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Have feedback, ideas, or a submission? We are excited to hear from you! Deadlines for submissions is the 20th of each month. For feedback or ideas email chris@servedaily.com or editor@servedaily.com.

Have a submission ready to go?
 Upload via: servedaily.com/forms/news

CONTENT SUBMISSION DEADLINES

Submissions are due on the 20th of the month preceding the month of publication. For example, the 20th of March for the April issue.

ADVERTISING & GENERAL QUESTIONS

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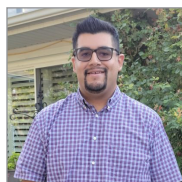
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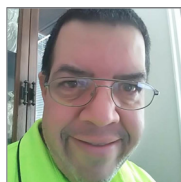
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LETTER FROM THE PUBLISHER

Hello Community,

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Check and an ongoing mission and goal of mine.

I invite you as community members to submit articles via

our submission form at servedaily.com/forms/news. Typical articles should be between 400-600 words.

Serve Daily is also looking for a few writers who would like to submit 1-3 articles per month as a sub-contract position, paid per approved article. If you have interest shoot me an email or call me, see my information on the left side of this page.

Serve Daily is also thinking of bringing back

Sudoku and a monthly Crossword Puzzle and other games.

We also want to bring back a feature to the name of "Where is Serve Daily?" where community members take a copy of the paper with them on vacation and get a picture with the paper and submit it for a chance to win a prize and have that image printed in the upcoming issue of the paper. More to come as we continue this journey.

-- Chris Baird

Volunteers Needed for Springville Kiwanis Club Scone Booth



As we start the month of June, we begin the countdown to the exciting annual summer celebration of Springville's Art City Days. This event brings people and businesses from all over to set up a large variety of booths of art, clothing, handmade crafts, food, games, and many more wonderful items for sale. It also marks the opening of the Springville Kiwanis fundraising event.

During Springville Art City Days, the Springville Kiwanis Club holds its annual scone booth fundraiser. This fundraiser raises money for the annual Food Drive and Sub-4-Santa project held each December that serves hundreds of families in the community. This food drive provides boxes of food and

gift cards for necessities to our community's children and their families in need. To continue providing these services, we need your help! Dozens of volunteers are needed during the Art City Days booth event to help prepare and serve the scones. Last year there were over 5,400 scones sold, and many volunteer spots are still open for this year, and we need your help to fill them. It does not have to be an entire shift; any amount of time will be extremely helpful.

The booth will be open June 7-10; hours are Wednesday through Friday, 11 a.m.-10:30 p.m., and Saturday, 8 a.m.-10:30 p.m.. Each day the hours will be organized into 3-hour shifts.

This is an excellent oppor-

tunity for citizens, families, companies, youth groups, and organizations to get out in the community and help provide service. It is a great way to give back to the community, be a part of a fun team building opportunity, and is an excellent way to create great memories. Volunteers can even get a free scone and homemade root beer!

Use the QR code to sign up, volunteersignup.org/FJTDY, or visit JustServe.org and search for Springville Kiwanis Club, Springville Art City Days Scone Booth Volunteer to choose a time slot(s) that work best for you. The Kiwanis focuses on children and families, and we couldn't do this without the support of community members like you.

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Art City Auto Body Hosting Annual Car Show

By Ari Brown

Do you like cars? How about rare cars? How about rare cars that have been restored to their original look? How about rare cars that have a whole new look? Well, if you answered yes to one of the above questions – or, if any of the questions piqued your interest, you may very well want to stop by Art City Auto Body in Springville on June 10 for the annual Car Show.

The Car Show is part of Springville Art City Days festivities, and according to Art City Auto Body owner Daniel Arce, it is a tradition that you won't want to miss.

"The event has been going on for about 20 years now, and it's a pretty well known show," he said. "Because we've been doing it so long and we get a good amount of really nice cars. Anywhere from vintage cars to old school hot rods, Japanese imports, off-road vehicles, trucks, motorcycles – pretty much a huge variety of cars. A lot of car shows are dedicated to certain types of cars, but not this one. I think what people like about our show is that it's a pretty broad spectrum of different types of vehicles."

Not only will Arce be showcasing

other people's cars at the show, but several of his own, which goes to show that he and his crew are pretty much all in.

"I'll be having an old 2001 Dodge Viper there, a 2023 Toyota Sequoia that's going to be kind of like an off-road lifted vehicle. We have some mini trucks from Japan, a Honda, and then of course we're going to have the big giant fish," he said.

Now, if you're not aware of the "big, giant fish" that Arce is talking about, you will really need to head down to the car show just for that reason. But according to Arce, even if you can't stop by, it really is hard to miss.

"The fish is our float that is parked in front of our shop right now and it's hard to miss," he said. "It's the size of maybe two buses."

And while most come to the show to see the cars, those who are there to show off their cars, come for the chance to win one of the event's most coveted awards.

"The main attraction is just having people there to admire the cars, but we do also have trophies that we make out of old car parts," Arce said. "We put together trophies



that are made out of some chain or sprockets and gears and spark plugs and we'll make robots out of them. We make the 'Best of show' trophy and 'Best off road.' Our trophies are so fun that people want to come to our show just to get one of them."

Along with the car show, there will be a live band and food from Smokin Bones BBQ. This year, there will be many other fun activities and raffles. There will also be a painter who will be painting automotive scenery while people watch.

"We have a lot of good raffle prizes and a bunch of swag. It's a really good time for people to come and enjoy the day," he said.

The event will take place on June 10 at 587 S. Main Street in Springville. The event is free, and those bringing cars to show, will have to register before 9 a.m.

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Balanced Rock Tree

By Ed Helmick

I love the natural beauty of our great state of Utah. Some of the magnificent features of our mountains and desert sometimes impress me as a parable to our human challenges and behavior.

In May, while driving slowly through Nine Mile Canyon, my wife Janice and I drove past the famous balanced rock at milepost 32.5. I noticed a small pine tree on top of the balanced rock, thriving after the wet winter this past year. The tree had taken root in what would appear to be a hostile and dysfunctional environment. That beautiful little tree was like a crown jewel on

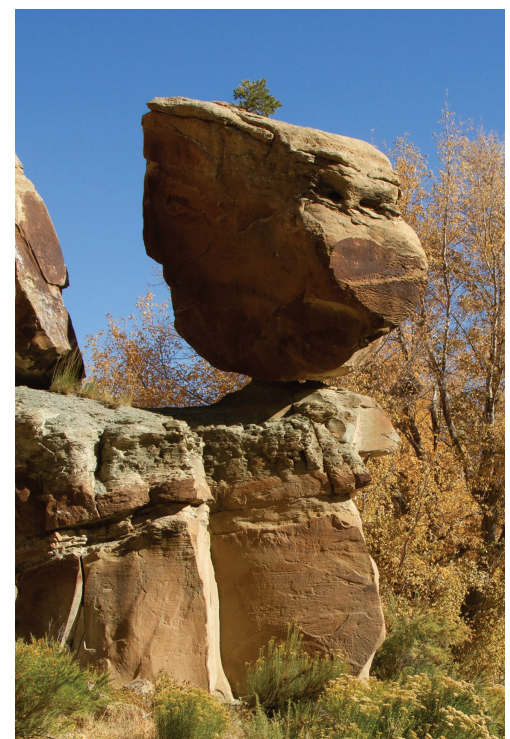
top of a giant boulder that appeared miraculously balanced on two tiny rocks under the boulder. What a wonderful sight to witness.

This miraculous scene likely came to be due to a bird dropping a pine tree seed in a small crack, and even with conditions to grow being highly unlikely, this tree defied the odds and became a beautiful sight for many to experience.

This little boulder-top tree is an example of what can happen if you simply believe you can. Many of us begin life in a hostile and dysfunctional world just like the pine tree seed. God has given all life a desire

and strength to survive and grow bigger and better. That is what we witness when we observe the small pine tree on top of the balanced rock. Thinking about the sight in that manner, we see a parable applicable to our human lives.

Our human purpose is to overcome the challenges in life and to become a jewel of a person and an example of human possibilities. When you are touring our amazing Utah scenery, take the time to find the parables you can see in the amazing natural world.



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Mother-daughter duo hosting paranormal investigation at Peteetneet

By Ari Brown

If walls could talk, the Peteetneet Museum and Cultural Arts Center in Payson would have some stories to tell, and one mother-daughter duo hopes to play a role in telling some of those stories through some special equipment and most importantly, their gifts.

On June 17 at 9:45 p.m. Jennifer and Mary Heath from “Pair-o-Normal Girls” will lead a group of people at Peteetneet through what they are calling a “Public Ghost Investigation.”

Jennifer, who is the mother, said she has long felt a closeness to spirits since she was a child, and it has been the past several years when she has been dedicating her life to tapping into what she describes as a spiritual gift. Mary has a similar story of having what many call a sixth sense, and the two of them are working side-by-side to communicate with what they say are spirits in the paranormal realm.

But, unlike many who communicate with the paranormal, Jennifer and Mary said that they approach it in a respectful manner.

“Spirits are people; they just don’t have a physical body,” Mary said. “If you were to run into someone on the street, you wouldn’t just yell at them and tell them to go away. The same thing is

with spirits. You want to be respectful of their space and talk to them the way you would talk to a person you meet everyday.”

Peteetneet has a very rich history, and is a place where people from all over come to visit both inside and outside the building to learn about the history of Payson and the various time periods. An organization called People Preserving Peteetneet runs daily tours that also include talking about the origin of the building, which was that of a school that got its name from Chief Peteetneet from a band of the Timpanogos tribe.

It is this rich history that Jennifer and Mary are the most excited about exploring during their upcoming paranormal tour.

“I’m not too familiar with the location on purpose so that when I get there, I am more aware of what I am picking up and not too focused on where I am and the history. But what I do know is that Peteetneet got that name from an indigenous Native American chief, and that it also has pioneer history,” Mary explained.

“Previously, when we have been to locations where indigenous cultures and pioneer cultures mix, there are some very different energies when communicating

with the paranormal,” she continued. “You may get different responses depending on if you are speaking with someone who is Native American versus if you are speaking to someone who was a pioneer. I’m excited to go to the building because of that, based on previous experiences.”

Jennifer explained that while they do connect with spirits while conducting these paranormal experiences, that it is often the various energies that are felt due to what she calls an energy imprint. She said that everyone leaves these imprints just by being inside a building.

“We understand that it was a school, and there will most likely be children spirits,” Jennifer said. “It’s an elementary school from a different time period where things were run very differently. You could run into a different energy than you are used to at, say, a school today. All that built up energy that isn’t intelligent could be sticking around there. ... If you attend a location for a while, you kind of leave a little bit of yourself there – an energy imprint – because you were there for a long time. What was going on in your life and your emotions, that’s what stays there. That emotional imprint.”



Both Jennifer and Mary said that they understand that there are skeptics who may not believe in what they do, but that there are those who are intrigued and want to be open to learning more. They said that events like these are a good way to help educate the public on what they believe is very much real, but that holding public events isn’t what they normally do.

“Our team does mostly house cases,” Jennifer explained. “I don’t have cameramen, and we aren’t here to put content out. It’s about communicating with

spirits respectfully. When we do events like these, we take whatever we make to help fund the home cases – many that we do free of charge. We want to teach people how to communicate safely and respectfully with the spirits at paranormal locations.”

The event has a limited number of tickets open that can be purchased by scanning the QR Code.

For more information on what Jennifer and Mary do, they can be found on Facebook by searching Pair-O-Normal Girls

Mt. Nebo Chapter of the Sons of Utah Pioneers

By LaRon Taylor

Our Mt. Nebo Chapter had Dennis Shirley speak at our dinner meeting recently. He is a wildlife biologist and renowned bird expert, and recently returned from an expedition to Antarctica. Everyone thoroughly enjoyed his PowerPoint presentation about that formidable

piece of the world. Naturally, he had some amazing bird photos, but the scenery was also surprising; and we totally enjoyed his insights. Some members even seemed intrigued with the thought of going down there, but not me.

Members and guests, as well as

visitors, meet monthly on the 4th Thursday for a catered dinner and a guest speaker. These events make an excellent date night that allows couples to just relax and enjoy. Anyone interested in attending one of our meetings should call LaRon Taylor (801-616-2714) for details.

We are also going to have a booth demonstrating pioneer survival skills and games on Payson Activity Day in Payson City Park on June 3, so come enjoy some interesting presentations.

**WHAT ARE WAYS THAT YOU CAN SERVE DAILY?
THINK ABOUT IT. THEN GO DO IT.**

New Family-run Farmers Insurance Agency in Springville will treat you like one of their own

By Ariel Higgs

At 717 North Main Street in Springville on the first floor, you'll find a local Farmer's Insurance Branch. When you walk in the doors, it will be a race to see who greets you first. If you've been to the branch, you likely know that the one to greet you first is Sally, the office dog. Not only is she a mascot of the Shane Paoli Agency, but she is totally legit with a badge and everything.

If Sally is slow to the door, you will be warmly greeted by office manager, Traci Paoli who is Shane Paoli's wife. Needless to say, walking into this small family-run office you will immediately feel at home, and like you're part of the family – which is exactly the way they like it.

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 the environment is awesome!" Shane said.

Shane spent 30 years in the car business, and when his business was purchased, he decided to make a change. He joined Farmers Insurance to get back to what he likes best, which is talking with people and supporting the local community.

The Shane Paoli Branch is part of the welcoming committee in the Springville/Mapleton Chamber of Commerce and has enjoyed welcoming other new businesses into the ever-changing and growing local small business community.

"It's been fun meeting these new small businesses and helping them join and support the local commerce community," Shane said. "We are family. This Agency is our family. Our son works with us and our



daughter will be helping out over the summer."

The Paoli's treat their customers like family, whether you have one policy or ten, they will go out of their way to help you in any way that they can. According to Shane, he makes sure not to direct customers to the national 1-800 number to muddle through the process on your own, but instead, they are ready and happy to walk you through, step by step to make sure that your needs are met.

"We're here to learn and become a part of the community," Traci said.

If you're exploring insurance options, visit the Shane Paoli Farmers Insurance Branch. They're warm, compassionate, and ready to help you in any way they can. They truly treat their customers like family and are excited to be serving the Spanish Fork/Springville area.

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Millet family HalfPenny Youth Theatre seeks theatre fans

The Millet family has always loved theatre. Sandy Millet, a high school theatre teacher of 16 years and a founding member of Salem Community Theatre, has always encouraged her daughters to appreciate the arts, and is grateful that all of them love theatre as much as she does. From the time they were small, the family spent their free time going up and down the state seeing shows. They always dreamed of opening their own theatre when the time was right. After the covid pandemic, the Millets saw how much the kids in their lives were craving connection with others and a way to show creativity. They decided the time was right and founded Halfpenny Youth Theatre, a non profit theatre company committed to bringing

young people together in creative and fun ways to help them gain confidence, make social connections, and develop their talents in theatre, dance, and voice. The family-owned company located in Payson is in its second year, and has already produced *You're a Good Man, Charlie Brown* this year. They are planning 2 more fun shows in June, and already have plans for the fall. When asked who should give theatre a try, their answer is an enthusiastic "Everyone!" If you or someone you love are looking to get involved with theatre, either as an audience member or a performer, check out their facebook page (Halfpenny Youth Theatre) or their website at halfpennyouththeatre.org for upcoming opportunities!



From the recent production of "You're a Good Man Charlie Brown."

'Star Trek: Picard' ends an era on a good note

By Kelly Martinez

The excitement of Patrick Stewart reprising his role as Jean-Luc Picard was palpable for Star Trek fans from the moment he announced the return in 2018. It took two years for the vehicle of said reprisal, *Star Trek: Picard*, to arrive, and when it did, it was underwhelming. Apparently, however, the show got enough streams that it lasted for another two seasons, the final of which appeared earlier this year.

While Seasons 1 and 2 had their moments, both lacked the magic of *Star Trek: The Next Generation*, in which Stewart's Picard was a driving force. Nearly 80 years old when the first season of *Picard* premiered, Stewart seemed unable to recapture the confidence and fortitude he'd created in the original series. That didn't change in the second and third seasons.

Heading into Season 3, viewers knew this would be the final season of *Star Trek: Picard*. In flashes of nostalgia, familiar characters from *Next Generation* show up, including William Riker (Jonathan Frakes), Deanna Troi (Marina Sirtis), Worf (Michael Dorn), Beverly Crusher (Gates McFadden), Data (Brent Spiner), and Geordi La Forge (LeVar Burton)—not to mention Seven of Nine (Jeri Ryan) from *Star Trek: Voyager*.

The foundation for Season 3 of *Picard* traces back to an episode in Season 7 of *The Next Generation* in which Picard and Crusher have a relationship that produces a pregnancy that Crusher hid from Picard until now. The product of the *TNG* episode, Jack Crusher, is the focal point of Season 3 of *Picard*.

Confused? That's okay, watch the show and it'll make more sense—hopefully.

From early in the third season of *Picard*, it seemed evident the show was setting up a spinoff as it introduced the crew of the USS *Titan*, which includes Seven of Nine and Ensign Sidney La Forge (Ashlei Sharpe Chestnut), daughter of Geordi La Forge. Captain Liam Shaw (Todd Stashwick) is the gruff commanding officer on the *Titan* who, in my opinion, would make the perfect next installment in the line of *Star Trek* captains. The storyline had other plans for Shaw, but the possibility of a new spinoff is very much alive.

It was nice to see Dorn, McFadden, Spiner, Sirtis, Frakes, and Burton reprise their *TNG* roles in *Picard*, though none of them did so in convincing fashion, based on their original performances.

Of the three seasons of *Picard*, Season 3 was the best, though, like Seasons 1 and 2, it failed to recapture the specialness of *TNG*. In spite of that, the introduction of new characters and new situations for existing characters was enough to make the show's final season a must-see for *Star Trek* diehards.

Despite its inability to recapture the *TNG* magic, *Picard* ended on a positive note with its final scene, which closed the distance Capt. Picard created between himself and his crew throughout *TNG*'s run from 1987 to 1994.

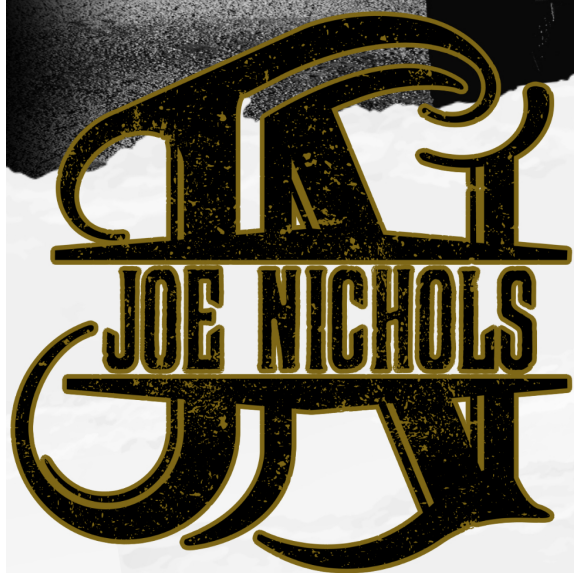
All episodes of *Star Trek: Picard* are currently streaming on Paramount+.



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Payson Junior High Teacher Heading to Scotland for Cycling National Championship

By Ari Brown

By day she is a junior high school biology teacher and mother of three young boys. By morning, she is an avid cyclist, logging hundreds of miles per week on the roads of south Utah County. But, by August, she will be competing at the UCI Grand World Cycling Championships in Glasgow Scotland.

35-year-old Stephanie Anderson of Salem recently competed in the Cheaha Challenge in Jacksonville, Alabama, which was a 100-mile cycling race that climbed a total of 9,000 feet of elevation. When all was said and done, Anderson finished in second place, securing her spot to represent Team USA at the World Championships on Aug. 4 in Scotland.

According to Anderson, cycling is a somewhat newer endeavor that she reluctantly started doing about 10 years ago.

“I used to be a runner and I had some pretty extensive work done on both of my knees and after physical therapy, they just weren’t performing the way that I wanted them to,” Anderson recalled. “One day when I was experiencing a lot of pain, my husband went out and bought me a bike and was like, ‘You’re gonna bike now!’ and I was like, ‘I’m not gonna bike; that’s not what I want to do; I want to run.’ He said, ‘No, no. You’re going to bike and you’re going to love it!’”

Anderson described being extremely upset when she went for the first ride, but said that she ended up loving it by the end of the ride.

“I was just all smiles from that first day, I’ve just been riding since!” she said.



L: Stephanie places 2nd in the 100 mile Cheaha Challenge in Alabama. R: Rob & Stephanie Anderson at a LoToJa Race.

Anderson said that the road (both literal and figurative) hasn’t been easy, but she wants to show her children and students that you can still reach new goals in new things as you get older.

“There are a lot of super early mornings, and when I’m saying super early, I’m not kidding,” she said. “I get up at 3 a.m. so that I can get my ride in because I know that the rest of the day is going to be full of teaching, planning and grading and everything. And then I’ve got my kids and their schedules and then we’ve got to somehow fit my husband’s golf hobby in there as well. So, yeah, there are just really early mornings to balance it all out.

“I think it’s also important for us

parents to have our hobbies and explore those,” she continued. “I think it’s important for our kids to know that ambition doesn’t have to die and that they too can have goals and dreams and ambitions and I don’t have to live vicariously through them – like this is my thing that I can be proud of. This is what mom does and that is what you do, and you too can dream big, too! I also want the same for my students.”

Anderson said that there are times when you plan things out and they don’t always work out the way you want them to, but that it is all part of the journey.

“Sometimes disappointment comes and it’s OK; I think that’s just part of life,” she said. “Sometimes you

train really hard and you dedicate that time and you just hope and pray that that dedication and time was enough. In this case, it happened to pay off. Whether it was the training and dedication or luck or a little bit of both, it’s kind of cool to see it all come together.”

And it sure did come together nicely and just in time for summer training that this teacher will no doubt be taking full advantage of.

On behalf of the community, we congratulate Anderson on her accomplishment and wish her luck at the World Championships.

Nebo School District and the Utah Food Bank offering free summer meals to students

The Nebo School District is partnering with the Utah Food Bank again this year to provide free summer meals in four of Nebo School District communities. These fresh and free summer meals will be offered to children up to age 18 every Monday through Friday beginning

on May 30 and ending August 11 at the following locations/times.

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

Spanish Fork Area: 10:30 to 11:30 a.m., Spanish Fork City Center

Library Park, 100 E. 50 S. Spanish Fork.

Payson Area: 12:30 to 1:30 p.m., Constitution Park, 600 S. Main Street, Payson.

Santaquin Area: 10:30 to 11:30 a.m., Centennial Park, 300 W. 100 S., Santaquin.

No registration required. Food must be eaten on site. For more locations text “FOOD” to 304-304.

Contact Erin Thurber with questions at 801.887.1218 or erint@utahfoodbank.org.

Kindness is the language which the deaf can hear and the blind can see.
- Mark Twain

Second season of Netflix's 'Sweet Tooth' fails to deliver

By Kelly Martinez



It took two years but a second season of Netflix's Sweet Tooth finally arrived on the streaming service on April 27. The series, set in an apocalyptic world ravaged by a

pandemic, is based on a series of graphic novels by Jeff Lemire. The first season laid the foundation for a rich and engaging tale, creating high anticipation for a second season. Now that the second season is here, let's take a look at its ability to build on the first season.

One of the things I liked most about the show's premiere season was that it didn't feel like a comic book-based story. The characters were realistic and more movie-like than comic book-like. That all changed in the second season as the vibe of the show changed gears from realistic to comic book-ish. From over-the-top characters to borderline cheesy computer-generated imagery special effects, the show now gives off an aura much like the film "Series of Unfortunate Events."

One of the most comic book-like characters is General Abbot, played by Neil Sandilands. Every aspect of this character is as if he stepped off one of the comic books' pages. I'm not sure if that's evidence of Sandilands' acting excellence or a switch in the creators' vision for the show. Either way, it didn't work for me because it seemed to veer away from the first season's basis.

In this world, the majority of humanity has been eradicated by a disease known as "The Sick," and women start giving birth to "hybrids," who are part human, part animal. Some people look at the hybrids as abominations, beings to be kept in captivity and, eventually, eradicated, too. Others feel a propensity to protect the hybrids. Therein lies the conflict for the various groups of humanity that are left.

In Season 1, Gus—who's part human, part deer—was the only hybrid shown on screen until late in the season when Wendy, a half-human, half-pig girl, shows up. Both

of these characters, though physiologically abnormal, came across as believable. However, in Season 2, a large group of hybrids are part of the show, most of which look like

computer-animated cartoons. For me, this made the show less believable and disengaging.

What made Season 1 of "Sweet Tooth" work so well was the dynamic between Tommy Jepperd (Nonso Anozie) and Gus (Christian Convery), who were unlikely partners in a quest to find Gus' mother. The two complemented each other well as they navigated the challenges of wandering across the mountainous regions of the U.S. In Season 2, the pair rarely interacted with each other and, when they did, the magic of their partnership was gone, though the storytellers tried to recreate it late in the season, which was too late.

While these changes ultimately killed my fondness for the show, there was at least one good thing about Season 2.

For instance, General Abbot, who leads a group of people who want to exterminate the hybrids, struggles to deal with the splintering of his people's commitment to his cause, most notably his brother, Johnny (Marlon Williams). For me, this was the most engaging storyline of Season 2—not to mention Williams' nice rendition of Simon and Garfunkel's "The Boxer" in the season finale. (Notice I said the season finale and not the series finale. Yep, Season 3 is on its way.)

I wish I could say Season 2 moved the story along nicely, but it didn't. The story after Season 2 is pretty much in the same place that it was after Season 1.

In a nutshell, if you enjoyed Season 1 of Sweet Tooth, you should at least watch Season 2 out of respect to the first season, just don't expect too much. Hopefully, Season 3 will get the show back on track.

All episodes of Sweet Tooth are streaming now on Netflix.



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Giclee specialist Emily Pugh and movie film and video tape transfer specialist Barbara Robertson, showing off some recent orders.

Photos by Pete Hansen

SNELSON PHOTOCOLOR LAB IN SPRINGVILLE CELEBRATING 50 YEARS

By Ari Brown

Take a picture and it'll last longer. Take a picture to Snelson Photocolor Lab in Springville, and it can be restored, made into a mug, a T-shirt, a poster, metal wall hanging – perhaps even a sky banner – because the sky's the limit, or so it seems, for this 50-year-old business.

It was in June of 1973 when Ralph Snelson opened up the photo lab on Main Street in Springville. And, according to his son Mike Snelson who now runs the shop, it was born out of devastating circumstances.

“A fire destroyed five businesses down here along Springville Main street, and one of those businesses was a photo studio where my dad did the photo processing for the photographer,” Mike Snelson recalled.

The fire that Mike is talking about has been named as “One of the worst in Springville History,”

according to the city's website. The fire that was located between 100 and 200 South on the west side of Main Street, destroyed four buildings that housed five businesses including the Western Auto store, Norman's upholstery, Ye old Mill Health Food Store, the Utah state liquor agency, and Castleton's Photo studio.

Mike said that during June of 1973, his dad opened Snelson Photo primarily as a place to print pictures for the photographer whose studio burnt down. Mike assisted at the lab as a young man, leaving it only for a couple of years to serve an LDS Church mission. Mike said that as time went on, the lab began servicing other local photographers until the 1990's .

It was around that time when he and his dad began to see a shift in the way photos were being processed, and they knew that they

needed to make some major changes if they were going to stay in business.

“We saw some things that were going to radically affect our business back in the early nineties, and that's about the same time when Adobe Photoshop started,” Mike recalled. “We saw a machine similar to what Adobe Photoshop does nowadays, and that kind of scared us into a transition into digital. We started working our way into digital with some Mac computers, color copiers and things like that. We also started to branch out our customer base into graphic artists and those types of customers while still maintaining our regular customer base of professional portrait and wedding photographers.”

It was that scare into digital design and printing that Mike said was able to keep the photo lab in business when many other labs were not able

to.

“From about 2002 to 2010 or so, there were small labs like ours that serviced professional portrait and wedding photographers that were going out of business about every week,” he said. “We would get emails seeing if we wanted to buy their equipment because they hadn't geared up for the digital transition like we did. Many saw it as simply a fad, but it scared the pants off of us and kind of motivated us to move forward. Because of this, we were well into digital by the time digital photography really hit, and when it did, we were in a position that we could educate our photographer customers on how to shoot digital and how to use the medium, as well as provide them with digitally printed products.”

Continued on Page 13



Movie transfer specialist, Barbara Robertson, working on digitally transferring a video tape into an MP4 digital video file.



Vice President and print production specialist, Roger Rigby, working on color correcting digital images prior to sending them to the printer.

From Page 12 (Snelson)

But just like any business in the ever-evolving tech space, things once again changed rapidly with digital cameras getting better and the printing industry becoming less of a need.

“As cameras got better and better, there were a lot of people that thought that they could now be professional photographers because it was a cheap business to get into. They could take the pictures and they didn’t have to worry about printing them,” Mike said. “They could just hand the images off to their customers and let their customers worry about it. That kind of killed the professional portrait and wedding photography market.”

Once again, Mike and his team began to look for ways to provide services to their customers, and that included providing specialty printing services.

“In order to compete with that, we started doing things like large format printing, canvas, printing, posters, signage and that type of thing. And then as time went on, we also branched out into digital capture of legacy media like film, negative slide and slide scanning,” Mike said. “We started to do a lot of photo restorations where people would bring in damaged photos and we would restore those and give them a new print and we’re still in that business. We even do digital printing of T-shirts, hats, other apparel, photo gifts, and things like that. We do a lot of fine art reproductions for artists that do acrylic or watercolor paintings.”

Mike said that while the photo printing industry has very much evolved over the past 50 years with far fewer people printing photos, that there is still nothing like holding a printed picture in your hands. He also said that even though digital

photos are a great way to preserve memories, that printing photos is still an important way to do the very same thing.

“People are taking way more pictures than they ever have before, and unless you have specific backup plans, I recommend that you have prints of your most important stuff because digital is very easy to lose,” he said. “One of the issues is that digital technology is constantly changing. People used to back their stuff up to floppy disks and then to zip drives and then to CDs and DVDs, flash drives and hard drives. Now, the cloud is how to do it. Every time these new technologies come online and the old ones go away, you’ve got to take what you’ve backed up and convert it to the new technology. Now, if you make

a print, you’ve got a print that you just need to take care of.”

But, of course there is a flip side to this coin, and Snelson’s PhotoColor Lab has found a way to work it both ways by offering photo restoration and digitizing so that those old printed photos can also have a home in the digital world.

Because according to Mike Snelson, the past 50 years have been all about preserving those memories for generations to come even as the seasons change and technologies evolve.

Snelson’s PhotoColor Lab is located at 80 West Center Street in Springville. To order prints, go to snelsonphotolab.com.



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Giclee specialist, Emily Pugh, stretching a custom canvas gallery wrap print.

The Fellas Chop Shop Celebrates Two Years

By Melanie C. Bott • Springville/Mapleton Chamber of Commerce



In May, the Springville-Mapleton Chamber of Commerce held a ribbon cutting, joined with business members, the community, and city council to celebrate The Fellas Chop Shop who has served the community for the past two years.

The Fellas Chop Shop barbershop, now a true staple in the Springville community, just marked its second anniversary with a grand reopening. Unfortunately, during the pandemic, they couldn't get out into the community as much as they wanted to.

A giant shout-out to all who have supported them through their two years and counting.

We welcome everyone who has yet to go in and experience the perfect blend of tradition and modern style they provide. The Fellas Chop Shop has skilled barbers who offer expert beard trims, classic haircuts, and straight razor shaves for men that will leave you looking and feeling your best. Here's to two years of excellence at The Fellas!

Monroe Bradley from Spring Canyon Middle Wins National PTA Reflections Award

By Lana Hiskey



Congratulations to Monroe Bradley from Spring Canyon Middle School for winning the National PTA Reflections Award of Excellence in Photography with her inspiring "Show Your Voice!" piece.

Nebo is proud of you for being a Nebo Hero! Congratulations!

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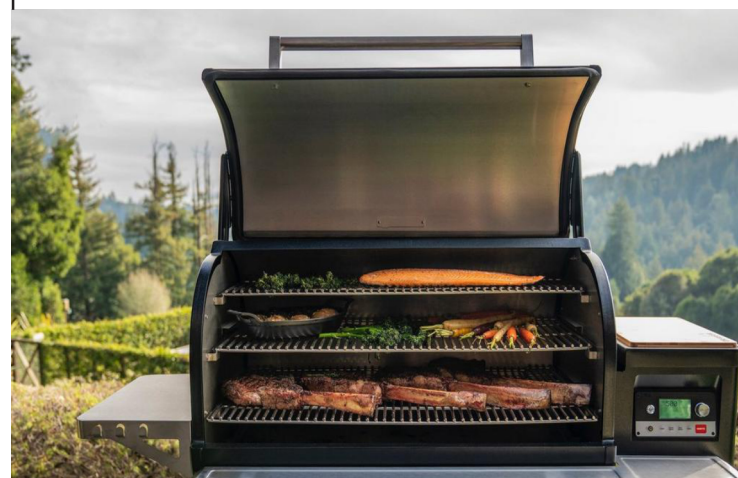
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Celebration of Inaugural Chinese Immersion Graduating Students

By Lindsey Hughes

On Wednesday, May 17, Sage Creek Elementary School celebrated the first class of Chinese Immersion students to graduate from high school in Nebo School District. 28 students were present to celebrate their great accomplishment of being the first students to graduate in the program.

Program History

Former Principal, Natalie Call, stated that many hours of research went into choosing to become a Dual Language Immersion school.

She was impressed with the research that showed dual language immersion changed the way students learn.

Parent Endorsement

Melanie Thorpe, a parent of a graduating senior, shared that her daughter struggled with ADHD and dyslexia and was held back for one year. They opted into the program, and now her daughter is graduating with a 4.0 GPA.

Congratulations students! Nebo is so proud of your accomplishments!



Nebo School District Graduates receive millions of dollars in scholarships

This year, Nebo School District graduated its class of 2023. This class endured a global pandemic and economic recession in their high school experience alone. Even with many of the challenges they faced, approximately 2016 students graduated, and millions of dollars in scholarships were awarded to help many of them continue their educational pursuits.

Below are the totals from each graduating class in the district:

Maple Mountain High had 525 graduates with the class receiving a total of \$6,280,854 million in

scholarships.

Springville High had 460 graduates with the class receiving \$7,429,844 million in scholarships.

Spanish Fork High had 441 graduates with the class receiving \$7,330,588 million in scholarships.

Payson High had 476 graduates with the class receiving \$4,900,000 million in scholarships.

Salem Hills High had 435 graduates with the class receiving \$5,042,438 million in scholarships.

Landmark High had 204 graduates with the class receiving \$60,000 in scholarships.



Congratulations to all the 2023 graduates!

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Spanish Fork High Girls' Softball Wins State Championship Three Years in a Row

Congratulations to Spanish Fork High's State 5A Girls' Softball Champions. This is three years in a row! THREEPETE! Congratulations to the players, coaches, and families.

Nebo is proud of you for being Nebo Heroes once again!

State Champion Team:

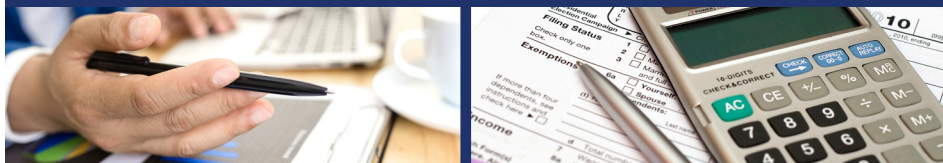
Brinklee Zeeman, Audrey Overturf
 Emrie Pintar, Avery Sapp
 Ellie Olson, Baylee Smith
 Paige Pierce, Tatum Hall
 Lia Higginson, Taylor Reid
 Shelbee Shepherd, Jade Romero
 Peyton Hall, Libby Warner
 Bryli Everett, Anaca Olsen
 Aspen Pierce, Lucy Evans
 Olivia Carroll, Mariah Call
 Alyce Archuleta

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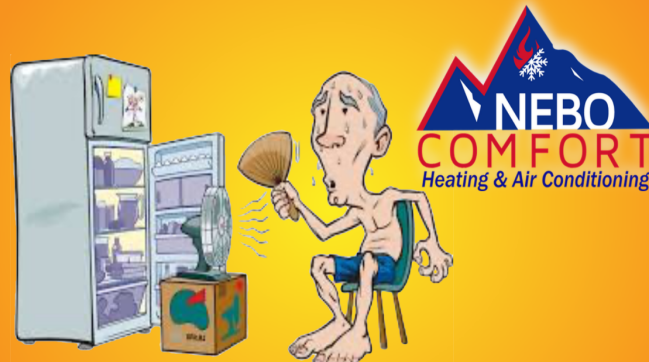
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New Spanish Fork Library Held Grand Opening

By Ariel Higgs



On April 29, Spanish Fork City held the grand opening of its new library. Hundreds of community members showed up to watch the ribbon cutting ceremony and visit the newly finished building with all its amenities, as well as participate in fun activities to celebrate. Many city, county and state officials were in attendance including Lt. Governor Deidre Henderson, Spanish Fork City Mayor Mike Mendenhal, and former Spanish Fork Mayor Steve Leifson.

Library Director Jordan Hales expressed his excitement for what the new library means for the community.

“It’s my hope that with this building that we all come here and have it be a place where we can grow our circles as a community, and where we can come and rub shoulders with other community members that we otherwise wouldn’t get to meet or rub shoulders with,” Hales said. “Our hope is that it can be a place where we gather as a community, expand our circles and share our love with one another.”

After the ribbon cutting, thousands of people filed inside the building where they were able to explore the new community staple. Visitors to the event were also given the chance to participate in arts and crafts activities, scientific demonstrations, and face painting as they moved throughout the new space.

The library boasts several ame-

nities including reading nooks, meeting rooms, a teen hang out area complete with video game consoles, as well as a balcony with tables for patrons who crave fresh air. Visitors also had the opportunity to get new library cards and take guided tours of the new building that includes new Spanish Fork City Council Chambers and finance offices.

While the grand opening allowed residents to explore the building and its amenities, it was also open for services. And judging by the 3,500 items that were checked out over the course of the day, it is safe to say that Spanish Fork City residents missed their library dearly.

The library is a wonderful new addition to downtown Spanish Fork and is sure to be a community pillar of knowledge for generations to come. Go check it (and a book or five) out soon! You won’t be disappointed!



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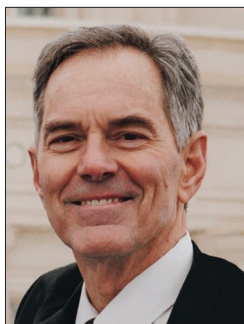
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Tributes



Neil Wallace Taylor

earning a BS degree in computer science and an MBA degree. Neil had a distinguished career working 40 years in high-tech, information technology, and management jobs for a variety of companies in Utah County, including Novell and Nature's Sunshine, before retiring in 2020.

It was at BYU where Neil met the love of his life, Jennifer Walker. They were married in the Salt Lake Temple 36 years ago on February 13, 1987. They were blessed with five wonderful children: Danielle, Matthew, Nicholas, Ashlyn (Cody), and Brodie (Abby). They also have three grandchildren: Ezra, Rio, and Hudson. Neil and Jennifer have lived happily with their family in Springville for the past 30 years.

Sports were a big part of Neil's life. In high school he distinguished himself as a state tennis champion. He was very athletic and enjoyed participating in sports and cheering in the stands as a proud father/uncle. He also loved following the

Utah Jazz and BYU athletics.

Neil loved the great outdoors. He enjoyed planning and carrying out fishing, hunting, hiking, and camping trips. His children, friends, and brothers will always cherish their memories of time spent with him in the mountains and on the river.

Neil was kind, thoughtful, and lovingly concerned for the welfare of others. He never spoke ill of anyone. He was quick to turn attention away from himself and was genuinely happier for other's success than his own. He could be counted on to do the right things for the right reasons. His decisions were well thought out and his words carefully chosen. Neil's keen sense of humor enabled him to deflect conflict. He navigated periods of intense suffering with dignity and grace. Neil set a wonderful example and will be greatly missed by all who knew him.

Neil loved his Savior, Jesus Christ, and frequently shared his testimony of our Lord, His gospel, and the Book of Mormon.

Neil served a mission to Okayama, Japan for the Church of Jesus Christ of Latter-day Saints from 1978-80. He served in many church callings, including three bishoprics, with unwavering faith. As an expression of gratitude for Christ's atoning sacrifice and many other blessings, Neil was often heard to say, "My cup runneth over."

Neil is preceded in death by his parents and his father-in-law, Newell Walker. He is survived by his beloved eternal companion, Jennifer, their five children, three grandchildren, and his four brothers - Craig (Reva), Todd (Susan), Brian (Jill), and Mike (Kim

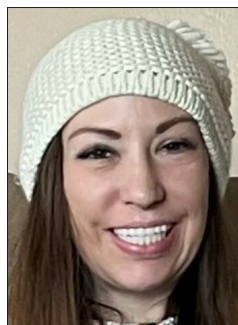
to Gordon and Glenda Cook. She grew up in Goshen where she attended Goshen Elementary school and later graduated from Payson High School.

Kristy loved adventure and her greatest adventure came when she had her son Zayden.

Kristy is survived by her mother, Glenda Cook, son Zayden, her brother Douglas, sisters Laurie, Lisa and Jennifer. She is also survived by her nieces Shelby, Elizabeth and Paola, her nephews Colby, Juan and Austin as well as aunts, uncles and numerous cousins. She was preceded in death by her father Gordon Cook, her grandparents and brother in law JR.

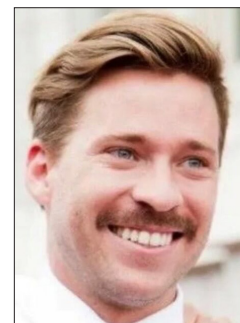
Springville, Utah in the early morning of May 17, 2023. John was born on September 9, 1983 in Houston, Texas, and grew up in Irvine, California where he played sports, skateboarded all over town, went to the beach to boogie board and surf, caught lizards at the creek, was a dog-lover, deeply connected to all kinds of music, loved to dance and make people laugh.

John was an Eagle scout, graduated from Northwood High School, and went on to study at the-then Utah Valley State College, Cal Poly San Luis Obispo, Sacramento State and graduated as an English major from the University of Utah. After discovering a deep love of working with children with autism, he earned a specialized Master's degree in Teaching in order to become a Board Certified Behavior Analyst. This greatly expanded his influence in his field and the autism community at large. Connecting meaningfully with neurologically atypical children was a truly God-given gift of John's and his life passion. John was a mentor to many in his line of work, helping



Kristy Cook

Kristy Cook, 42, of Goshen, Utah passed away on Monday, May 15, 2023. Kristy was born on September 4, 1980 in Payson, Utah



John T. Garlock

Waaazzup!" John Thomas Garlock, 39, died very suddenly after a brief yet severe illness in his home in



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countless children and families. This was not limited to his clients in California and Utah. "Love you" In 2012 John fell in love after finally meeting his penpal of one year, Lindsay Erickson. They married and were sealed for all time and eternity in the Draper, Utah Temple of the Church of Jesus Christ of Latter-day Saints. After two years in Costa Mesa, California and the birth of their first child, they bought a home and settled in Springville, Utah and continued to create a beautiful life together, bringing 3 more souls into the world.

John took his role as husband and father seriously, putting his kids to bed every night, getting up with them all through the night, wrestling and having

dance parties with them after work, posting up in the backyard every weekend, including them in his projects and yard work, taking them on adventures up nearby canyons, and reading lots of Dad books. John adored his children and was very much in love with Lindsay. They were his greatest joy.

John openly battled with addiction, depression and anxiety during his adult life. Even in dark times, he looked for the good and recognized the beauty in this duality. John earnestly worked the Twelve Steps, living in sobriety for 11 1/2 years, grounded in recovery, God, gratitude and self awareness.

"Hooyah Hooyah!" Towards the end of his life, John drew more peace and strength

from his relationship with Jesus Christ than ever before. At its core, his long time favorite mantra, Hooyah, really meant to try to be like Jesus. His continually evolving faith was influenced by daily prayer and meditation and an unyielding devotion to do the Lord's will. He studied Christ's life and teachings and did his best to consciously emulate His example. John's family is especially comforted by the thought of John home, returned to his Heavenly Mother and Father, wrapped in the loving arms of his brother, our Savior Jesus Christ.

John is survived by his family, who love him so, so much: his wife, Lindsay, children Gordon (8), Avril (6), Olson (3) and Rosie (1), his parents Tom

and Caren Garlock of Irvine, California, siblings Annie (Brandon) Reynolds and Joseph (Brynn) Garlock, also in-laws Leif and Linda Erickson, James Erickson, Emma (Trenton) McCullough, Catherine (Herch) Erickson, as well as his five nieces Ruby, May, Olive, Juniper Reynolds and Romy Garlock, and three nephews, River, Cecret and Van McCullough, along with two grandmothers and many, many aunts, uncles, and cousins. He will be missed something fierce. John, you were magic.

Place your loved ones obituary in Serve Daily call 801-477-6845 for details.



Julia Sorenson Pace

Julia Sorenson Pace went home 27 April 2023, from her daughter's in Corinne, Utah. A long time resident of Utah, Julia was born 25 January 1942 in Yuba City, Sutter County, California ~ a beautiful area of farms, ranches and orchards, with emerald green rice fields to the south in Summertime.

She grew up as the 2nd child in a family of 14 children. Her parents were Doyle R & Fay (Hill) Sorenson. Her heritage included Indigenous American

on her Mother's side; as well as faithful, strong, Utah pioneers who settled this land in days gone by, developing water systems for their community, and valued Temple service.

She was talented in so many things! Among the many, she was an excellent seamstress, a talented chef, sang beautifully, and was skilled in design. Her passions in life were her children and other loved ones; Family History with genealogy; and simply to serve. Julia helped so many, in so many ways, with her compassionate acceptance. She is survived by all 6 of her children; 5 sisters, 2 brothers, Grand and Great Grandchildren, and many friends spanning the continent.



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Record water levels prompts citizens to come together to fill sandbags, officials urge community to stay safe

By Ariel Higgs

This past winter, Utah County was granted the much needed gift of record breaking snowfall. This year, we are sitting at more than 150% snowpack compared to average, and after years of drought, the moisture is most welcome – even if it felt like winter overstayed its welcome with snow storms still hitting in early April.

Ski resorts rejoiced, extending their seasons, and weather agencies and farmers celebrated noting how the extra water is so desperately needed to fill the lakes, reservoirs, rivers, and streams that were so badly depleted by the previous year's lack of precipitation.

Even with all the good that comes from moisture in a desert climate, there have been challenges that have resulted. With warmer temperatures, all that water is coming down the mountain at a faster rate than the snow fell during the winter months, and many of our rivers and streams are not equipped to hold it all, putting our communities at great risk for flooding.

Many months ago, when it became clear that southern Utah county was going to have much more snow than normal, the local cities realized that they needed to prepare for the flooding that would likely follow. Following the advice of experts, many communities secured sandbags to help prevent major damage from what they knew would be a record breaking runoff season.

Spanish Fork City began work in early April to do whatever they could to maximize the river's capacity to prepare for the record breaking amount of water predicted to flow down. In a public announcement, Spanish Fork Mayor Mike Mendenhall and Lieutenant Governor Diedre Henderson gave an update on the preparation.

"We encourage everyone and cities around the state to listen to their local leaders," Lt. Governor Henderson stated on a video released to the city's social media pages. "They are on top of the flooding situation.

They know what's best for you and your homes in your current location."

On April 29, Spanish Fork City put out a call for volunteers to fill sandbags to protect the homes of residents near the Spanish Fork River, after seeing the forecasted water flow was set to exceed 2,000 cubic feet per second.

Volunteers were asked to sign up for time slots lasting two hours to fill sandbags at the Spanish Fork Fairgrounds. The community delivered, and over the next couple of days, citizens from all over the city arrived, organized, filled, tied, and loaded massive bags of sand to protect homes in their community. From members of the City Council, to church congregations, to middle school athletic teams, the community rallied to do all they could to contain the river.



On May 1, Spanish Fork Mayor Mike Menhall declared a local emergency in response to record breaking river flow forecasts. In a publicly released statement, Mayor Mendenhall addressed the runoff situation.

"The runoff this week is going to test our river's capacity," he said. "City crews have done a lot of work in preparing the river channel for the snow melt and volunteers have



shown up in force and filled thousands of

sandbags over the weekend. Issuing this emergency declaration is the next step as we start reacting to the river."

The community's efforts have been paying off. The sandbags have been doing an excellent job of containing the river and protecting the homes and businesses near it. It is an amazing achievement that the community should be proud of.

Normal snow runoff season runs

from approximately mid April, until mid July. With the record breaking snow levels seen this winter, rivers and streams are anticipated to be running much faster, colder, and deeper than in previous years. Due to this, city officials are strongly encouraging everyone to stay out of the Spanish Fork River.

"To put it simply, the water is too fast, too cold, and too full of hidden debris and obstacles for anyone to be in the river," city officials said in a statement.

On behalf of the community, Serve Daily thanks all who have assisted in keeping the community safe this summer.

Two Maple Mountain Students Recognized Nationally

By Lana Hiskey

Della Wilkins and Miles Napierski from Maple Mountain High School were selected to receive full scholarships out of only 14 awarded nationally for the 2023 FCCLA's Japanese Exchange Program. FCCLA stands for Family, Career and Community Leaders of America.

FCCLA's Japanese Exchange Program is a scholarship opportunity for FCCLA members to travel to Japan for six weeks as an exchange student. This scholarship is funded by the Kikkoman Corporation and administered by Youth For Understanding USA (YFU). Each scholarship is worth \$8,995.

Based on the premise that international understanding can be achieved through individuals, the Japanese Exchange program emphasizes family living as the core of the overseas learning experience. The opportunity to experience the day-to-day life of another country and its people enhances members' awareness of international issues.

Della and Miles will act as youth

ambassadors and will be leaving mid-June and returning in August. Each will stay with a host family in Japan. They will be enrolled in a local Japanese high school for at least one week as guest students. Some of the activities that they will experience during their exchange include attending traditional tea ceremonies, practicing martial arts, and visiting local summer festivals.

Within one month of returning home, the students must provide a report and photos detailing their exchange experience to Kikkoman. Upon returning home, scholarship winners are expected to complete at least one presentation in their school or community to share their experiences and teach others about the culture in their host country.

FCCLA is a national Career and Technical Student Organization that helps young men and women become leaders and address important personal, family, work, and societal issues through Family and Consumer Sciences education. Today, more



Della Wilkins



Miles Napierski

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Utah Valley Woodcarver Club - Looking for a new Hobby?

By Mary Dame

Hi again from the wood carving world. Since you heard from me last some great things have happened. I had a wonderful week of carving in Midway, Utah. Guy Nelson, Dale Green, and Craig Simons put together the most successful Rocky Mountain Woodcarving conference I have ever attended. It was the last week of April and I had just about had it with all the snow we had had throughout the winter. I stayed at a friend's time share up there with 2 other ladies and we went everyday for a week to the Community Center to carve. There were six carving instructors waiting to teach us. You could choose an instructor and learn to carve a new roughout each day. We carved for eight hours a day with a short lunch break. I was in heaven. It was so fun! Eighty people attended and there were small two hour mini classes at night. The chips were flying everywhere! We had a group dinner on Thursday night and were entertained by the instructors with good music and singing after. Everything ended on Friday after-

noon with many happy and exhausted carvers and instructors. It was a whirlwind of carving, laughing, and joy. I got to know many people from all over the United States. What a great week.

Another thing that has happened is the Payson group that meets at the Payson Senior Center Monday, Tuesday, and Wednesday has carved and painted over 150 Christmas ornaments since the first of the year for the Peteetneet Christmas sale the first week of December. We hope to have about 250 by the time the sale comes. We use the money to buy wood, paint, and tools to carve with at the Center. A bunch of new carvers have joined and we teach carving and painting everyday we are there. We would love for YOU to join us but of course you would need to be a senior to join :]. Ray Carlson, who oversees the carving part of the Center is so good to help all who come.

Our Provo group meets at Treeline in Provo on Monday 9:00-12:00 and Thursday 1:00-4:00, and the second Thursday of every month we have

an evening meeting from 6:00-8:00 pm with a class on simple carving. We have had some great projects and many good, experienced carvers to help you learn. We would welcome all who want to learn to carve. Dennis Trotter is President of the club, and Gary Heaton is Chairman of the Show we have in September. The Club has tools and safety items for you to use while you are learning. Then you can decide what to buy for yourself when you are more experienced, and you realize you can't live without carving! [You will have to pay for the wood you use.] Last month we carved a little bear from the Carving Illustrated magazine that was Duane Gosnell pattern. It turned out really cute.

Speaking of the show it will be September 21st for registration, 23rd and 24th for the show. So get your carvings ready and prepare to strut your stuff. We invite everyone to come see the show and enjoy over 200-300 beautiful carvings at the Veterans Memorial Building on 4th Main in Spanish Fork.



Treelines address is 1221 E 1120 S Provo Ut, phone 801-598-2743.

Payson Senior Center address is 439 West Utah Ave, Payson Ut, Phone 801-465-5215.

Come join us, we welcome all. Thanks for reading our favorite newspaper "Dailey Serve" (Publisher's Note: Aka- Serve Daily). Hope to see you soon.

Managing Your Every Day Stresses And Anxieties

By Stan Popovich

Everybody deals with stress and anxiety, however the key is to know what to do when your stressed out. It is not always easy to keep your feelings from getting the best of you.

With this in mind, here are seven tips that a person can use to help manage their daily stresses and anxieties before they get out of control.

1. Get all of the facts of the situation: Gathering the facts of a certain event can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. Most importantly, do not focus on your fearful thoughts when your stressed out.

2. Take a break: Sometimes, we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their

mind off of the problem. A person could take a walk, listen to some music, read the newspaper, or do an activity that will give them a fresh perspective on things.

3. Carry a small notebook of positive statements with you: Another technique that is very helpful in managing fear is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that relaxes you, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed, open up your small notebook and read those statements.

4. You can't predict the future: While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting

the future, but all it takes is for that one percent to make a world of difference.

5. Challenge your negative thinking with positive statements and realistic thinking: When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. Focus on the reality of your situation and not on your thoughts. Your fearful thoughts can make things worse so try to focus on something positive when you get anxious.

6. Divide your activities into separate steps: When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one step at a time. Completing these smaller activities will make the stress more manageable and

increases your chances of success.

7. Take advantage of the help that is available around you: There are many individuals who have been expertly trained in the field of psychology to help you find ways to manage fear and anxiety. Seek out someone whom you trust to provide sound advice and guidance. This same professional can also help you create an action plan for dealing with your fears and anxieties in the future.

BIOGRAPHY

Stan Popovich is the author of the popular managing fear book, "A Layman's Guide to Managing Fear". For more information about Stan's book and to get some more free mental health advice, please visit Stan's website at managingfear.com

PUBLISHER NOTE: I publish these articles due to the mental

Sleep: The Final Frontier

By Joe Capell • Funny-ish Files

Sleep: The Final Frontier. These are the voyages of the starship Parenthood. Its five-year [No] ten-year [Still no] lifelong [Yes!] mission: to explore the inside of your eyelids; to seek out sleep wherever you can find it; to boldly snore where no one has snored before!"



then, shouldn't they? Are you trying to tell me that your children can affect your ability to sleep for the rest of your entire life?!? I didn't know I was signing up for that!

Sleep is something we take for granted as single people. Before you become a parent, your thoughts on sleep are basically, "Sleep? Yeah, I'll catch some of that whenever. It's no big deal. There'll always be time for sleep later." Ha! If only you knew! When you're a parent, that far-flung future known as "later" doesn't actually exist, and it probably never will.

The ways in which a child can keep a parent from getting much-needed sleep include, but are not limited to: Crying; screaming; talking to their stuffed animals; arguing with

their stuffed animals; peeing the bed; pooping the bed; barfing the bed; coughing; jumping on the bed; clicking the light switch on and off in rapid succession; pounding on the door; pounding on the wall; climbing up the wall; waking up their sibling; climbing on the furniture; knocking over the furniture; singing; sneezing; making too much noise; and, oddly enough, being too quiet.

And when the kids wake us up, we'll do just about anything to get them back to sleep. We've piled sleepless kids in our bed with us and watched all kinds of shows in an attempt to get them to nod off, from nature documentaries, to educational cartoons, to game shows. (Maybe we should try political speeches. They

seem to work for me.)

And now that our oldest are becoming teenagers, they occasionally want to stay out late. And, apparently, it's recommended that at least one parent stay up until the kids get back home safely. Meaning I can't go to bed at 8:00 PM like I would like to do.

There's a lot of talk about the zombie apocalypse. I don't think it will happen, but if it does, it won't consist of the undead, it will just feature sleepless parents slowly going through their daily motions without any visible sign of higher brain functions.

Kids daydream about all kinds of fantastical, wonderful things. Parents daydream about sleep. It truly is the final frontier.

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**Mike & Emily
VanDyke Family**

Hello! My name is Dr. Mike VanDyke. My wife, Emily and I moved to Spanish Fork in 2016 with our three wonderful daughters. We have absolutely loved living in South County and feel like this is an amazing place to raise our family. Our daughters all enjoy the arts and performing. Emily has a jewelry business, helps manage the office, takes care of our girls, and is currently serving on the school community council. Dr. Mike likes playing basketball, watching his girls grow and perform and served on the board for the chamber of commerce in Spanish Fork for 3 years.

Our office, Excel Chiropractic Collision Experts, is in Payson. We are passionate about helping individuals excel in their health and work with anyone in need of chiropractic care, massage therapy, acupuncture, and rehab therapies. We are the premier clinic for auto accident rehabilitation with over 16 years of experience. We guarantee you will pay nothing out of your pocket for care when you've been in an auto accident. Our goal is to get you out of pain as quickly as possible. We are currently accepting new patients. Call us today! 385-404-5489

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