interest-free financing. A heavy-duty Norge

(Maytag) gas dryer was \$188.99 – Almond color only.

JCPenney was having a 30% off sale throughout their stores with red-tag clearance items an amazing 50% off. And, it only happens four times per year according to their advertisement. Three days only!

Spanish 8 Theaters in the K-Mart Plaza were offering \$5 evening tickets while Seniors and Kids could enjoy \$4 tickets. They had the only Phone-In Ticket Order System in Utah at the time. Their "Now Playing" list included: Stepmom; Patch Adams; Mighty Joe Young; You've Got Mail; Prince of Egypt; The Faculty; Jack Frost; Star Trek: Insurrection; and A Bug's Life.

Some of the local news items that made headlines in January 1999 were:

Two young men from Mapleton were killed in a weather-related incident while snowboarding in Fairview Canyon, Sanpete County.

Mapleton Police reported 40 calls over the past week. They were looking for vandals that recently destroyed four mailboxes in the city.

Springville Police were also looking for the individuals responsible for the destruction of two mailboxes in their city. Police in Springville took 193 calls in the past week, with 32 of them animal related calls.

The Utah Division of Wildlife Resources implemented a new toll-free telephone hotline to assist outdoorsmen and women with a wide variety of updated information including a weekly statewide fishing report, game hunting information, fishing tips, dates and sites of upcoming relevant meetings, hunter education details as well as hunting license information, and information regarding the funding of the DWR.

A must-see Western art exhibit was celebrated at the Peteetneet Academy in Payson. Lee Staheli was featured as a trick and fancy roping professional and a number of cowboy poets and artists were also noted performers. Visitors could view sculptures, paintings, saddles, and local rodeo world champion,

1999 continued on Page 20.



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Speak, Snack and Socialize! Toastmasters Open House January 20th

Submitted By Kelly Kaye Walker, Utah Valley Toastmasters

Does public speaking terrify or excite you? Public speaking is reported to be the number one fear of over 70% of the population – which means that if the very thought of it leaves you lightheaded and nauseous, you are not alone!

Perhaps you're in the lucky minority of those who love to get in front of a crowd and wow them with tales of adventure or motivate them with inspirational stories.

Either way, you will find the support you need and the chances to speak you are craving at Toastmasters!

On Jan. 20, the local Toastmasters club for the south Utah County area is hosting an open house to show the community what this speaking club is all about.

From 10 a.m. to noon at



TOASTMASTERS OPEN HOUSE

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the Spanish Fork Hampton Inn & Suites, members will put on a program with two award-winning speakers. There will also be delicious snacks (including gluten-free options) and there will be an opportunity for attendees to give a 2-minute impromptu speech themselves! This impromptu opportunity is called "Table Topics" and it is the most-loved feature of all weekly club meetings.

We invite Provo, Springville, Spanish Fork, Mapleton, Salem, Santaquin, Payson and any other residents within driving distance to join us for the fun!

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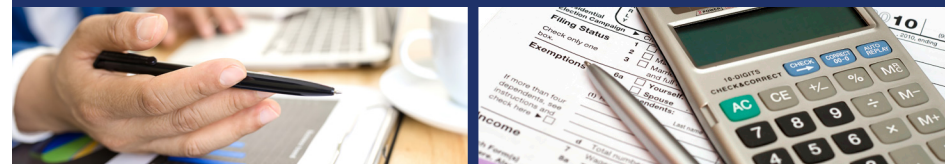


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Mapleton woman is world renowned romance novelist

By Ari Brown

There is a world renowned author in our midst who also doubles as a world renowned photographer – who also doubles (well, triples?) as a contemporary dancer, pianist, art historian, choreographer, culinary artist and English professor. Did we mention she is a wife and mother to three children?

Nichole Van of Mapleton is a woman of nearly all trades, and these days, she is spending time writing historical wholesome romance novels that have been critically acclaimed, receiving thousands of positive reviews. Her novel, "Seeing Miss Heartstone" was a Whitney Award Winner for Best Historical Romance 2018, and "Suffering the Scot" was a Whitney award finalist in 2019 for the same award.

According to Van, her path to become a novelist was just one of those things that happened as a result of life, and of the need to try new things.

"My mom always jokes that I'm like a person in search of a career," she said. "I could change my career path every 10 years. I started out in English and actually taught at the Y (BYU) for about 10 years in their English Department. Then I picked up a camera and realized that I absolutely loved it. By about 2007, I had to make a decision if I was going to continue teaching at the Y or if I just wanted to do photography full time and it just really exploded from there. I won several really big international awards for my family portrait wed-

ding photography, and I did that for about 10 years, also touring the world teaching photography workshops."

By 2012, things were going really well for Van, and she suspected she



had finally found her niche. That year, however, tragedy struck her family of origin, and her younger brother, Kurt Evans died in a car accident. Van said that his passing sparked the writer in her that had been there all along.

"Kurt is just younger than me, and he was killed in a car accident in 2012 and it was just devastating to all of us," she said. "I think I

just kind of put writing on the back burner because I was so focused on photography. A big part of my healing process and grieving my brother's death was taking up a pen again and actually starting to write.

That led to my first novel."

Van's first novel was a book titled "Intertwine," that was published in 2014 which is about a woman who travels to England to uncover the history of a man in a picture she found in an old locket.

Much like the character in that first novel, Van also loves to travel and uncover hidden gems in places she's only ever heard of. She said

that this dream of hers came to fruition in 2016 when she and her husband talked about what kind of life they wanted to provide for their children.

"In 2016, my husband and I asked ourselves the question, 'What do you want out of life and what memories do you want to have?' and we both wanted memories of living abroad with our kids," she recalled. "Long story short, we ended up in Scotland of all places, and it was phenomenal"

Van said she loved it in Scotland so much that she decided that she would use it as the backdrop for many of her novels.

"My last two series have been Scottish Historical Romance because, you know, living in Scotland, what better way to give an homage to my adopted country than to write romance books about it?" she said. "So, that's what I have been writing and it's just been kind of a wild ride all the way around."

Van and her family lived in Scotland for six years before family needs brought them back to Utah a year ago. Van said that she misses Scotland and she's happy to be closer to family. She said she brought Scotland home with her, and she wants to continue to showcase her love of that country in her writing.

To date, Van has written 23 novels that can be found on her website, nicholev.com.

The logo for Tire Buster's Supreme Auto Care features the brand name in a stylized red and white font within a blue oval with a yellow border. Below the logo, the slogan "WE GO ABOVE & BEYOND" is written in large, bold, blue capital letters. The background of the ad shows a person's hands working on a car's engine.

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Robert Vernon Sanders

Robert Vernon Sanders, aged 75, passed away on December 12th, 2023, after a difficult, yet valiant struggle with colon cancer. He was a beloved husband, father, and brother, and will be deeply missed by all who knew him.

Bob was born on March 5th, 1948, in Fontana, California, to Guy Robert Sanders and Clara Alveta Dixon. He attended Ricks College before completing a mission in Southern California and Las Vegas. He loved his mission and sharing his experiences. After his mission he pursued his college education at Brigham Young University, where he majored in Political Science with an emphasis in Biology. It was there that he met his wife, Cathryn Alice Johnston, and they were married in the Oakland California temple in June of 1970. Last June, they celebrated 53 years of marriage. While attending BYU, their eldest child, Paul, was born. After graduation, Bob and Cathryn moved to Brighton, Colorado, where he joined his father and brother in his father's insurance business. He worked there his entire career, retiring in 2015. In 2019, they relocated to Springville, Utah where they have enjoyed living.

Bob was a devout and beloved member of the Church of Jesus Christ of Latter-Day Saints. He served as Stake Clerk for the Denver North Stake for nearly 15 years, in a bishopric, and as a Bishop of the Brighton ward. He watched the church grow from a small branch to what is now a stake. Bob was passionate about gardening and landscaping, and loved anything to do with plants. He volunteered at the Denver Botanical Gardens for many years, and after coming to Utah, he and Cathy volunteered at Thanksgiving Point for the past four years. He also enjoyed photography and long walks. Bob cherished his family, and is survived by his siblings William Gerald Sanders (Karen), Kathryn Joanne Sanders Percy (Jim), and James Anthony Sanders (Christene). His children are Paul Robert Sanders (Holly) of Lehi, Utah, Anecia Sanders Reed of Brighton, Colorado, and Eric Douglas Sanders (Jamece) of Thornton, Colorado. He is also survived by eight grandchildren and four and 4/9ths great-grandchildren.

Services were held on December 18th, 2023, at 11:00 am in Springville. He was buried at Evergreen Cemetery. The family is grateful for the love and support of Bob's many friends and family.

In lieu of flowers, the family kindly requests donations to be made to the American Cancer Society in Bob's name.

Condolences can be offered at springcreekmortuary.com



Steven Martin Carnesecca

Steven Martin Carnesecca passed away in Mesquite, Nevada on November 24, 2023. He was born January 27, 1961 to Joseph & V Janet Mills Carnesecca in Salt Lake City, Utah.

Steven grew up in Mapleton, Utah. He served in the Utah National Guard 116th Engineer unit. He retired from the Utah National Guard. He moved to Ferron, Utah to work in the coal mines. Then back to Mapleton. He has lived in Provo, Utah, Sterling, Utah and most recently Mesquite, Nevada. He spent most of his years in Mapleton, which was always home.

He was married to Kari McClean, divorced, LeAnn Wilson, divorced and DeAnna, divorced.

During his lifetime he worked in the coal mines, for the Utah state prison, was a regional trainer for UDOT, he had his CDL, certification as a heavy equipment operator and drove the snowplow for UDOT. He was a very hard worker. Co-workers said he was smart, quick, very intelligent and could get more accomplished in a week than most in a month. After he retired, he worked for a golf course.

Steven was a member of the Catholic church, attended Catholic school as a boy and graduated from Springville High School. He was an Eagle scout, loved to golf, ride

4-wheelers and snowmobiles, fish and hang out in Scofield with family and friends. He loved to go to football games and concerts.

He is survived by his children Tauni A. Carnesecca of Utah and Tyler Carnesecca of Texas; grandchild Sage A. Carnesecca of Utah; brother Mike Carnesecca; 3 ex-spouses and the last two loves of his life Cyndie and Missi. Preceded in death by his mother Janet Carnesecca, father Joe Carnesecca, brother David Carnesecca and sister Sherrie Carnesecca.

Graveside services were December 16, 2023 at Springville Evergreen Cemetery with military honors and blessing of grave.

In lieu of flowers, donations to pay for funeral and burial would be appreciated. They can be given to Spring Creek Mortuary.

We would like to give a big thank you to Brad & Verna Carnesecca and his great neighbors, LeAnn & Steve Kalstein and Roy & Christina Miller.



Steven James Livingston

"Live Life on Two Wheels"

Steven James Livingston was born with his twin sister on July 20, 1980, to Dave and Julia Livingston of Provo, Utah. He was a whopping 4 pounds 14 ounces. He grew up in a loving home right in the

middle of the bunch. He was the 4th child of six coming in three minutes after his twin. Steve lived by the motto of living life on two wheels. If it had wheels, or an engine, Steve was right there. Growing up he would wake up at 5am to help his Grandpa Woodland move wheel lines on the farm just so he could ride the 3-wheeler. He loved boating on the Snake with his cousins, and loved motorcycle rides with his dad on his Honda 250.

As he grew, he played sports and was pretty good. He played baseball, football, and church basketball in the warmer months and skied in the winter. He also was a yell leader for his High School Cheer team.

Steve was blessed with a great group of fellas that he hung out with a lot as a teenager. There were endless amounts of night games, doorbell ditching, street ball in the church parking lot, and pranking neighbors with a silhouette cutout of a cat with dimes for eyes. He loved his friends and kept in contact with them throughout his life.

Steve graduated from Timpview High School in 1999. He met and soon after married Ashley Stewart in July of 2001. After their marriage Steve and Ashley moved to Arizona and he attended the Motorcycle Mechanics Institute, in Phoenix. Steve earned his certificate as a motorcycle technician and marine mechanic. He was the first in the family to graduate from a college or institution of higher learning.

Steve was lucky enough to get paid to do what he loved. He worked at various mechanic shops working on Hondas,

Harley Davidsons, Yamaha, Polaris, Kawasaki, if it had an engine, he wanted to work on it and fix it. He was exceptional at his work and many of his clients praised his work. He even made "how to" videos for Rocky Mountain ATV's YouTube channel.

Family was everything to Steve. He had a son Corbin, and a daughter Kaylee who were his whole world. He loved them so much and spending time with them brought him the most joy. He loved showing them things he was working on in the garage. He most enjoyed family trips to Lake Powell, Utah Lake, and Deer Creek where Steve could teach his children how to swim, knee board, and wake board. He loved supporting his kids while watching them play sports and cheer at games.

Steve also loved to spend time riding his dirt bike in the hills above Springville, and out in the desert in southern Utah with friends and his dad, and brother. He even attempted to ride a single-track race called the Tour of Idaho. He rode and pushed machines to their limits that also came with some epic crashes.

While Steve had a lot of joys and amazing accomplishments, he fought some difficult demons. Alcoholism was an especially difficult struggle he faced. It contributed to a long decline in his mental health, and ultimately led him to take his life. While the end of his life was tragic, we take comfort that he is free of his earthly struggles, and

TRIBUTES continued on Page 20.



Staff that was on duty day of photo:
L to R
Hien Nguyen
Hung Luu
Ngoc Pham
Sydney Paice

Spanish Fork’s Little Acorn is an older restaurant worth rediscovering

By Ariel Higgs

As you drive in Spanish Fork south east towards Spanish Fork Canyon and the landmark windmills, chances are you’ve driven past a blue and red building with a large sign adorned with a squirrel that displays the words “Little Acorn.”

Perhaps at first glance you figured it was a relic of a different time when little diners selling homemade bread were commonplace – well before the golden arches started showing up on every corner. You would be right on that assumption, but I assure you, this relic is alive and absolutely worth the stop.

I was lucky enough to grow up not far from The Little Acorn. My two best friends and I would ride our bikes down canyon road and then along Highway 6 until we reached The Little Acorn. Once there, we would reward ourselves for our hard work with french fries

and milkshakes that we ate under the shade at one of the picnic tables before continuing our trek down to the Canyon View Park to play. Those memories are precious and I look forward to passing the tradition down to my children.

The Little Acorn is owned and Operated by Hung Luu, who you can find working the window or in the kitchen whipping up some of the creamiest milkshakes Spanish Fork has to offer. The restaurant specializes in quick comfort food, with a quirky atmosphere, large portions, and good staff. Luu said that it has been the community that has made it all worthwhile.

“I’ve been in this business for fifteen years,” Luu said. “I enjoy meeting and chatting with customers. People come from all over. I love hearing about how people enjoy the food and leave happy.

There’s also a lot of people that have great memories about coming to Little Acorn as a kid or they have a family tradition to make a stop here. I took over the business not really knowing much about Spanish Fork, but I have fallen in love with the city and the people here. The people here make it a great place to work and live.”

The Little Acorn features an expansive American Fast food menu including cheese burgers, chicken dinner, seaburger (fish sandwich) and malibu chicken sandwich. Several favorites include the Shadow Fighter, which is a ¼ pound beef patty with cheese and ham served on their signature homemade bread, the Chicken Sandwich with sauteed mushrooms and teriyaki sauce on their homemade bread, and the Country Sandwich with a ¼ pound patty covered in pastrami and swiss

cheese on their homemade bread. You can even buy a loaf of their delicious homemade wheat or white bread to take home with you.

It isn’t just entrees that the restaurant serves. The Little Acorn serves large homemade shakes with flavors ranging from the classic chocolate, vanilla, and strawberry to additional beloved classics like cookie, marshmallow and caramel, and many more including custom combinations. No matter what your preference, sweet or savory, The Little Acorn has you covered.

So the next time you’re in Spanish Fork, go ahead and stay on Highway 6 and head up toward the windmills until you reach the Little Acorn. With reasonable prices, great food, large portion sizes and a unique, fun atmosphere, this little hidden gem will soon become a staple you stop at in Spanish Fork.

Supporting the Nebo Pantry helps the Spanish Fork Rotary Club fulfill two of the areas of focus of Rotary: 1. Maternal and Child Health and 2. Basic Literacy and Education. The Spanish Fork Rotary Club is part of Rotary International. Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change across the globe, in our communities, and in ourselves. If you are interested in joining the Spanish Fork Rotary Club, please contact Eryn Rogers at eryn.rogers@gmail.com or 801-874-4546.

TRIBUTES From Page 18.

he can find peace.

He is survived by his parents, Dave and Julia Livingston, and his brother Scott Livingston (Kristina) and his sisters, Jenny Esquivel (Bryan), Kristine Valley (Brandon), Rachel Strauss (Will), and Audrey Willmore (Brian). His ex-wife Ashley West and his most precious

children Corbin and Kaylee. He will be remembered as living his life on two wheels.

Condolences can be offered at www.springcreekmortuary.com.

1999 From Page 15.

Lewis Feild, also had his personal champion's saddle on display that evening in Payson.

So, there you have it: a quick reference of a quarter-century gone by. You may have dusted off some memories or maybe you had a look at history from that era for the first time. Regardless of your point of orientation, the one thing that has certainly taken place over the last 25 years is change – even here in Utah County. We should all work together to make the next 25 years around each of our communities even better for our own families and for future generations.

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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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The Gratitude of Having Good Neighbors and Creating Neighborhood

By William Boardman

I remember a story of a young couple driving into a town and stopping at the gas station for gas, they asked the attendant, "We are moving away from the city. Can you tell us what kind of a town is this? Are the people nice?" The gas station attendant answered their question with a question, "What are the people like where you come from?"

The fellow responded, "They are a bunch of liars and cheats. We had to get out while the getting was good!" The attendant said, "Well, you'll find that the people here are just like the people there." The couple paid for their gas and drove on.

Later another couple drove into town, stopped for gas and talked to the attendant, "This seems like a nice town. What are the people like?" The attendant again answered the question with a question, "What are people like where you come from?" "Oh," said the lady, "they are the nicest people! So friendly and

helpful! I really wish that we didn't have to move, but the company my husband works for has moved to a new location not far from here." The attendant smiled and said, "You'll find that the people here are just like the people there." Then he added, "I think you're going to like it here."

I suppose that story reminds me that good neighbors are welcome everywhere.

I liked my neighbor's in Long Beach, California. We were renting a small home not too far from the hospital where my wife and I both worked. One of our neighbors was a Hispanic couple that were retired. They had a persimmon tree, and the husband would come over and share with us ripe persimmons. I will always remember how kind he was to us. The other neighbors were also very nice. The house we rented was sold and we moved. In time we landed in our current home. We now live in a city that used to have

one church and three bars. Today it has no bars and 8 churches. It seems evident that change comes with time. I was on the interwebs not long ago, on an online community social media site, where an older citizen was commenting on how our town, which he had lived in for decades, was changing and not for the better. I made a comment that with growth, change is inevitable. He asked how long I had lived in town. I told him over twenty years. Then he said, "This town was a lot better before all you new comers moved in!" I was beside myself. How long do you have to live in a community before you are no longer considered "a new comer?" But, I had to chuckle. I'm sure that if he were my neighbor we would get along like peas and carrots. Neighbors can play an important part in our lives. Some of my older neighbors have been a great source of perspective. Some I still look to as mentors. Sadly, with the years, sev-

eral have passed on and I miss them and our chats.

No doubt you have great neighbors as well. It's likely that during the holiday season, there is a fair amount of gifts and cards with a kind sentiment shared. When someone new moves into the neighborhood, it just takes a few kind interactions and that kindness is returned. I guess people feel that once they have vetted you, they can go a little further out of their way for you. This may sound a little strange, but there sure are a lot of kind people in the world.

Neighbors are kind of like family, you get what you get. And neighbors can be our friends. And yet, there is something about the Global positioning relationship of neighbors. Perhaps we should call it, a neighborhood? Yeah, let's call it neighborhood. Anyway, nurture your neighborhood. Keep it healthy. We all appreciate a good neighbor.

Miracles All Around Us - Part 1

By Ed Helmick

At the request of Carina Rivas a couple of months ago I gave a few comments on the many miracles and blessings in my life. I had been thinking about and discussing this with my wife for many months.

I want to tell you, I have had a life that amazes me, with many miracles and blessed events. This is not about me, this decision is about the Lord's hand in our individual lives. Some of those miracles have been lifesaving, all have been life-changing.

During preparation for that earlier presentation, I was talking to a young man who was a teenager in the 1990s with some challenges. He asked the question: "I don't remember you as religious, What happened?" My answer was, "I am older." That answer came to me in a flash. I am now looking back at events that were not just luck or circumstance but acts of

divine intervention.

As brief background, I was adopted 9 days after birth, by dysfunctional parents; However, Thank God I was adopted and not a victim of abortion. I never knew the man who adopted me until I got a driver's license at 16. My mother was over protective, over fed me, and over dressed me in slacks and dress shirts.

My life was blessed with two father role models who were members of the Grand Junction SDA church. Pathfinder leader, Jim Dunn, that my mother trusted would take care of me because he was a doctor. The Pathfinder events were the first time I was able to get out of the house. Another individual by the name of Ward Studt offered my my first job outside the house and became a father role model that touched my life. He bought me my first jeans. I would

have never went to college if it were not for those two men.

I graduated from PUC, White Memorial Medical Center, and Loma Linda University, as they had. Neither my role models or I were chapter and verse students of the bible. In this discussion I want to share with you a few blessed events that God is real and the Lord has a plan for our lives, if we will let him. I will be discussing two types of miracles that we witness from the hand of God. Short term/near immediate and amazing results – as in how could that have happened that way? Only by a miracle of the Lord. A series of events linked together over hours, days, or even years that end up shaping our lives or lives around us for some preordained reason.

(This is part one of multiple parts

from a lengthy article Ed submitted about Miracles in his life. We'll continue next month with the next section from his 2,000+ word submission)

Publishers Note:

Ed has been a friend of the mine since around the time the paper started. He was an advertiser with Diamond Flight Center, and then started submitting nature articles and "In our Backyard" articles for the next many years. He submitted holiday articles, thoughts on nature, and so forth. Just a couple weeks ago, we found out his kidney failed and he only has a few months to live.

If you would like to make a donation that will be passed on to his family to cover any expenses please venmo @ ChrisABaird and it will be sent to his daughter. If you have any questions reach out to me via 801-477-6845.

**WHAT ARE WAYS THAT YOU CAN SERVE DAILY?
THINK ABOUT IT. SHARE IT ON SOCIAL MEDIA! TAG #SERVEDAILY**

Estate Planning When You Have No Money

By Ken Prigmore of Prigmore Law in Spanish Fork, Utah



Feeling a need to set up your estate plan, but currently short on the cash needed to pay an attorney? What are your options?

This particular topic is difficult to give advice on without knowing your specific set of circumstances. If you want to know your options, please talk to an estate planning attorney. I give free consultations where we can talk about your specific situation and then determine what your options are. **Please do not take any of the advice in this article without first discussing your specific situation with an attorney.**

If you do come to my office, what are some options I might suggest when you are short on money?

Option 1:

Do nothing. This option initially appears to be a bad thing, but depending on your situation, it may be your best option when you feel you can't afford a Trust. If you do nothing, then at your death, your surviving spouse and then your children will have the responsibility to hire an attorney to handle Probate Court as needed. If you don't own a home,

or have more than 4 vehicles worth over \$100,000, or have more than \$100,000 total in the bank, then Probate might not even be necessary. (Please verify this with an attorney.)

If your surviving spouse is the parent of your children, then the court will give everything to your spouse. If your surviving spouse is not the parent of your children, the court will give them a significant portion of the estate and then leave the remainder to your children. If you have no surviving spouse the court will give everything to your children.

Sometimes doing nothing, even when probate is necessary, will do the least damage. I have seen cases where someone wanted to do something, but they did not feel they could afford a Trust. They took the advice of a friend and signed a deed placing their home in their name with one or more of their children as joint tenants. When the parent dies, the children will own the property. **PLEASE DO NOT DO THIS!** I have only encountered one situation where this worked properly. Normally, it will do more harm than good. During your lifetime, your children and their creditors will have the ability to force the sale of your home to collect their share. But even worse for your children, after your death when they try to sell your home, they will owe capital gains taxes that will be 20% of the

increase in value of your home from the date you purchased it. This mistake might cost them tens of thousands of dollars in taxes that would have been avoided with a Trust or Probate.

Option 2:

Write a will. In Utah, state law allows you to make your own will for free if you choose to. This is often referred to as a "holographic will". Holographic wills don't require witnesses. To make one, you simply write out your wishes by hand and sign the will. Adding a date will give the will priority over past wills, and allow any future wills to have priority over the holographic will.

Why Use a Holographic Will? The main purpose of a will is to cause something to happen after you pass away. The more a person matters to you, the more you will want to prepare to make sure that person receives your gift. If you are not greatly concerned whether your wishes expressed in a will happen, a holographic will may be enough. If you have strong wishes, but no opportunity to retain an attorney, a holographic will may be your only option.

In spite of being legal, holographic wills have many limitations. If there is a dispute over property, and one of the parties claims your holographic will is a fake, there may be no witnesses that this will was written by you. The court would be forced

to find examples of your handwriting, which may not exist if you normally use texts or email to communicate. The will may get lost, or if found, it might not be recognized as a will. Sometimes the person who does find the will chooses not to tell anyone.

Option 3:

Sign a Health Care Directive. If you go to an attorney, they can help you understand the details of a Health Care Directive, but if you can't afford an attorney, you can try filling it out yourself. The hospital will give you one of these forms for free.

This document will allow you to choose one or more agents that have the authority to speak for you when you are unable to speak for yourself. You can choose how much power to give them, and they will use that power to hire and fire doctors, choose your hospital, put you on life support, "pull the plug," etc. If you don't sign a health care directive, your hospital will ask your present family what you want to do and then accept a group consensus.

If you were watching the news closely 25 years ago, there was a woman named Terri Schiavo that became popular when she had a heart attack and lost nearly all of her brain activity. Her husband could not find physicians that could restore her capacity and he was told she was effectively brain dead. Mr. Schiavo

then went to court and obtained a guardianship over his wife. He then used his power as guardian to have her life support terminated. At this point, her parents became involved and they disagreed with the doctors and Mr. Schiavo's plans. Terri Schiavo's life support was then restarted. This battle then went on for over a decade in the courts. The Florida state legislature got involved and passed a law to allow Terri to remain on life support. This law was fought over in state and federal courts and was even appealed to the US Supreme Court. The US congress got involved and even the President of the United States stepped in. The battle eventually ended after several years and the life support was removed and Terri died. All of that trouble and fighting happened because Terri had never signed a Health Care Directive. If she had, she likely would have named her husband, and his initial plans would have happened without the court battles. You have the ability to choose your agent today that you trust and keep your health care issues private and out of the courts.

Option 4:

Go to the bank and name beneficiaries for your bank accounts. This costs nothing. All you do is decide who you want to have the money in your bank account when you die. Then you tell the bank.

They will have you sign a Pay on Death Beneficiary form.

Option 5:

Make someone a co-owner of your vehicles titles and other accounts. This option can be very risky, as your assets are now partly owned by someone else, and their creditors can take half your asset to pay off the debts of the person you added to your title or account. The one benefit is that the person you name as a co-owner will automatically inherit the item at your death. This option is normally only a good idea for married couples.

Again, please do not take any of the advice in this article without first discussing your specific situation with an attorney. In most cases, you will find that setting up a Will and Trust will solve many problems and save your heirs significant time and money.

Give us a call and talk for free! With over 15 years of experience in Estate Planning, I can help you overcome any barriers to having all of your wishes carried out. What you don't know definitely can hurt your estate plans. Let us make the difference.

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.

Why? Because We Have Kids

By Joe "Funny-ish Files" Capell



Why are there footprints on our wall? Because we have kids.

Why do I have to pick up sidewalk chalk from the middle of our yard every time I mow the lawn? Because we have kids.

Why do I spend approximately four hours and twenty-seven minutes each day looking for a missing shoe? Because we have kids.

Why do I get up early to pack school lunches, only to see 63% of the content of those lunches in the garbage after school because, "I forgot to eat," or "I wasn't very hungry?" Because we have

kids.

Why do I occasionally find random piles of coughed-up hairballs on the floor? Because we have cats. (Can't blame the kids for that one.)

Why, as I'm leaving the house, are the lights on in the basement, the bathroom, and the bedroom, even though two minutes earlier I walked through the entire house turning off all of the lights? Because we have kids.

Why is there a frisbee on our roof? Because we have kids.

Why do I keep finding spoons and forks in the garbage can? Because we have kids.

Why do I spend so many of my waking hours driving people places to drop them off, then going to pick them up, as if I am a chauffeur? Because we have kids.

Why am I stepping on Legos? Because we have kids.

Why do I know all of the words to the song "We Don't Talk About Bruno," even though I've never seen the movie the song comes from? Because we have kids.

Why are there french fries stuffed between the seats in our mini-van? Because we have kids.

Wait...why am I driving a mini-van? Because we have kids.

Why do we have a collection of mismatched gloves and mittens? And why is the size of that collection only surpassed by our collection of mis-matched socks? Because we have kids.

Why are there candy wrappers in the lint trap of our dryer? Because we have kids.

Why are the front arms of our couch all ripped and shredded? Because we have cats. (Not everything is the kids' fault.)

Why do I know the difference between "Paw Patrol" and "Papa Troll"? Because we have kids.

Why do we know the names of all the children in our neighborhood, but only know the adults as "Jimmy's mom" or "Jenny's dad"? Because we have kids.

Why is there glitter on our kitchen table? Because we have kids.

Why does thinking about all of these "annoying" things that I've just listed bring a smile to my face? Because we have kids. And we wouldn't want it any other way!

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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

Marketplace plans and also have Off-Exchange options too for your best selection of quality Health Insurance plans anywhere. I can help you to navigate the best plan options for you and your family. With our awesome plan analysis tool we can quickly identify the best plan to help you confidently pick the right plan.

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