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A Legacy of Hope

*Thousands gather to pay tribute
to Col. Gail S. Halvorsen
and the hope he gave the world*

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Old School Social Media with a Purpose

By James L. Davis

Serve Daily is a community newspaper with a simple vision. It is right in our title: Serve Daily. Provide service, big or small, to everyone you meet, every day.

Our mission is to share those stories. You are part of the community, and we want to share your vision and your ideas on how to make our communities stronger.

We welcome your input, whether you are a business owner or just a member of your community. We all have a story to share, and we want to share yours.

We also all have challenges, triumphs, and setbacks, and dreams for tomorrow. We want to be the bulletin board to spread the news on

them and where we might better serve one another, as a community, and this includes not only individuals and families, but business owners.

To be a business owner requires a depth of knowledge few who do not walk in your path fully understand. Your knowledge is valuable and worthy of being shared.

If you have tips for readers in your area of expertise, we will share them with our audience as editorial content.

If submitting articles to Serve Daily, we try (as best we can) to follow Associated Press Stylebook guidelines for journalism.

Articles should be written in the third person, and opinions should be attributed to a source (not the author).

Article length should be (as much as practical) limited to no more than 600 words.

If submitting photographs to accompany the article, please submit them in jpg format in high resolution. Feel free to email them to editor@servedaily.com and include contact information in the body of the email.

When you submit an article to Serve Daily, your article will have your byline at the top of the article. If you are a business owner, non-profit, or affiliated with another organization then in parenthesis we will publish a sentence on your organization at the end of the article.

There are so many stories out there worthy of being shared, and we want to share them all.



Newspapers are in many ways going through an identity crisis as they strive to remain relevant in a digital world. We believe a newspaper that remains grounded in its core vision will always remain relevant.

Our vision is that everyone in our community is relevant, you are all news to us, and we all have the capacity

to serve daily.

We will not muddy the water between our editorial section (our articles) and our advertising section. One is meant to inform, and perhaps, on occasion, inspire. The other is the advertising from businesses in our community who provide a service for everyone. *(Davis is editor of Serve Daily.)*

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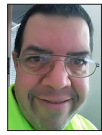
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Your Community Voice!

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Serve Daily loves to share your stories! Articles on service of any kind are always welcome, as well as the Good News of events, places, and people of South Utah County. Deadlines for submission are the 22nd of the month prior to publication. Make your submissions at servedaily.com/forms.

Advertising

To advertise in Serve Daily contact Chris Baird or Colleen Davis.

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We are the Good News Newspaper for South Utah County. If you have story ideas or suggestions on how we can better serve the community, please contact us!

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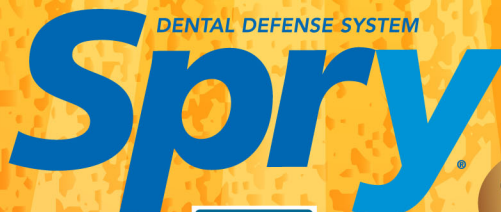


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Tiny Flickers of Magic



Diane Garcia is on a mission to save the fireflies who call her historic farm in Spanish Fork home

By James L. Davis

Sometimes the most magical of things are the tiniest of things, and for Diane Garcia of Spanish Fork, tiny

magical things call her farm home.

Thompson Century Farm has been part of Garcia's family since 1852. The home first erected on the farm and still standing was built

from rocks gathered in Spanish Fork Canyon by her great-great grandfather. It has been a refuge for generations of her family and has also been refuge for tiny fireflies who light up the night sky for a few weeks each summer.

Garcia's ancestors discovered the fireflies on the farm years ago and each generation has sought to

protect their habitat, perhaps none more doggedly than Garcia herself, because fireflies need moist soil and tall grasses, but also dark skies.

The flashes of light a firefly produces is a mating call and the flying ones are generally the males flashing light in a pattern to attract a female,

“I have people who get emotional when they come here. They cry. And they hug me. I've gotten lots of hugs.”

- Diane Garcia

who generally waits in the grass. The female flashes a light, and they communicate with light until the male and female find each other. If there is competing light, even the light of a full moon, the fireflies do not come out to mate or are unable to find each other. They are not migratory and spend much of their life in

the larval stage. If competing light keeps them from reproducing, they simply die off.

In a city of rapid growth like Spanish Fork, the dark skies fireflies need is dwindling, and Garcia has fought the development of 130 homes on property adjacent to hers for years to no avail.

Fireflies in an arid place like Utah might seem an oddity, but they are more common than you might think, and have been found in 27 of the 29 counties in the state. But as the population of the state increases development, the dark skies are harder to maintain.

Knowing that a housing development is being built,

Garcia has tried to protect the fireflies through other means, namely educating followers about fireflies and the importance of dark skies on her Facebook page, Thompson Century Farm and Fireflies. She also holds volunteer events at the farm to help keep it safe for the fireflies.

“I'm a farmer, but I'm not a rich farmer,” Garcia said, so the volunteers help fill a need.

One such volunteer event took place June 2 at the farm, as more than a dozen people gathered to help Garcia with projects.

This event was orchestrated by Explore Utah Valley, Utah County's destination marketing organization which promotes all things Utah Valley.

Garcia met the volunteers outside the family farmhouse and after a short discussion about fireflies, habitat, and the history of the farm, gave them their marching orders.

Continued on Next Page.



File photo



Photos courtesy of Explore Utah Valley

Diane Garcia gives volunteers a short history on her family farm and the fireflies who reside there.

Projects included cutting a narrow pathway through the tall grass, refuse cleanup, fence repair, and creating log benches in the field. Also planting of trees on the border of the field.

Garcia said she has tried planting trees before to protect the darkness for the fireflies, but the other animals who live on the farm (deer and rodents) look at the sapling trees as a tasty snack and gobble them up. She keeps trying, however.

The volunteers split into groups and went after it, mowing a path toward an observation point where another group put together log benches.

Both the path and the benches serve a purpose in Garcia's design. The path allows for passage without disturbing the long grass, and the benches are an observation point for visitors she allows on the farm a few at a time who have added their names to the list on

her Facebook page.

"This is my sixth year of conducting tours through June and July and I have people who signed up in 2018 who are still waiting for a tour," Garcia said.

She wants to share the experience that can be found there, but it is a delicate balance to maintain because she must often deal with trespassers. The tours are by appointment only, so she asks the curious to be respectful of her farm.

She said when people have their tour some of them have never seen a firefly before and the impact can be profound, and magical.

"I have people who get emotional when they come here. They cry. And they hug me. I've gotten lots of hugs," Garcia said.

Fireflies don't like the cold and don't like extreme heat. They generally start appearing the first part of June, but it depends on weather conditions.

"Every night I come out and look and I am excited when I see the first flicker," Garcia said. "Once you see it you value it, and I want to preserve it."

On her Facebook page she offers information not only on fireflies, but the preservation of dark skies. She said she was heartened when Spanish Fork announced in August 2020 that its future lighting for the city would



Volunteers clear away weeds from the fence line of the Thompson Century Farm.

be dark-sky compliant. Garcia hopes eventually codes will also require it for home construction.

Dark-sky compliant lighting focuses the light on where it is needed, on the ground, not up into the sky where it contributes to light pollution. Homeowners can convert their outdoor lighting to dark-skies lighting with a trip to the local hardware store.

With the June 2 volunteer work done, there is still much to do, and Garcia will keep rallying help and spreading the word that there is magic in the world worth protecting.

"It really is magical. It is healing. It's peace. Watching them you are in the moment and that's something we miss nowadays. You're in the moment." *(Davis is editor of Serve Daily.)*




Brandon Stocksdale clears a path for visitors to experience the fireflies without disturbing their habitat.



Volunteers gather in front of the historic Thompson farmhouse.

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Community Action Services offers a helping hand when things get tough

By Jennifer Durrant

We are fortunate to have a variety of nonprofits doing good in our community:

We have United Way of Utah County, with its South Franklin Community Center in Provo, Sub for Santa programs, tax help, Everyday Learners program, and more.

There's the Food & Care Coalition, which serves meals to people in need seven days a week, offers transitional housing, has a dental clinic, and more.

Then there's Tabitha's Way, which operates food pantries in Spanish Fork and American Fork.

There's also the Utah

Food Bank which offers mobile food pantries throughout the state. Community Action Services and Food Bank – celebrating our 55th anniversary this month – offers some of those same services, but we're so much more.

You probably know Community Action as a food bank – and that's part of what we do. We have four main food bank locations – Provo, Heber, Coalville, and Springville – and smaller pantries serving neighborhoods and schools around Utah, Summit, and Wasatch counties.

We also pack bags – called Kids Paks –

every week for kids in need to take home on Fridays, so they have enough food for the weekend, and we supply local senior centers with boxes of food for seniors in need.

However, getting food to people in need is only part of our mission.

The Financial Learning Center provides one-on-one financial counseling and home-buyer education and mortgage courses to empower families to improve their financial situation.

Bridges Out of Poverty: Our workshops educate community members about poverty in our area and why it exists while giving vol-

unteers opportunities to work with people living in poverty.

Circles Initiative: This extended program helps low-income families and individuals stabilize and build self-reliance so they can move out of poverty.

Community Garden: We rent plots to community members for a small fee every summer.

Commercial Kitchen: Exclusively for food startups, it operates on a sliding-fee scale based on income.

Emergency assistance: We provide rent and utility assistance, bus tokens, transportation assistance, and vouchers for furniture, clothing, and hotels.

In the 55 years we've been serving our community, we've helped thousands of our neighbors create better lives.

We've helped them put food on the table, get out of poverty, grow their own food, pay their rent or utility bills, learn how to budget, start a business, and buy a house.

In 2021 alone, we did the following:

- Received 3,925,622 pounds of donated food
- Distributed 3,441,113 pounds of food
- Sent home 23,305 Kids Paks (an average of 728 per week)
- Hosted eight commercial kitchen users
- Had 38 Circles

program participants, with four graduates - Helped 19 Circles participants reduce their debt and four get off all public assistance

- Issued 555 motel vouchers
- Made 1,634 rent payments and 1,207 rent arrears payments

- Made 205 utility payments and 825 utility arrears payments
- Hosted 63 garden users

- Had 175 households attend home-buyer education classes
- Had 84 households receive pre-purchase counseling and 163 complete the home buyer pre-purchase program, among many others. *(Serve Daily submission.)*

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A Legacy of Hope

Thousands gather to pay tribute to Col. Gail S. Halvorsen and the hope he gave the world

By Lorene Moore

If you ever wonder how much difference one person can make in the world all you have to do is look at the life and legacy of Col. Gail S. Halvorsen, The Berlin Candy Bomber. Thousands gathered in Provo and Spanish Fork last month to celebrate the change he made in the world when he shared two sticks of gum at the fence around Berlin's Templehof Airport in 1948.

At the end of World War II, Germany was divided

into four sectors administered by the allied countries. Although deep in the Russian sector, the city of Berlin was also split into four sectors.

In the first move of what would become the Cold War, Stalin blockaded the roads, railways and waterways that led to the city of Berlin, completely cutting off the city from the supplies and support they desperately needed to survive. Stalin tried to force the allies to abandon Berliners rather than start World War III. What Stalin didn't count

on was American ingenuity and downright stubborn determination. With ground travel blocked the allies took to the skies to keep the city and the people of Berlin alive and free.

One day, while his plane was being unloaded, Colonel Halvorsen walked over to the fence around Templehof airport to photograph children gathered there. He wanted to give them something to encourage them, but all he had was two sticks of gum. He was amazed when the children took those two sticks of gum and tore them into small pieces and passed them around to as many kids as possible.

Those who didn't get the gum took turns smelling the wrapper. Colonel Halvorsen came away from that fence determined to do more to bring smiles to the faces of those children. He told the children to watch for him to wiggle the wings of his plane when he came into the airport the next day.

Colonel Halvorsen went

back to his barracks, gathered his and his bunkmates candy rations then tied parachutes to the bounty. The next day, on approach to Templehof, he wiggled his wings back and forth. Children below recognized the signal and ran to gather what they called "candy from heaven."

From the thoughtful act of one man, it grew into a movement that drew people in from around the world. The airlift was a resounding success and thanks to Colonel Halvorsen and the airlift pilots, food became just a small part of what was being delivered. Hope was delivered to Berlin on wiggling wings and white parachutes.

For over 70 years Colonel Halvorsen shared the values and beliefs that led him to share those two sticks of gum with his family, community and the world. He passed away, at 101, this February.

The Gail S. Halvorsen Aviation Education Foundation, Berlin Airlift His-

torical Foundation, Airlift Tankers Association, Civil Air Patrol, and Air Force Air Mobility Command, are just a few of the many organizations led by and impacted by Colonel Halvorsen's lifelong mission. Last month they all came together to celebrate his life and challenge the next generation of candy bombers.

The two-day celebration began with tours of the new terminal at the Provo Airport and two planes that represent the mission Colonel Halvorsen dedicated his life too.

The Spirit of Freedom is a World War II era C-54 that has been lovingly restored by the Berlin Airlift Historical Foundation and turned into a living museum for the Berlin Airlift and Colonel Halvorsen. Following his military career, Colonel Halvorsen flew with Tim Chopp in The Spirit of Freedom for more than 20 years, delivering candy drops to air shows and other events, teaching about the



Courtesy photo

With the simple offering of two sticks of gum to children at the Berlin Wall in 1948, Col. Gail S. Halvorsen changed the world with a simple act of kindness.



Colonel Halvorsen at the Berlin Wall.



Photo by Robert Moore

An Air Force C-17 was renamed the “The Spirit of the Candy Bomber” for the two-day event in Provo and Spanish Fork.

Berlin Airlift and the power of kindness, all over the world.

Guests also toured the Air Force Air Mobility Command C-17 that was renamed The Spirit of the Candy Bomber during the event, in a ceremony that included one of the original Berlin Airlift kids, Doris Gallagher, General Mike Minihan of the Air Force Air Mobility Command and several of Colonel Halvorsen’s great-grandchildren.

The next day the celebration moved to Spanish Fork Airport with an event that was aimed at doing the same thing Colonel Halvorsen came away from his first encounter at the fence determined to do, put smiles on children’s faces.

“Gail spent his whole life bringing smiles to children,” said Lorene Moore, board member of the Gail S. Halvorsen Aviation Educa-

tion Foundation. “We could hardly celebrate his life without seeking to do that very same thing.”

Spanish Fork Airport was buzzing with crowds participating in activities for young and old. Students from Nebo School District’s Advanced Learning Center demonstrated the activities and experiments they developed for the Halvorsen Foundation’s STEM Fun Bus.

Learning from the future and the past, kids took a turn piloting one of several flight simulators and heard stories from Berlin Airlift kids about what they received in those “bundles of hope” that the airlift brought them.

Knighton Architecture gave visitors a preview of the Halvorsen Heritage Center the Halvorsen Foundation is working to build at the Spanish Fork Airport.

The center will be home to the Halvorsen Airlift Historical Collection, as well as, classrooms, flight simulators

and home to a new Civil Air Patrol Hangar.

“We want the Halvorsen Heritage Center to be a place students and families can learn about Gail and all the people who came together to shine the bright light of hope onto Berlin during the airlift and to see how they can shine that same light in their world today,” noted Moore.

General Mike Minihan, of the Air Force Air Mobility Command, spoke to the crowd and challenged them to carry on the mission of the Candy Bomber. “What will you do with your two sticks of gum?” he asked.

Visitors toured the Spirit of Freedom throughout the morning. Then it capped the day flying side by side with The Spirit of the Candy Bomber for several passes before dropping candy

tied to parachutes for the cheering crowd, just as Col. Halvorsen had done.

One volunteer helping to pass out additional candy to children in the crowd after the drop summed up the feeling of the whole celebration when, filled with emotion, he stated, “I love that I get to be a Candy Bomber now too.”

To carry on Colonel Halvorsen’s mission, the Halvorsen Foundation challenges you to become a Candy Bomber. Do something for someone else. Put a smile on someone’s face and share it to your social media. Tag it with #twostickchallenge and keep the Candy Bomber mission alive. Like Colonel Halvorsen was more than 70 years ago, you can be the light that brings hope to those around you. (*Serve Daily submission.*)



Photo by Robert Moore

The C-54 Spirit of Freedom, a World War II era aircraft, flies with the rechristened C-17 The Spirit of the Candy Bomber.

“Small acts, when multiplied by millions of people, can transform the world.”

- Howard Zinn

Spanish Fork Legion Hosts Freedom Walk

By Lana Hiskey

The Spanish Fork Legion Post 68 organized the Fifth Annual Freedom Walk for Spanish Fork and Salem fifth-grade students on May 10 and 11. Members from various branches of the mil-

itary came and told stories to almost 1,350 fifth-grade students from 13 schools over the past two days.

Nebo fifth-grade students prepared in advance of the Freedom Walk by researching veterans and writing summaries of what they

learned.

Banners from each of the schools lined the walking path displaying the students' summaries and creating a Wall of Honor. Many of these summaries were the students' own family mem-

bers. Principal Garrett Andersen said, "Sometimes fifth graders don't recognize the freedoms they have and the sacrifices that were made for freedom in this country."

This experience, The Freedom Walk, allows these students to associate with fine veterans in our own area that have sacrificed for all of us to live in a free country."

The Freedom Walk was first conceived by Legion member, Richard Johnson,



Courtesy photos

The Spanish Fork Legion Post 68 held its fifth annual Freedom Walk for local students on May 10.

as a way to help students have a better understanding and appreciation for military veterans. The new name of this Freedom Walk is now called the Dr. Richard Johnson Memorial Freedom Walk in his honor. This "walk" is unlike any other event organized by the Legion according to the

veterans.

All students and teachers walked symbolically in the shoes of the veteran they interviewed or researched. Along the walk were six stations where Legion members would present, show items, and tell stories from their service. (*Serve Daily submission.*)



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An Expo Designed with Family in Mind

Organizers of the Home and Fun Expo envision an event to bring family together

By James L. Davis

The 29th Annual Home and Fun Expo will drop at the Spanish Fork Fairgrounds June 24-25, which organizers envision as an opportunity to bring families together to embrace an event designed with them in mind.

Spanish Fork has been home for the expo from its inception, and the Home and Fun Expo has always embraced its vision as an occasion for families to spend time together to explore the many outdoor recreation possibilities at their fingertips.

Originally created and managed by Ron Payne of Spanish Fork, when he chose to retire he asked fellow event organizer Sylvia Andersen to take over the event and keep it running.

“I hesitated because I have a lot of other shows that I do,” Andersen said.

The realities of COVID meant that the Home and Fun Expo, like every other event, struggled during 2020 and 2021, but Andersen said she looked forward to offering the event to the community and build-

ing upon Payne’s vision of offering an event that is unique and meant for everyone.

“My goal has always been to bring families together. One of the elements of our outdoor recreation show is to have families come and find something they can do together.

“Our whole goal is instead of dad going hunting and fishing with his buddies, he takes his family,” Andersen said.

With that overarching goal in mind, Andersen has invited a multitude of vendors to offer ideas on how families can do just that, not only in the great outdoors, but in their own back yard.

During the two-day event, families can participate in workshops in everything from testing kayaks and paddle boards, fitness workouts, learning how to tie a fly for flyfishing, and many others, including a BB-gun range for youth.

All the activities are free, including admission tickets, which is exactly what Andersen had in mind from the onset.

“We don’t want mom and dad to be nickel and dimed, so the activ-



Courtesy photo

At the Home and Fun Expo in Spanish Fork on June 24-25 entry is free, as are all of the activities where family can explore new pursuits and interests.

ities are free. That was our goal. When you go to other expos the demographic you typically see is 90 percent adult male, five percent their sons, and five percent women. Ours is a completely different mix of demographics.

“Our events are typically 90 percent families, five percent single adults and five percent young adults,” Andersen said.

The scouting program will be hosting several of the activities, including the archery and BB gun events, as well as the fly-tying activities.

Do-it-yourself workshops include Dutch oven cooking classes, tips for window washing and even a workshop on guidelines for reverse mortgages.

Andersen said all the activities are

sponsored by organizations with similar goals for the family to enjoy doing things together, whether at home or in the great outdoors.

Concessions will be available for the hungry and thirsty, and since the event will take place in the Tennis Building at the Spanish Fork Fairgrounds, it will be indoors and climate controlled.

The event begins June 24 from 10 a.m. to 7 p.m. and on June 25 from 10 a.m. to 6 p.m.

Entrance is free, and you can get tickets by visiting thebesthome-show.com and registering.

“We really feel like it is a show designed for the Spanish Fork area. We want the community to know that this is their show,” Andersen said. *(Davis is editor of Serve Daily.)*

Tiny Homes Offer Huge Possibilities for those Struggling

By James L. Davis

One of the exhibitors who will be present at the Home and Fun Expo at the Spanish Fork Fairgrounds June 24-25, will be Houdini Housing, creator of “tiny homes.”

These tiny homes can offer a glimmer of hope for people often without one, and, for event planner Sylvia Ander-

sen, they presented a chance to make a difference.

Tiny Homes are premanufactured and “pop-up”, taking only a couple of days to erect and offering 400 square feet of living space, including a living, kitchen, bedroom and bathroom space.

Andersen said she saw the brilliance and possibilities of such housing when she

learned of a heartbreaking situation with one of the long-time exhibitors at her shows.

The elderly gardener had been self-employed for most of his life, and when expositions opened back up following two difficult years of COVID dormancy, Andersen said she reached out to “Bob” to see if he would be interested in being

a presenter.

“Bob had done our garden shows for decades and I knew he had health issues. I had a show in February 2022 and asked if he would be available and he said yes because he finally had a place to live.”

Bob lived with his girlfriend of more than 20 years, but when she passed away, the home was left to

her son, and it was sold.

“He was living in his car for four months. He was 84 and homeless. I couldn’t even fathom at the age of 84 being homeless and living in your car,” Andersen said.

That is when Andersen realized there was a whole facet of society struggling unnoticed.

Continued on Next Page.

“I thought of how vulnerable seniors can be who are self-employed, especially if you don’t have family or are on your own. Small business owners can’t afford benefits, you just try to survive. In that generation many didn’t prepare for a time when they couldn’t work. One health issue and many seniors could be homeless,” she said.

Senior homelessness is accelerating across the United States, but in the debate on homelessness initiatives they often not mentioned at all.

Homelessness due to mental health or addiction issues often drown out other voices and recognizing this is what made Andersen raise her own voice in a call for action.

“I don’t believe we have looked at people who have worked hard their whole lives and suddenly find themselves homeless. I decided I was in a position where I could do something,

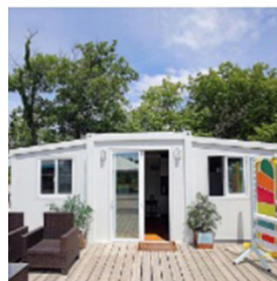
so I started a charity called A Village for Bob. They will be tiny home communities and I will be building one in Utah and California.”

Villages for Bob will be communities of tiny homes where healthy seniors can live when they find themselves homeless.

They will be true communities, with a community garden and store, where seniors can live their lives or until health requires them to move to an assisted living environment.

Due to the need for affordable housing, in 2021 the Utah State Legislature passed an update to its Accessory Dwelling Units code that allows for homes like tiny homes that Andersen intends to use to create A Village for Bob.

But creating a charity requires funding, and when it came to funding her A Village for Bob charity, she looked first to her own furnishings.



Courtesy image

Houdini Housing offers an opportunity for healthy displaced seniors to have a place of their own once again for the rest of their lives or until they need assisted care..

“I sold all my sterling silver and the entertaining stuff that I don’t use and knew I wouldn’t use. That’s how we raised the money for the registration fees of the charity,” she said.

Hearing Bob’s story sparked a fire that Andersen said will burn for the

remainder of her days. Information on A Village for Bob charity and Houdini Housing’s tiny homes will be available at the Home and Fun Expo.

“My calling in the future is to work on this problem. These seniors don’t have a fall back plan. I can’t run

fast enough right now to make this happen. For as long as I am healthy this is where my drive is going to be, to create a resource for those people who find themselves in a situation of homelessness. Someone has to care about them, and I do,” Andersen said.



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“What you do makes a difference, and you have to decide what kind of difference you want to make.”

- Jane Goodall

Nebo Cycling Provides Exercise Outlet for Riders of all Abilities

By **Kelly Martinez**

There's a lot of benefit to exercising in a group and Nebo Cycling can help fill that need.

Nebo Cycling is a bicycle club based in southern Utah Coun-

ty and northern Juab County that offers regular rides as well as participates in competitive events. Club member Randy Chipman, a Spanish Fork resident, said there isn't much structure to the club.

There is no board

of directors or club president but riders within the club connect through social media and Strava, a fitness tracking app. The best part, Chipman said, is the club is open to riders of all skill levels.

"Some people are

pretty serious about racing and doing some of the organized races and competing at the local level," he said. "Others are really just in it for some fun weekend exercise and stuff like that.

"We have a pretty good group of all of the above and everywhere in between."

The group started in 2008 when Richard Anderson of Nephi was looking for an activity that was easier on his body than softball. He had two coworkers – Brain Whiple and Steve Brown – who suggested cycling and they formed the informal club.

It wasn't until a few years later that this group merged with south Utah County riders. The group was meeting at an old bike shop in Springville and decided to make the change. Whipple was a

brother-in-law to those riders, so the change went smoothly, Anderson said.

"Cycling is a lot of things for me," Anderson said in an emailed response to questions.

"Riding with the group, collectively trying to accomplish something very difficult. Seeing our state and surrounding states on a bike offers a much different perspective than riding in a car."

While the group does partake in many casual rides, it also finds itself amid big rides, such as the Salt to Saint Solo.

This race covered 430 miles as riders traversed significant elevation gains as they raced from Salt Lake City to St. George.

Another long ride includes LoToJa, which is a one-day ride that takes cyclists over 200 miles from Logan to the Tetons of Jackson Hole Mountain Resort

in Wyoming. Riders traverse the terrain of Utah, Idaho and Wyoming.

Anderson finished first in that event in the Masters 45B class, which included riders over 45 racing at a high level. Other Nebo Cycling members finished in various spots.

Anderson said he saw LoToJa as a culmination of work he undertook over the season. It also provided a chance to show he had overcome a significant crash from several months earlier.

"The race was tight," he said. "I wasn't sure if I had won or not. I thought I did but I didn't dare celebrate. Satisfaction is probably the most prevalent feeling after winning."

Chipman first heard about the group when visiting a bike shop in Spanish Fork. He met

Continued on **Next Page.**



Courtesy photo

Members of NEBO Cycling race past the Manti Temple as part of the Salt to Saint race.

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Nebo Cycling

From Previous Page.

some of the members of the club and further connected with them via online platforms.

Those interactions have formed lasting friendships for Chipman as well as yielded a host of benefits.

Chipman said one of the best parts of riding with a group is it can push you to reach your

goals, especially if the rider is faster than you.

Furthermore, Anderson said he sees cycling as a team sport even though those tactics manifest themselves differently than other sports or even competitive teams.

Anderson said cycling has taken him to a host of different places

across the state, which has made the group and activity satisfying for him.

“The serenity of a mountain pass after a sustained effort with only you, your bike and your breath; nothing beats it,” he said.

Other benefits Chipman said he’s seen include solid camara-

derie among the men and women who ride, making the activity a lot more fun.

“We certainly come from all walks of life so it’s pretty fun to meet different people who you probably wouldn’t otherwise associate with,” he said. “So cycling is that common denominator that

brings people from all industries and areas and walks and ways of life. It certainly gets you out of your comfort zone a bit.”

Chipman emphasized the group is open to all riders so he invited all riders to reach out and connect with the group via social media or Strava.

“The thing about cycling is that everyone starts from the same spot,” he said. “We’re all brand new at some point. We’re all learning and developed the skill at our own pace.

“So just reach out and connect with us. Just keep showing up, join us and have a great time.”

Stay on Track this Summer by Choosing Healthy Alternatives

By Amy Ellis

Summer is fast approaching. Grilling, warm weather, and even outdoor fun is on the horizon! Though it can sometimes be challenging to stay on “track” during this season, there are plenty of fresh, healthy choices available.

By having a plan for every special occasion, you can reach your health goals while enjoying yourself at the same time.

Follow these tips:

Stick with lean proteins. Stick to lean cuts of protein like sirloin tips, flank steak, skinless chicken breast, and fish. Lean cuts are high in

protein but lower in fat and calories. Make sure that whatever protein you choose is not battered and fried.

Remember to put vegetables first. When filling up your plate, think vegetables! Skip the dip and fill up on non-starchy vegetables like salad, asparagus, broccoli, celery, and cucumbers. Non-starchy vegetables are low in calories, a great source of fiber, and should be the majority of your



plate, whether cooked or raw.

Offer to be the head chef for your summer parties! Or take something healthy to share with everyone! What’s better than a healthy and delicious recipe to kick off the start of summer? (Text “Summer Fun” to 801-380-7833 for a free digital summer salad recipe book!)

Focus on fun activities. Instead of making food the focus of the event, have fun enjoying time together with a new activity! Startup a game of backyard kickball or badminton!

With these few tips, you will find it easier to make better choices and feel more



File photo

confident in staying fit and healthy this summer!

(Ellis is a certified Independent Optavia Health Coach.)

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An 'Extreme' Sport Finds its Niche

Dry tooling takes ice climbing to a new level at Orem gym by forgoing the ice

By James L. Davis

Extreme sports often have a way of morphing into other extreme sports, and such might be the case with dry tooling, a niche sport that is growing in popularity.

Originally practiced as a way for ice climbers to train in the off season, athletes use ice axes and crampons or climbing shoes to scale rock faces.

While at first glance it might just appear to be rock climbing with ice tools, the skills and muscles used for dry tooling are more aligned with ice climbing than rock climbing.

As the sport gains a following, two friends and entrepreneurs turned their love of the sport into a business when they opened The Scratch Pad in Orem in October.

Dustin Lyons and Susan Sims started The Scratch Pad because of their passion for ice climbing and mixed climbing (climbing both ice and rock faces in the same ascent). They pooled their talents and resources out

of a desire to have a better place to train and now share it with other enthusiasts, young and old.

Like 10-year-old Connor Bailey of Holiday, who delights in climbing the walls at the gym while his mother, Tessie looks on with perhaps equal part pride and bemusement.

Connor just started in the sport last September but is already considered one of the rising stars.

Already a rock climber, he wanted to try dry tooling because his mother is an ice climber, so he joined The Scratch Pad and has been excelling ever since.

Finding the equipment for dry tooling for her son was a challenge Tessie overcame with ingenuity.

While Connor had ice axes, finding crampons proved impossible because manufacturers didn't make a size small enough for his feet.

"I looked at bike shoes and climbing shoes and finally modified hockey boots," Tessie said.

While Connor is the

youngest member of The Scratch Pad, building a youth team of athletes to train for the UIAA US National Youth Ice Team is a priority for both Lyons and Sims.

Lyons sees the day when dry tooling becomes an Olympic sport and Connor envisions himself competing, and winning, at that level. Having the gym to train in helps him refine his abilities.

"We are the only gym dedicated to dry tooling in the state," Lyons said.

The Scratch Pad is located at 165 North, 1330 West, #A4, in Orem and is open 6-10 p.m. Tuesday through Saturday.

The Orem location for The Scratch pad is by design because of its proximity to Provo Canyon, which is popular with ice climbers and rock climbers, and while the gym has been open less than a year, the curious have come calling.

For dedicated rock climbers, the curious are also if not skeptical, at least suspicious of the sport.

"Many are suspicious," Sims said. "Climbing is inherently dangerous already, so when you introduce sharps it increases the risk. When you look at the sport objectively it looks dangerous. But when they give it a try it is not as scary as they thought it would be."

At the gym athletes use their ice tools to ascend but do not use crampons, trading them for traditional climbing shoes instead.

In competition, the walls are made with plywood and athletes "kick in" with their



Photos by Pete Hansen

Connor Bailey has only been working with dry tooling for less than a year and is already considered a rising star in the sport.

crampons as they climb, which Lyons said simulates the feel of kicking into the ice.

Using plywood at the gym would prove to be high maintenance and expensive, so climbers at The Scratch Pad use climbing shoes.

Lyons and Sims mix up the challenges at the gym periodically and have contests for climbers to complete in the interest of friendly competition.

"It's a very niche segment of a niche sport," Lyons said.

And for those with a com-

petitive spirit, dry tooling offers opportunities because the field is not as crowded as competitive rock climbing.

"There's just not as many competitors, so it's a really good opportunity for someone with a competitive mindset," Sims said.

Someone like Connor Bailey, for instance. Hanging upside down with his ice tools, his mother gives a smile.

"He doesn't do traditional sports," Tessie said.

Neither does The Scratch Pad. (Davis is editor of *Serve Daily*.)



Dustin Lyons gives Connor Bailey a high five after a climb.

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Is the USFL the real deal or a knockoff?

By Kelly Martinez

For many, the football-less blues kicks in shortly after the end of the Super Bowl in early February and last until the waning days of summer when the National Football League season starts anew.

There was a time, however, when football fans only had to wait a few weeks between the end of the NFL season and the beginning of another high-quality professional football league's season. That time was the 1980s when the United States Football League captured the country's attention with its

star-studded rosters that threatened to steal the spotlight from the NFL.

Legal and financial issues put an end to the USFL after three seasons and many of its players found spots on NFL rosters soon after. Following the league's folding in 1986, five USFL players (Jim Kelly, Steve Young, Sam Mills, Reggie White, and Gary Zimmerman) went on to Hall-of-Fame careers in the NFL. Two USFL coaches were also inducted into the HOF after the league's demise (George Allen and Marv Levy).

Fast forward 35 years

to 2021 and the USFL resurfaced as an eight-team league that is currently in its inaugural season. If you blinked, you may have missed this.

Organized into two divisions, USFL teams include franchises in Birmingham, Houston, Detroit, East Rutherford, New Orleans, Pittsburgh, Philadelphia, and Tampa Bay.

In addition to obtaining the rights to use the 1980s league's logo, the current USFL also has the rights to use team names from the former incarnation of the league, which the current teams do. That includes the rights to

teams that don't currently exist, such as the Los Angeles Express and Chicago Blitz.

Despite legal efforts to stop the current USFL from starting its inaugural season, the league got underway anyway in mid-April of this year.

While the USFL plays football in much the same way that the NFL does, there are noticeable differences, including ones that involve timing, kickoffs, and punts.

One of the more notable differences is the option of a three-point conversion following a touchdown, which involves converting on

an offensive play from the 10-yard line.

While the current version of the USFL bears its predecessor's name, there is no official connection between the leagues. In fact, a group named The Real USFL, LLC, filed a lawsuit in an attempt to stop the current USFL season before it began. The group reportedly included the owners of the original league and its team owners. A federal judge ruled in favor of the new league two days before the 2022 season started. The ruling also gave the new league rights to the previous league's

logo and team names.

It's not clear yet how good the quality of play is in the current USFL, but it's unlikely it'll produce the likes of Kelly, Young, and White like the 1980s USFL did.

Not too keen on the idea of another pro football league? Brace yourself; another one – which actually started play in 2020 and ceased its schedule due to the COVID-19 pandemic – is set to return in early 2023. Remember the XFL? That's the one. That league's a story for another article. Stay tuned. *(Martinez is a Serve Daily contributor.)*

Local Business

Insurance agent retires to pursue her passions and chase her grandchildren

By Mike Vowels

It is with sadness and excitement that Leavitt Insurance and Central Bond Services announces the retirement of Kristyl Ripplinger.

Kristyl has worked with Leavitt Insurance since November 2010

when she moved to Santaquin from Colorado.

In Colorado she and her husband Curt owned and operated the family insurance agency located in Lafayette.

She has been a licensed insurance agent

since 1998. At both locations she was proficient in her handling of all forms of personal insurance from cars, homes, mobile homes, farms and anything else that would fall under the personal lines realm.

Not only was she

professional but just about every client she helped became her friend. That is just how Kristyl operated. It's the personal touch and it really does matter to people.

In retirement the door is open to the possibilities to keep

her busy. Kristyl has a wonderful voice and is a great soloist. In Utah she has seven grandchildren and one grand daughter-in-law. In Colorado she has 15 grandchildren. Do you see traveling in her future? *(Serve Daily submission.)*



Kristyl Ripplinger.

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‘The Adam Project’ Hits its Mark on Several Levels

By Kelly Martinez

Time travel, comedy, and family drama are at the heart of Netflix’s “The Adam Project,” which, for a straight-to-streaming movie, has a lot of star power – and not just the stars that show up in the night sky.

Ryan Reynolds (“Deadpool”), Mark Ruffalo (“The Avengers” movies), Jennifer Garner (“Elektra”), and Zoe Saldana (“The Guardians of the Galaxy”) have each played superheroes in other moves, but that’s not what they play in “The Adam Project.” In spite of that fact, their characters are strong and capable, just not

on superhero levels. Set in 2022, the movie opens by introducing viewers to 12-year-old Adam Reed (Walker Scobell) who is struggling to deal with his father’s death a few years previous. His mom Ellie (Garner) is also trying to deal with the loss of her husband while enduring the hurtful jabs from her wisecracking son, Adam.

While his mom is on a date, young Adam encounters the 40-year-old version of himself (Reynolds) who’s traveled back in time from 2050 to stop a pivotal event from happening. The older Adam misses his targeted year

(2018) and winds up in the backyard of his younger self in 2022. It doesn’t take the younger Adam long to figure out who the stranger is in his home.

Begrudgingly, the older Adam gradually lets his younger self in on his time-traveling objective, in classic snarky-Reynolds fashion.

Laura (Saldana) is the older Adam’s wife who is also jumping through time, but with a different objective. Running into her in 2022 is a surprise to the older Adam because in the future she’s dead.

Every sci-fi movie needs a villain and “The Adam Project”

gets its bad guy in the form of a woman, Maya Sorian (Catherine Keener), who’s bent on preventing the older Adam from achieving his time-traveling aim.

Eventually, the Adams wind up in 2018 where they encounter their father, Louis Reed (Ruffalo), with whom the older Adam has issues.

Like most time-traveling flicks, the time travelers need to be cautious about changing the past so it won’t affect the future – even though that’s precisely what the older Adam wants to accomplish.

Such is the case in “The Adam Project,” but it’s done in co-



medic and dramatic fashions.

Crisp, witty writing keeps the movie interesting and entertaining, providing Reynolds the platform to do what he does best; crack wise and be funny.

If you’re looking for a movie that’s got something for everyone,

“The Adam Project” fits the bill.

Rated PG-13 for violence/action, language, and suggestive references, “The Adam Project” hit the internet on March 13, and is streaming on Netflix.

My rating: 4 out of 5 stars. *(Martinez is a Serve Daily contributor.)*

‘Moon Knight’ Requires Disciplined Attention to Follow Story

By Kelly Martinez

In case you haven’t gotten enough superhero action from the inundation of Marvel Cinematic Universe movies and TV shows over the past 14 years, along comes “Moon Knight” on

Disney Plus.

The six-episode series focuses on the adventures of Marc Spector and Steven Grant (both played by Oscar Isaac), who are one and the same person. Not because of dual names, but because of dual personalities. Marc

is an American mercenary while Steven is a mild-mannered gift shop worker in London.

As if being a mercenary isn’t enough, Marc is also the avatar for Khonshu (F. Murray Abraham) a moon god who seeks to destroy

all evil doers while battling confidence issues. Khonshu uses Marc to carry out his desire to do away with evil-doers – after they’ve done evil – but leaves no memories of the acts for Steven, who, as a result, has many holes in his memory.

Enter Arthur Harrow (Ethan Hawke) the leader of a group of zealots that worships the goddess Ammit, who can, the group believes, determine if someone is good or bad before taking

Continued on **Next Page**.

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'Your Brain is Always Listening' Offers Food for Thought

By Kelly Martinez

Written by Dr. Daniel G. Amen, MD, "Your Brain Is Always Listening: Tame the Hidden Dragons That Control Your Happiness, Habits, and Hang-Ups" is a book that aims to help readers identify and control the issues that cause anxiety and fear, among other states of mind.

The book opens with an account of when the author counseled and helped singer Miley Cyrus deal with an anxiety attack during the early days of the Coronavirus pandemic. Amen relates Cyrus' episode to the mental

challenges many people are, and have been, experiencing, using it as a springboard into meatier underlying problems.

The author identifies many of the mental issues he treats as dragons that affect the way people think and act. These dragons form largely by life's experiences, from childhood to adulthood. These dragons tend to rob people of happiness, peace, and security.

Dragons identified in the book include Inferior or Flawed Dragons, Angry Dragons, and Judgmental Dragons, to name a few. In all, Amen covers 13 dragons in the book,

offering advice on how to deal with them on the path to mental peace.

Readers of the book will also learn about what the author calls Automatic Negative Thoughts (ANTs) that attack people, causing them to feel anxious and depressed. The dragons feed off of these ANTs, causing the dragons to grow bigger and to exert more power over the brain.

The author uses personal experiences to illustrate how dragons and ANTs work together to create anxiety, anger, and discontent. One such example involves the

author's Abandoned, Invisible, or Insignificant Dragon.

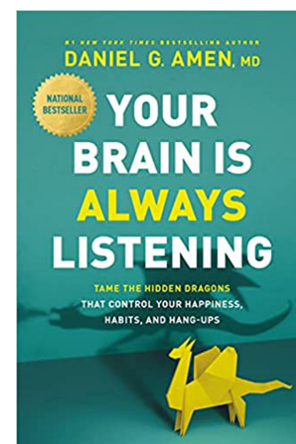
While he was growing up, Amen's father was building a grocery store chain that required a lot of his time. Amen remembers his father as never spending time with him because the stores required a lot of time, a perception that created bitterness and hurt throughout his childhood and well into adulthood. This dragon, fed by many ANTs, justified Amen's feelings of resentment toward his father, until something unexpected happened.

At a family gathering, he watched

home videos from his childhood that showed his father interacting with him and having a good time. That's when Amen realized he'd given place for the Wounded Dragon to manipulate truth, creating a narrative that embraced negativity and hurt. As he faced the truth of the situation, Amen was able to mend the relationship with his father.

Often, the author claims, the dragons that dictate peoples' mindsets and attitudes tell lies and untruths that create a hotbed for negative thoughts.

"Your Brain Is Always Listening" offers advice on how



The author identifies four brain-type categories that people fit into and how they can impact how people deal with dragons and ANTs.

While much of Amen's advice is good and constructive, it's

Continued on Next Page.

Moon Knight From Previous Page.

action. Harrow claims to be able to identify good people from bad ones on behalf of Ammit using what's called the scales of justice. His real intent, however, is to revive Ammit to spread destruction on the world.

If Ammit can determine if someone is good or bad before they act, that would mean innocent people die without knowing why because they haven't acted yet.

Confused? It's the MCU way!

The confusion grows as viewers try to figure out if Marc and Steven are actually different beings or if their body

suffers from schizophrenia. Be that as it may, "Moon Knight" is not a show you can watch casually. In fact, if you want to grasp the story fully, give it your undivided attention.

To their credit, the writers of the show try to explain Marc's past to help define who he

is and to give Steven an understanding of the gaps in his memory.

In the finale, "Moon Knight" delivers lots of action and super-power showcasing. In what could be understood as an homage to King Kong vs. Godzilla showdowns of years gone by, the finale even includes

giant-sized versions of Khonshu and Ammit battling each other throughout the city.

If you decide to watch "Moon Knight," know that the season finale is a decent payoff for hanging in there

through the first five episodes.

It's not clear if the creators and writers of the show intended there to be a second season, which Disney/Marvel has yet to decide. History

has shown that with Disney and Marvel, anything is possible.

Rated TV-14 for violence and language, all six episodes of "Moon Knight" are currently streaming on Disney Plus.



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'You're Not Listening' Shares Valuable Insight

By Kelly Martinez

Kate Murphy's "You're Not Listening: What You're Missing and Why It Matters" is an eye-opening book, especially if you *think* you're a good listener.

In a day in which social media, pithy headlines, and streaming video are ubiquitous, listening – really listening – is becoming harder to do, and that's not a good thing, writes Murphy, a Texas-based journalist who's made a career of listening.

According to research cited by Murphy, the current average human attention span is eight seconds, down from 12 seconds in 2000. To put that into perspective, it's believed that goldfish have a nine-second attention span.

Uh, yeah. That's pretty troubling and is a good indicator that society as a whole has

challenges when it comes to listening.

In the book, Murphy looks at listening as a communication tool from several perspectives, including why people don't listen, why they don't want to listen, and how listening can build strong interpersonal relationships.

The author argues that while listening may at first seem like a passive action, it's actually, if done correctly, an active one instead. Because they don't know how to listen may be why so many people struggle to listen. Good news, though: listening well is something people can learn how to do, which Murphy covers in the book.

One of the biggest obstacles to listening, the author maintains, is that people often assume they know what a speaker is going to say and tune out or only half-listen. Sadly,

people tend to do this to those who are closest to them, including spouses, children, and friends. It's not until the listener adopts the mindset that the speaker has something valuable to say that true listening can happen.

Based on the concept that humans have two ears and one mouth, Murphy suggests listening twice as much as speaking is a good approach to communicating with others.

In an especially powerful part of the book, the author recounts an experience she had while working on a story about Catholic priests at a cathedral in Mexico. People who want to speak to the priests often overrun the church. Long lines are the norm as the priests spend long hours in the confessionals in order to accommodate all who come. One of the priests pointed out to

Murphy that a considerable number of those who enter the church's confessionals don't actually confess sins. They talk about their families, their hopes, and their challenges. In other words, they want someone to listen to them.

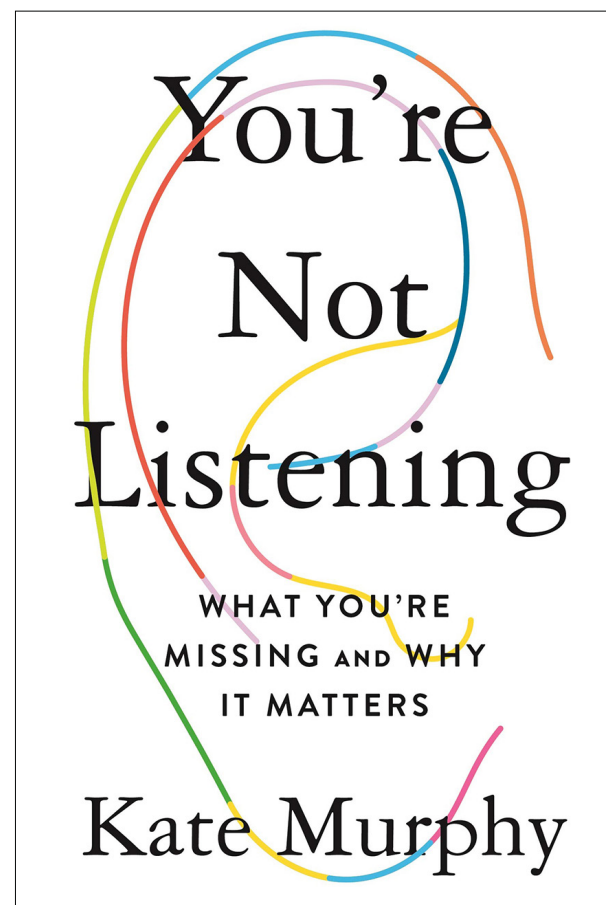
It's human nature to want to be heard, but it's not human nature to want to listen. That's something people have to learn how to do, which is something Murphy offers advice on in the book.

Murphy makes an insightful assertion in the final part of the book that argues that between speaking and listening, listening is the more powerful communication tool.

"You're Not Listening" is a worthwhile read that can be a good starting point

for becoming a better listener. There is, after all, a lot you can learn

from what others have to say. (Martinez is a *Serve Daily* contributor.)



Always Listening From Previous Page.

important to know that his practices aren't without critics. In particular, Amen's single-photon emission computed tomography (SPECT) scan, which the author mentions

often, has drawn criticism within the medical community as being unethical because it exposes patients to harmful radiation with no clear benefit.

Since reading the book doesn't require a SPECT scan, "Your Brain Is Always Listening" is worth reading to pick out helpful advice. Just follow your nose, it always knows.

Tyndale Refresh published "Your Brain Is Always Listening: Tame the Hidden Dragons That Control Your Happiness, Habits, and Hang-Ups" in 2021. The book is available from a variety of online stores, including Amazon, Apple Books, and Barnes & Noble. If you enjoy audiobooks, the book is available through the Libby app. My rating: 4 out of 5 stars. Rating 4 out of 5 stars. (Martinez is a *Serve Daily* contributor.)

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Shelter receives \$55,000 lifesaving grant from Petco Love

By Carrie Ward

South Utah Valley Animal Shelter is set to receive a \$55,000 grant investment from national nonprofit Petco Love during a special celebration at Spanish Fork Petco at 1118 Canyon Creek Parkway on June 16, at 11 a.m. in support of their lifesaving work for animals in South Utah County.

Petco Love is a national nonprofit leading change for pets by harnessing the power of

love to make communities and pet families closer, stronger, and healthier.

Since its founding in 1999, Petco Love has invested \$330 million in adoption and other lifesaving efforts.

And Petco Love helps find loving homes for pets in partnership with Petco and more than 4,000 organizations across North America, with 6.5 million pets adopted and counting.

“Our investment in the South Utah Val-

ley Animal Shelter is part of more than \$15 million in investments recently announced by Petco Love to power local organizations across the country as part of our commitment to create a future in which no pet is unnecessarily euthanized,” said Susanne Kogut, president of Petco Love.

“Our local investments are only part of our strategy to empower animal lovers to drive lifesaving change right alongside us. We

recently celebrated the one-year launch anniversary of Petco Love Lost, a national lost and found database that uses pet facial recognition technology to simplify the search for lost pets.” “This could not have come at a better time,” said Kierstan Munford, executive director of SUVAS “We were recently involved in a large hoarding case that involved 83 seized dogs. With this wonderful investment from Petco Love, we

were able to spay/neuter, vaccinate and seek vet care for those in need of medical treatment. Without the help of Petco Love, this would not have been possible! Petco Love’s lifesaving investment in the South Utah Valley Animal Shelter has helped us to become a shelter to be proud of. Thank you again for all you have done for SUVAS and helping us in our lifesaving mission.” SUVAS is a not-for-profit governmental

organization that serves 11 cities and the south Utah County area. Since 2006, SUVAS has continuously raised its level of care to get the best outcome for each pet, accomplishing a 93 percent save rate for the animals in its care in 2021.

For more information about the South Utah Valley Animal Shelter visit suvas.org.

Learn more about Petco Love at petcolove.org. (Serve Daily submission.)

Local Schools

Spanish Fork’s Drama Dons win state championship

By Lana Hiskey

Spanish Fork High School’s Drama Dons won the 5A Utah High School Athletics Association Theatre State Championship.

The following students are the current 5A Theatre State Champions:

Brinley Adamson, Mado Bayle-Pougny, Lyss Butler, Carly Byrne, Antonio Cerna, Remi Combs, Nyah Dinehart, Sara Gould, Brooke Grant, Brian Gunyan, Eliza Hansbrow, Grace Hernandez, Carter Hulet, Sadie Jack, Grayson Jenkins, Cody Jensen, Krystal Jenson, Dash Kozlenko, Eliza Law, Carter Lee, Mitchell Mangum, Lucy Maurin, Brighton McDonald, Mia McGraw, Sarah Mockett, Lacy



Courtesy photo

Moore, Ty Nielsen, Emerson Pugh, Austin Ray, Meghan Rosales, Lex Smith, Julie Snyder, Jordyn Stone, Orion Swaidan, Caden Tate, Cecily Udy, Aliv-

ia VanDyke, Cambry Wangsgard, Ari Whattcott, Prince Wilkerson, Hailey Wilkerson, Noah Zwinggi, Coach Andrew Hunsaker. (Serve Daily submission.)

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Smile Spanish Fork!

Nebo School District offers free summer meals for youth

By Lana Hiskey

Nebo is partnering with the Utah Food Bank again this year to provide free summer meals in four of Nebo

School District communities.

Fresh and free summer meals will be offered every Monday through Friday through Aug. 12 for

youth up to age 18.

In the Springville Area from 12:30 to 1:30 p.m. at the Springville Splash Pad/Library, 45 South Main Street.

In the Spanish Fork

Area from 10:30 to 11:30 a.m. at the Spanish Fork City Center Library Park, 100 East 50 South.

In the Payson Area from 12:30 to 1:30

p.m. at Constitution Park, 600 South, Main Street.

In the Santaquin Area from 10:30 to 11:30 a.m. at Centennial Park, 300 West 100

South. Santaquin.

No registration is required. Food must be eaten on site. For more locations text "FOOD" to 304-304. (*Serve Daily submission.*)

Students recognized for language skills

By Lana Hiskey

The following Maple Mountain students were recognized with the Seal of Bi-literacy at their recent senior awards assembly. These students have studied and pursued bi-literacy that is attractive to future employers and college admissions.

Spanish
Daniel Aguilar, Parker Allen, Gaia Becchi, Nikole Breinholt, Seth Brown, Daniel Cardenas, Stefano Cia, Jaden Davids, Abril Gutierrez, Talon Ivers, Sofia Martinez, Jarom Miller, Parker Myers, Truman Nelson, Daniel Yee, Diego Zuloaga.

Chinese
Truman Nelson.

French
Ashley Cluff, Clayton

Smith, Xander Tolman, Alexis Whaley.

German
Tiffani Bond, Easton Carter, Lillian Clark, Jacob Eastmond, Natalie Jewkes, Jack Nemelka, Brayden Rawlings, Jacob Rogers, Isaac Westover.

American Sign Language
Selam Aguero, Mia Anderson, Raylei Back, Miriam Brophy, Halley Caldwell, Brooklyn Camp, Kylie Christensen, Aspen Clyde, Brooke Ells, Lauren Forsey, Madalyn Gee, McKenna Haynie, Hannah Hill, Marina Hovanski, Eliza Jackson, Payton Marshall, Kylee Mitchell, Trace Mortensen, American Sign Language.

A "Seal of Bi-literacy" means a seal is placed electronically on a student's high school transcript

to indicate a student has achieved in English and in a world language a proficiency level of Intermediate Mid as described by the American Council on the Teaching of Foreign Languages

This Seal of Bi-literate Proficiency approach to learning languages prepares students to be college and career ready and builds state and national language capacity to improve economic competitiveness and strengthen national defense strategies.

Equally, it answers the growing need for the critical skills of language and cultural competencies for relationship building—a keystone for success in global business and diverse social environments (*Serve Daily Submission.*)

Mapleton student wins in STEM Fair

By Lana Hiskey

Paiton Baker, a ninth-grade student at Mapleton Junior High School, won at the Central Utah Stem Fair at Brigham Young University.

Paiton's STEM project is a computer created from recycled parts (e-waste). The computer was powered 100 percent by solar energy. She developed this project to help people in developing countries with limited money and limited access to electricity, gain access to technology.

Paiton received the award from the United States Agency for International Development for her "Scientific Excellence and Using Science Innovatively to Create a Potential Solution to International Development Challenges."

Paiton was also awarded the 2022 Most Outstanding Exhibit in Materials Science from the ASM Materials Education Foundation. (*Serve Daily submission.*)



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Tributes

LuJean Cunico-Weber
 May 4, 1949
 May 11, 2022

Long before LuJean's valiant and courageous battle with brain cancer she wrote her own obituary. She dreamed of living in Asiago, Italy till the ripe old age of 94



and living out her days wearing purple. In LuJean's words: Louella Jean (LuJean)

Cunico-Weber, (94) of Salem, Utah. Passed away August 4, 2023 in Asiago, Italy.

LuJean, Louey, Lulu, or Louella Jean Cunico was born May 4, 1949 in Provo, Utah to Jean Olea Shepherd (May 31, 1923 - December 9, 1996) and Charles (Chuck) Christopher Cunico (December 24, 1919 - June 25, 1990). LuJean was the second of 5 children: Robert, LuJean, John, Jeff and Angie.

LuJean grew up in Orem and graduated from Orem High School. After High School she got a summer job at

Signal Mt. Lodge in the heart of Grand Teton National Park in Wyoming. Working at Signal Lodge was her favorite job. When she returned home, she had saved up enough money to buy her dream car, a beautiful pale yellow 1967 Mustang from her Uncle Lee (her mother's brother). Later that year she began working at Signetics in Orem, Utah where she met her first husband Greg Hullinger. LuJean married Gregory Alan Hullinger on August 20, 1971 in the Salt Lake City Temple. They had four chil-

dren: Damon Christopher, Andrea Jean, Brook Lin, and Adam J.

LuJean worked for the State of Utah and the Alpine School District and had the privilege of owning her own business (Valley Mill Works) with her second husband Bart Weber.

The greatest treasures in her life were her sweetheart Bart and her children: Damon, Andi, Brook and Adam, their grandchildren and great grandchild.

Memories and Moments that made her smile: Summers

at Swift Creek in the Uintah's with the Hullinger Family, Thanksgiving in Idaho with her cousin Jeannie, racquetball, running, fishing with her brother-in-law Ron Larsen, and of course "Jeanealogy", otherwise known as family history or genealogy, however thanks to her mother's interest the term Jeanealogy was coined and seemed to stick around in the Cunico family. Her greatest Jeanealogy treasure hunt was meeting Cunico families from around the world including Illinois, Michigan, New Mexico,

California, Canada and Italy and attending the wonderful Cunico Family Reunion in Asiago Italy spearheaded by her genius cousin, Barth Cunico from Marseilles, Illinois.

LuJean was an active member of the Church of Jesus Christ of Latter-day Saints. She served her first mission at the St. George Family History Center with her husband Bart and a second mission at the ROC (Records Operation Center) in Orem, Utah. She specialized in Italian images and records.

After her divorce from Greg Hullinger,

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LuJean moved to Lehi to be close to her brother Jeff who introduced her to her next-door neighbor Bart Weber who would eventually become her husband. LuJean and Bart were married on November 15, 1997 in Salt Lake City at the home of a good friend, Al Rounds. LuJean and Bart were later sealed in the Timpanogos Temple on May 19, 2006.

LuJean is survived by her Husband Bart of 46 years, her 4 children: Oldest son, Damon and his wife Annie and their 3 children: Kandus, Lucy and Deacon; Daughter, Andrea and her husband Jason and their 5 children: Payton and his wife Jen and their son Jay, Charlie, Emily and her husband Jackson, McKay and Harry; Daughter Brook and her significant other Scott, his son Striker, and her two girls Amie and Ellie; Son Adam and his wife Ashley and their children Noah and Zoe; Bart's two children Desiree and Nathan; and her brothers John and Jeff Cunico and sister Angie Larsen.

She is preceded in death by her parents, Chuck and Jean and older Brother Robert (Bob) Jacob Cunico and his wife Sandra Jeffs Cunico.

I am excited to meet my eternal family. A prime lesson I have learned is that everything hinges on love. We were sent to earth to love and serve, to show charity, kindness and compassion.

After serving a wonderful fulfilling

life, I dance through the doorway of eternal life into the arms of my eternal family who await me there.

A funeral service will be held at Taco Amigo in Pleasant Grove, Aug. 10, 2023. Family and Friends are welcomed to meet at the Orem Cemetery.

LuJean, Louey, Lulu, or if you prefer to be technical... Louella, will be buried at the Orem City Cemetery August 6, 2023. Lorena Darnell "Presley" will open a concert featuring Sawyer Brown, Tom Jones and Engelbert Humperdinck. Chocolate, Mexican Cokes and smiles are welcomed. Please donate flowers and Chocolate to your best friend.

Every once in a while In the middle of an ordinary life

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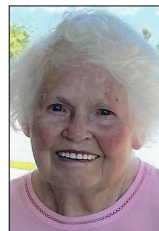
Condolences can be offered at legacyfunerals.com.

Ruthella Christensen 1929-2022

Ruthella Thomas Christensen passed away peacefully in her home on May 14, 2022.

She was born the daughter of Wilford Sherwin Thomas and Ruth Rowe

on March 9, 1929, in Goshen, Utah. She was the sixth of ten children. Ruthella attended elementary and junior high school



in Goshen and graduated from Payson High School.

Ruthella married Pete Michael Christensen, her kindergarten sweetheart, on June 9, 1947. The marriage was later solemnized in the Salt Lake City Temple on June 9, 1955. They were together for 64 years, before Pete passed away in 2011.

Pete and Ruthella moved to Provo in 1951 where they raised six children, three sons and three daughters; Sandra (Kent) Johnston, Highland; Michael (Karma) Christensen, Spanish Fork; Susan (Ray) Evans, Colorado; Bruce (Leslie) Christensen, Highland; Garth (Jill) Christensen, Provo; and Wendy (Brent) Garrett, Arizona.

Her family now includes 29 Grandchildren, 59 Great-Grandchildren, and 2 Great-Great Grandchildren.

Ruthella is survived by four sisters; Anita Allen, California; JoAnn (Richard) Dunn, Tooele; Sherry (Richard) Bell, Payson, Utah; Leann Larsen, Wyoming; and one Sister-in-law, Louise Thomas, Goshen.

To leave condolences for the family of Ruthella, visit www.legacyfunerals.com

Wilford Wadley Harris

Wilford Wadley Harris, 93, of Springville, Utah, shed the limitations of his well worn body and passed away peacefully Wednesday, May 11, 2022. He was born October 3, 1928, in Lindon, Utah, to

Stanley Harris and Rosella Wadley Harris in the back bedroom of his grandmother's house, weighing in at only 3.5 pounds.

He married Mary La Gene Nelson in 1950. She preceded him in death on April 14, 1981. He then married Beverly Jean Smeath in September of 1981. She preceded him in death on May 20, 2017.

Wilf graduated from Pleasant Grove High School in 1946.

He worked for Pleasant Grove Canning Company then got an apprenticeship at Geneva Steel. He then worked as a fire brick mason. He worked there for 38 years. He retired from Geneva Steel in 1987. He specialized and enjoyed doing custom brick work including fireplaces and brick walls throughout his career.

Wilf settled in Orem where he raised his children Gene and Collette. After he and Beverly married he moved to Springville where he was a maintenance engineer for the seminary and then later retired there.

He liked to travel in his motor home and spend time outside. Wilf was very talented and could build or fix anything.

Wilford is survived by his children Gene(Marie) Harris and Collett(Jim)Olsen and step children: Jill(Brad) VanAusdal, Brad(Jeanne) Smeath,



Jackie(Mike) Bulow, Jodie(Kirby) Crompton and 26 grandchildren, and 49 great grandchildren

He was preceded in death by Mary La Gene Nelson Harris(Wife), Beverly Smeath Harris(Wife) John Clark (Son-in-law) Susan Felix (Step daughter).

Graveside memorial service and burial was held May 16 at the Orem Cemetery.

Gloria Bosman Peterson

Our precious mother Gloria Bosman Peterson, 74, of Mapleton, passed away Friday, May 6, 2022 from complications of an abdominal aortic dissection. She was born January 29, 1948, in Provo, Utah, to Walter Bosman and Lucile Dalley. Her mother met and married Earl Dalley when she was a small child, and together, Lucile and Earl raised Gloria. Mom was an only child but she didn't grow up alone. She had several close cousins that were more like brothers and sisters to her. She loved them all so much and always talked about the fun times they had growing up.

Gloria graduated from Provo high school.

She continued her education specializing in secretarial skills. She amazed everyone when she took notes in shorthand. This abbreviated writing method looked like scribbling but Mom knew what every symbol meant. Gloria worked for the Provo

police department as a secretary. Throughout her life she held other secretarial and management positions.

Gloria married and was sealed to her sweetheart, Dennis Peterson, on May 24, 1968, in the Salt Lake City temple. They made their home in Mapleton, Utah. Together they have five children: Kent, Ryan, Kevin, Joni, Karen.

Gloria dedicated her life to serving her family. She took care of her ailing Mom and best friend who was a widow.

Mom worked full time to help support us kids. Mom suffered her whole life with chronic pain and poor health but never complained. Patience was truly her strongest virtue.

Gloria is survived by her husband Dennis Peterson of Mapleton. She is also survived by her five children: Kent Peterson of Spanish Fork, Utah; Ryan (Amy) Peterson of Provo, Utah; Kevin (Jennifer) Peterson of Layton, Utah; Joni (Adrian) Ford of Spanish Fork, Utah; Karen (Joshua) Adams of Spanish Fork, Utah; and 13 grandchildren. Heidi, Spencer, Seth, Tyler, Holly, Calum, Jake, Amber, Alissa, Kasey, Cierra, Derek, and Mason.

Gloria is preceded in death by her parents Lucile, Earl, and Walter.

Funeral services were held May 12, 2022.





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The Power of Tradition

By **Kelly Martinez**

Traditions. Everyone has at least one, many have several, but no matter how many you have, chances are they're important to you. And why is that?

Saul Levine, professor emeritus of psychiatry at the University of California at San Diego, says that by nature, humans yearn for a sense of stability and control in their lives. Given the complexities of life that cause stress, anxiety, and uncertainty, feeling stable and in control of life eludes many people.

To counteract this feeling of a lack of control, people attempt to create a semblance of order and predictability in the form of – you guessed it – traditions.

As long as humans have lived in families and communities, Levine says, they've adopted customs and rituals that strengthen their bonds to each other. Furthermore, traditions

help bring people together, which fits in nicely with humanity's social nature.

Traditions provide participants with experiences of shared values and mutual comfort in a chaotic and stressful world.

When we participate in a family or community tradition it affords an opportunity to reflect, relax, and find relief from the pressures of everyday life.

Traditions come in the form of religious and secular rituals. Examples of religious traditions include Christmas, Shabbat meals, and Ramadan observances, to name a few. Non-religious traditions, such as civil weddings and graduations, are also commonplace in society.

Levine further claims that if practiced regularly, traditions bring predictability and constancy to the lives of the participants, providing a sense of comfort and relief from a stressful world.

There are four benefits that come from participating in positive traditions, which Levine calls "The Four B's": senses of being, belonging, believing, and benevolence.

Being: Traditions provide participants the opportunity to recognize and embrace their strengths and to ground themselves in their core identity, in spite of their weaknesses and frailties.

Belonging: Participating in a tradition provides a sense of comfort that helps people realize that they are an integral part of a group or family. Senses of respect, appreciation, and love often result from participating in a tradition, be it familial or communal.

Believing: Often, traditions—whether religious or secular—bring to participants' minds the realization that they have a set of "higher" principles and values they're trying to live by.

Benevolence: This benefit refers to

the extent to which traditions afford participants the opportunity to benefit the lives of others, whether they're friends, family members, or strangers.

Without traditions, Levine says, it would be difficult for humans to meet their deep-seeded need to commune and affiliate with each other.

As the weather gets warmer, the celebration season gets underway throughout the state of Utah.

Over the next few months, you won't have to look far to find a community event that's steeped in tradition. Springville's Art City Days, Spanish Fork's Fiesta Days, and Payson's Golden Onion Days are a few examples.

And then there's the special family traditions of holidays, birthdays, weddings, and births.

Whatever the occasion or reason, traditions are good things to have in life. *(Martinez is a Serve Daily contributor.)*

“Don't feel bad if people remember you only when they need you. Feel privileged that you are like a candle that comes to their mind when there is darkness.”

- Anonymous



Questions About Superheroes

By Joe Capell

So, a few weeks ago I was trying to get my kindergartner ready for school. It wasn't going well. He insisted he was ready, but he didn't have his socks or shoes on yet.

I told him he needed to get his shoes on. He didn't seem to think it was very important. We weren't seeing eye to eye. And that's when I brought his love of superheroes into play.

I said, "What if Iron Man went in to battle without his boots? He'd look pretty silly running around



trying to fight the bad guys in a full suit of armor, but with bare feet, wouldn't he?"

My son laughed, saw my point, and decided to put on his shoes. And, for the rest of the school year, whenever he would be slow to put on his shoes, I would remind him about Iron Man's boots. It worked like a charm.

But it did lead to a question: Does Iron Man wear socks under his boots? If he does, that would seem a bit awkward, but if he doesn't, wouldn't the inside of his boots smell like stinky feet? I'm not sure of the answer.

And, it has led to more questions about superheroes. Take The Hulk, for example. When Bruce Banner

gets angry and changes to The Hulk, why do his pants only rip out below the knee? I've blown out a few pair of pants in my day (not due to rage, but usually because of too many desserts) and by my experience pants are mostly likely to rip out where they are the tightest, around the waist, hips, butt, and thighs.

Yet, those are the only areas where The Hulk's pants stay intact. The loosest area on a pair of pants is generally between the knees and ankles, but that's where The Hulk's pants are always ripping.

Also, where does Bruce Banner buy all his purple pants? Did he get a really good deal and buy a lifelong supply in bulk, or does he have to

search for a new pair every time he rips one out? Is there a specialty purple pants store? (My son thinks it would be funny if Bruce Banner were to buy some especially stretchy socks, so when he changes into The Hulk he doesn't have to smash things in his bare feet.)

Why does Wonder Woman have an invisible plane? Why is that useful?

And if everything on the plane (the chairs, the instruments, the fuel) is invisible, why isn't Wonder Woman? And what happens if she forgets where she parked it? But, perhaps the most baffling superhero question of all is this: Does Aquaman eat soup? (*Capell is a Serve Daily contributor.*)

Dazed

Small Talk with a Wave

By James L. Davis

Our neighbor came over last night to offer us some fresh peaches. We were grateful because we sure do love peaches. I answered the door, and if it had remained a conversation between the two of us, it would have been a pretty straightforward exchange.

"Would you like some peaches?" My neighbor would have asked.

"We would love some peaches!" I would exclaim.

I would take the peaches, thank my neighbor, and call it a pleasant conversation.

But my wife came to the door with me, and once the peaches passed from my neighbor's hand to my



own, the small talk commenced.

I am not an expert on small talk. I seldom, if ever engage in this alien form of communication. It baffles me, actually. If small talk is a muscle in your body, mine is woefully undeveloped. My wife, however, has a small talk muscle of Herculean strength. So, when the small talk commenced, I exited the scene, because that is what I do. Someone who doesn't small talk is usually uncomfortable around those who do. I just sit there, trying to think of something to say with a constipated look on my face from the strain of exercising mental muscles I do not possess.

I don't think I'm an unfriendly person (well, I'm at least not openly hostile). I just think a good conversation can normally be condensed into one word: "Hey!"

H = How are you?

E = Everything's fine.

Y= Yes, we should definitely talk again soon.

The beautiful thing about the "Hey Conversation," is that you don't actually have to say the words. A wave is the sign language version of the "Hey Conversation." And if your hands are busy, a nod of the head accomplishes the same thing.

It's a benefit in a relationship to have one person without the ability to engage in small talk. It makes getting things done much easier, like going to the grocery store. I can make a run to the local market three and a half hours faster than my wife. When I arrive home, my wife will ask me if I saw anybody while I was there.

"I saw Bob."

"Bob? What did Bob have to say?"

"He said, Hey!"

So, while my wife and our neigh-

bor engaged in small talk, I went to our bedroom. I napped for a time, clipped my toenails, then fished the lint out of my bellybutton and used it to knit myself a nice pair of socks. After a while I thought I would step outside and watch the moon come up. I stared at the stars, meditated and contemplated the meaning of life.

I listened to the crickets and in a moment of deep insight I comprehended what they had been trying to communicate to humanity all these ages: "The end is coming. The end is coming. The end is coming." Or maybe it was just "Hey." It was hard to be sure.

Eventually my wife came out to find me. Her small talk with our neighbor had ended.

She sat beside me, smiled, and said, "Hey!"

Which is why I love her so.

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