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PICTURE YOURSELF IN FALL

Keep your "serve" on this month!

Skeletons Along the Spanish Fork River Trail

By Kevin Jennings

For Kaybri and Marlow Dennis, a recent Saturday bicycle ride on the Spanish Fork River Trail with their parents and grandparents proved to have an exciting twist not seen every day on their typical pedal-trips.

As the two small children traveled on bicycles in the cool morning air, they witnessed a number of skeletons along the trail. Some were near ground level and some much higher up in the trees. Some skeletons wore clothes or a hat, and one was seen in a tire swing.

Kaybri was the first to spot the delightful and posed skeletons.

"Skeletons! Skeletons," she shouted!

"They look real," Marlow said!

The skeletons the kids found were put out by local landowners for mere entertainment – perhaps for both themselves and the passersby. The skeletons come in various sizes and differing mammals. There are adult-size skeletons, youth-size skeletons, multiple bird skeletons, and there are cattle skulls in the same proximity.

Kaybri and Marlow seemed to really enjoy their discoveries, as well as the family ride on the popular trail.

For those who have not experienced the Spanish Fork River trail, it is a relaxing trail that courses alongside the river most of the way between the Spanish Oaks Golf Course and beyond the Sports Park west of Main Street in Spanish Fork. It is a well-maintained and level pathway that has been used daily by walkers, joggers, runners, dog-owners, bird-watchers, users of wheelchairs, and bicyclists.

Benches have been installed at multiple locations when a rest is in order or a bit of isolation from the world is needed. There are restrooms available at convenient locations as well.

The restroom area about midway between the golf course and the ball fields near 1100 East even has a place set aside to assist with simple repairs for bicycles. Shade and solitude are not hard to find while on the trail. There are plenty of trash disposal locations along the route, too.

Other fun things found multiple times along the way are wooden and concrete bridges that span the river and mile markers that help you see just how far you have traveled.

At Main Street, the trail actually crosses below the busy traffic corridor to help tremendously with safety issues. There is plenty of parking at both ends of the river trail as well as near the middle where the restrooms are located along 1100 East with access from River Bottoms Road.

This October, keep your eyes open for the skeletons and other fun items as you travel, and perhaps even make a game of it and take some pictures.

This time of the year offers a multitude of colors found in the leaves.

It's not too warm or too cold outside, so enjoy this free and beautiful gift from the city of Spanish Fork and the dedicated workers and property owners that make this trail such a fun treat.

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Visit Fold of Liberty Farms website.

Meet the Highland cows at Fold of Liberty Farms. (YouTube Video)

Spanish fork man building regenerative farm, while 'folding' in liberty and patriotism

By Ari Brown

When Brittney Stowe took a drive on January day, she spotted some Highland cows that she knew she wanted to take pictures of. Little did she know that those cows were part of a much bigger picture that local farm owner Vernon Stout has in mind.

Fold of Liberty Farms is located at 4197 West, 5200 South in Spanish Fork, and according to Stout, while the cows are a main attraction, they serve a much broader purpose in his goal of creating a regenerative farm.

Stout recently acquired 30 acres of land that he said doesn't have healthy enough soil to have a vibrant farm, but that by bringing in animals like the cows, and growing a variety of things, that it will soon get to a place where the farm will thrive.

"We're building a regenerative agriculture farm, and what that means is that we are growing hundreds of different things all at the same time, all in the same place," he explained. "The first thing that we did was we got rid of an invasive species of trees, and have begun to plant different types of grasses that would put lots of bio matter into the soil. We also have legumes and radishes that have big roots that will add a lot of nutrients back into the soil."

He further explained the goal to add thousands of trees and mushrooms and more grass. He also plans to add hundreds of chickens, sheep, pigs and more Highland cows to do some intensive grazing, along with all the things that animals do to create a healthy ecosystem.

Stout, who has a background in computer science and building companies, said that despite his mom suggesting otherwise, he has long wanted to be a farmer.

"My background is in computer science and building companies, but I have always loved farming, the military and patriotism," he said. "My mom grew up on a farm, and I wanted to buy her dad's farm when he passed away, but she told me it was unavailable."

Stout and his wife own other farmland as well, and he said that their goal with this farm is to make it a place for people to come and learn about animals as well as leave with a sense of patriotism.

"The name of our farm is Fold of Liberty, and it is named this for a couple reasons," he said. "A Highland herd is a fold, it's not a herd, and we're folding everything together. We have military vehicles and equipment to teach people about freedom and patriotism and honoring veterans. Our goal is to have educational tours, youth groups where we have anything from looking at the military stuff to bug collections, to playing on the farm, to helping work. We plan to have hundreds, if not thousands of volunteers a year come out to the farm and help care for it and how to do it themselves. The final thing is to build educational courses and to teach people how to do the same thing on their farm or in their neighborhood – folding it all together."

Stout said that the farm is very much in the beginning phases, with it only being in its third season. That being said, he has big goals, and hopes to be a fixture and resource in the community.

"Right now, we don't have a lot of what you would call entertainment activities," he said. "We do have a lot of things that we would love people to help with while learning how to work and be on the farm and be out in nature," he said. "We would really love to have some help."

Stout acknowledges that his dreams are big, but he said he has every intention of making it happen. He also said that he has a very hasty goal of acquiring an additional 20 surrounding acres for his farm.

"We're looking for investors or people who want to help us buy 20 acres that's next to us," he said. "It's about to go up for sale and we have until October 15 to raise a million dollars. We've got several people who are helping figure that out, but otherwise it's gonna get turned into homes. We prefer that we don't have homes on the back side of the farm. We really want to retain farmland because we believe it is vital to the environment to do so."

Find Fold of Liberty Farms on social media, foldofliberty.farm (yep, new cool domain extension) or reached at 801-427-7445.

Scouting is Alive and Well

Submitted by Jeanne Baker Davis

Childhood is the most memorable part of life. As adults, we are continually referring back to the lessons that we learned in the simpler times we spent in youth.

Easily half of the stories that my husband tells have to do with his time in the scouting program. One of our kids' favorite stories is of the time that their dad insisted on packing his own bag for a weeklong backpacking trip.

As a strong 14-year-old boy it sounded like a good idea to bring several cans of food and an extra 5-pound bag of licorice to share with his troop. A couple of miles into the 50-mile hike he was struggling to even move forward another inch and wanted to quit. When he could go no farther, his leaders wondered if adjusting his straps would help, but instead they discovered his unbearable load. They paused the hike and kindly led a discussion with the group. It was decided to distribute the weight evenly among all the boys and leaders.

This small act of service made it possible for him to continue on and successfully complete the memorable journey.

Service was a big part of my husband's scouting journey and as an adult, he often refers back to this when times get tough. We want our kids to build a strong foundation through service, leadership and strong core values. All of these things are taught in our home and we like to affiliate with programs that support our family goals.

Based on my husband's experiences, we knew that we could find most of these in the scouting program. When the Boy Scouts decided to allow girls in and rebrand to "Scouts BSA" we were thrilled, because now our sons and daughters could both learn together from the same parent organization.

The scout law states, "A scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent."

Six months ago, we moved from Texas to Utah, and we stumbled upon a brand-new girl's troop that was forming the very day that we pulled into town. Our daughter was so excited that she requested to go straight there. We were met with four other very motivated girls and a scout master who is dedicated to helping them successfully run a truly youth led program.

Within six weeks of forming, the troop earned enough money through fundraising to attend and completely pay for scout camp for all the girls and leaders. They had their first court of honor in September and our 12-year-old daughter had the chance to present awards to her fellow scouts and she personally earned 19 merit badges herself!

In this program, the girls set the pace. They are all brand new to scouting, and even with that, they are all on a path to be second class by the end of the year (some first class). Several of the girls are on track to receive their Eagle Scout award by the time they are 13 and 14 years old.

Sadie Beal and Amelia Davis raising money via a popcorn fundraiser at the Smith's Food & Drug in Payson.

I have been impressed at the selflessness that these girls display. Even in the fun activities that they plan, many of them involve service. They meet weekly and hold monthly campouts, weather permitting, and in September they planned a campout in Bear Lake so they could volunteer to help with the "Bike the Bear" event. Everyone came home with a new t-shirt and a beaming smile on their face.

Now they want to train to ride bikes in the event next year.

Childhood is the most memorable part of life. We are so grateful that the scouting program is still going strong in our community and that our sons and daughters will all have the opportunity to make positive memories to properly fill their proverbial bag of life.

For more information visit beascout.org.

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Remember to find someone to Serve Daily! Hopefully it will put a smile on two faces.

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Progress Being Made for All Local Artists at the Huish in Payson

By Kevin Jennings

More than just laser lights and loudspeakers, once completed, the Huish Performing Arts and Cultural Education (PACE) Center in Payson will be the most state-of-the-art performing arts facility located in all of North America.

During a recent one-on-one interview with the executive director and consultant to the Huish PACE facility, Cary Stockwell, Serve Daily discovered that phase one of the planned three-part endeavor has now been completed.

Huish PACE has embraced the various talents of local artists and invites the community to come join with them.

You may not feel as if you have a well-developed talent at this point, but Huish PACE has you covered. They have many talented people that are able to serve as mentors and advocates for those just starting out or those on the sidelines wondering which talent path to travel.

It doesn't matter if your talent is in voice, poetry, music, acting, dance, composing, storytelling, comedy, or some other form – you are invited to gather for the betterment of the community in a safe place for your individual expression.

Weekly "Open Mic" nights are events that currently take place each Tuesday from 7:30 to 10 p.m. One recent event had participants that ranged in age from five years old to nearly 90 years old.

Signups are in person beginning at 7 p.m. when the doors open. If you volunteer to perform, the $5 cover charge is waived for you. Seating is limited to the first 96 individuals at this time. Family-clean performances are a requirement, so count on that as a venue standard.

The Laugh Out Loud HQ series takes place on the first Wednesday of every month. It is family-friendly as well and performers there are selected from auditions. Quarterly tournaments are set aside for the best-of-the-best comedians. Tickets are just $15 and the shows run from 7pm - 9 pm.

Plans for Huish PACE include multiple classes on everything from the technical aspects of a show to multi-media production to audio engineering and more. Visit paysonbardschool.com for more details.

Although a bit early for any official proclamation, Cary Stockwell promises there are absolutely huge announcements that are soon to be revealed, and residents can stay up-to-date right here with Serve Daily.

Community support encouraged

While grants and donations have been received from various sources and generous donations of labor and materials have also been realized, the big elephant in the room is the need for more funding.

Stockwell was quick to point out that no donation is too small or too large. He also stated that businesses could benefit from donations that may lead to naming rights, sponsorships, endowments, and the like.

Donations can be accepted from anywhere, Payson and beyond. Not just from Utah County or even just from Utah. The primary goal is that the assistance aligns with the family values of the local community.

Conventional donations can be made through the website huishpace.com (which has been formed as a not-for-profit organization). More significant or complex donations can be discussed with the executive director and the board of directors if needed.

Stockwell also observed that funding is the key to making the Huish PACE an anchor in the city that creates an economic ripple-effect through the rest of the downtown area and beyond.

Top: The Sideshow stage great for Open Mic Night and other events. Bottom: The newly renovated lobby.

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Discovering the Rich Rewards of Volunteering at Your Local Food Pantry

Submitted by Wendy Osborne

Have you ever wondered what drives people to volunteer at their local food pantry?

Beyond the altruistic desire to help those in need, there are numerous rewards and enriching experiences that come with giving your time and energy to support your community. In this article, we'll delve into the deep and meaningful benefits of volunteering at a food pantry, shedding light on why so many individuals find it a profoundly rewarding endeavor.

1. A Sense of Purpose and Fulfillment

One of the most significant rewards of volunteering at a local food pantry is the profound sense of purpose it provides. It's the knowledge that your efforts directly impact the lives of individuals and families struggling with food insecurity. Every bag of groceries you distribute, every meal you serve, contributes to alleviating hunger and ensuring that people in your community have access to nourishing food. This sense of purpose can be immensely fulfilling and is a driving force behind the commitment of countless volunteers.

2. Building Stronger Connections

Volunteering at a food pantry creates an opportunity to build meaningful connections with like-minded individuals. The bonds formed while working together toward a common goal are often deep and enduring. You become part of a close-knit community that shares your passion for giving back, providing a strong support system that extends beyond the pantry's walls. These connections can bring a sense of belonging and camaraderie that enriches your life.

3. Skill Development and Personal Growth

Volunteering isn't just about giving; it's also about growth. Many volunteers discover hidden talents or develop new skills through their experiences at food pantries. Whether it's improving organizational abilities, honing communication skills, or gaining leadership experience, volunteering can be a powerful catalyst for personal development. These skills can not only benefit your volunteer work but also have a positive impact on your professional life.

4. Increased Empathy and Understanding

Working at a food pantry exposes you to the challenges faced by individuals and families dealing with food insecurity. This firsthand experience often leads to increased empathy and a deeper understanding of the struggles that others endure. It can reshape your perspective on social issues and inspire you to become an advocate for change, helping to combat stereotypes and promote a more compassionate society.

5. Gratitude and Humility

Volunteering regularly reminds us to be grateful for what we have. It provides a stark contrast between the abundance in our own lives and the scarcity that many others face. This heightened awareness fosters a sense of humility and gratitude, which can positively influence your outlook on life and your interactions with others.

6. Making a Lasting Impact

Your contributions at a food pantry go far beyond the immediate assistance you provide during your volunteer shifts. They ripple through your community, helping to alleviate hunger, reduce food waste, and build a stronger, more compassionate society. The impact of your work can be seen in the smiling faces of those you help and felt in the hearts of everyone who benefits from your generosity. It's a legacy of kindness and change that endures long after your volunteer hours are complete.

7. Opportunities for All Ages

Volunteering at a food pantry is a universally inclusive endeavor, welcoming people of all ages and backgrounds. It's a fantastic way for families to spend quality time together, for students to gain valuable experience and insight, and for retirees to stay active and engaged in their communities. Regardless of your age or circumstances, there's a role for you to play in making a difference.

Volunteering at your local food pantry offers a plethora of rewards that extend well beyond the act of giving. It's a journey of self-discovery, community building, and meaningful connections. It's an opportunity to develop skills, deepen your empathy, and make a lasting impact on the lives of those in need. If you haven't explored the rewards of volunteering at a food pantry, we encourage you to take that first step. Your contribution, no matter how big or small, is an essential part of a broader movement for positive change in your community. Start your rewarding volunteer journey today, visit www.tabithasway.org!

WHAT ARE WAYS THAT YOU CAN SERVE DAILY?
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Jehovah's Witnesses in Utah Valley Participate in Global Campaign Offering Hope

Submitted by Shammmah Cline (Local Spokesman)

At a time when the desire for better government is on the minds of people the world over, Jehovah's Witnesses launched an international campaign to bring attention to a universal solution. The Witnesses are featuring a special edition of The Watchtower magazine, available in over 780 languages in print and online, with the theme "What Is God's Kingdom?"

"I'm eager to participate in this campaign because it's part of a special effort to share hope with as many as possible," said Dianna Muselmann, a local resident of Provo. "God's Kingdom offers a choice that we all want — a solution to problems we are all facing."

Throughout the centuries, millions of Jesus' followers have prayed the words "thy Kingdom come" but wonder what that Kingdom is, what it will accomplish and when it will come.

To answer those age-old questions, the Witnesses' special-edition magazine references key Bible passages. The clear and simple explanations have been designed to appeal to both new and experienced Bible readers.

"People continue to express their desire for better rulership, but few can agree on how to accomplish this," said Shammah Cline, spokesperson for Jehovah's Witnesses. "The good news is, Jesus will be the perfect ruler who can and will bring about real solutions to global issues. Our campaign will bring this much-needed message of hope to the community."

During the height of the COVID-19 pandemic, Jehovah's Witnesses distributed millions of this special-edition magazine through letters, even sending copies to thousands of government officials worldwide. Now that they have returned to their door-to-door public ministry post-pandemic, this will be the first in-person campaign where they will have the opportunity to discuss the important and very timely subject with their neighbors.

A free digital copy of this special issue of The Watchtower, as well as information about the activities of Jehovah's Witnesses, is available at jw.org. The Witnesses' site offers practical Bible-based content for people of all ages and beliefs in 1,081 languages.

For more information call, 718-560-5600

Looking for Employment? Consider a Career in Mechanics

By Kevin Jennings

What do wheelchairs, bicycles, sewing machines, fire trucks, washers and dryers, motorcycles, RVs, vending machines, cars, and farm tractors all have in common?

If you guessed they each rely upon mechanics for proper service and function, you're right!

Do you also know there is a significant shortage of mechanics in our area, and especially in our region of the country?

Do you know you can make a really good career with a mechanical skill set?

Just think of everything in your daily life that exists because someone learned mechanical skills, and chose to share their talents.

Did you grab some breakfast before you left home? If so, mechanics were involved in making the appliances that made it so your food was kept cold, frozen, or warm.

It's also a safe bet to say that a mechanic was involved with the farm equipment that assisted in the preparation, planting, growing, and harvesting of the corn, oats, wheat or other grain that your favorite cereal is made from.

Mechanics are needed everywhere, and there is a continual need for more and more mechanics in our world.

According to LearnHowToBecome.org, Utah is the state that sees the greatest need and growth for mechanics. The surrounding states of Nevada, Idaho, and Colorado also are listed in the top 10 areas with the highest projected job growth for mechanics.

Training for mechanics is available from a number of sources.

Mountainland Technical College, for example, lists its automotive technology program as having a completion rate of 96% and a placement rate for their students of 95%.

MTEC.edu advertises a total cost of about $8,500 for a two-year program that is open to adults and high school juniors and seniors.

Various scholarships and financial aid packages from a host of private and public sources are available to explore, as well as placement opportunities to work part-time while enrolled in the MTEC program.

If you are interested in becoming a professional mechanic, there is comfort in knowing you can take an assessment exam to help you determine if this would be a good fit for you before you commit your time and money to this or any other program MTECH offers.

Other vocational schools may have similar assessment exams available.

Program coordinator for Automotive Technology at MTEC, Matt Zufel said that the vast majority of MTEC graduates in his program graduate with little or no debt. He spoke specifically about the opportunity to graduate as an ASE (Automotive Service Excellence) Master Technician when passing the ASE certification tests.

The Automotive Program has a strong partnership with large dealerships and independent repair shops that love to hire MTEC students while enrolled in class for three hours each day. Many of these repair shops bring the students onboard and pair them with existing master technicians as mentors to the student apprentices.

"MTEC loves to focus on a solid foundation in electrical and electronics diagnostics and repair, so that no matter which way the wind blows, our students will be ready to meet the challenges they will likely face in the industry," Zufelt said.

For more information on how you can acquire skills that can push you toward a valuable career in a couple short years, go to mtec.edu.

Embracing Gratitude: A Tapestry of Life's Blessings

By John Chase

Gratitude enriches our lives, infusing each day with vibrant hues of appreciation. It is not about possessing more than others, but about cherishing the unique threads that weave into the fabric of our existence, creating a colorful mosaic of experiences.

Over the past year, I have encountered individuals who have left an indelible mark on the canvas of my life.

The first person was a petite lady, barely four and a half feet tall, whose spirit overflowed with gratitude. Meeting her monthly, I witnessed her heartfelt appreciation for every bit of assistance she received. Posthumously, I learned of her challenging past—losing her father at a young age and shouldering the responsibility of caring for her mother and younger siblings as they fled northern Korea before the Korean War. Their journey led them to the Inchon area, a place fraught with historical significance. Later, she immigrated to the United States, and fate brought us together. Her family remained profoundly grateful for her enduring love and support.

The second individual, a man in his mid-eighties, found joy in volunteering, a passion we both shared.

A retiree from Geneva Steel, a cornerstone of livelihood for many in Utah County, he sought purpose after his wife's passing. Through volunteering, we crossed paths, and he regaled me with captivating tales of his life, embracing the joy of family and making the most of his golden years.

Next, I encountered a man only a month or two older than myself, always dressed impeccably and brimming with excitement whenever we met. He had been lovingly cared for by his devoted mother, who secured a promise from her sister and brother-in-law to continue his care after her passing. Within fourteen hours of his funeral, his brother-in-law passed having fulfilled the commitment made to his sister-in-law.

The final encounter was with a 37-year-old man, who because he was born prematurely had severe cerebral palsy. Despite his physical limitations, his elderly parents cared for him tenderly, and I could sense his understanding and appreciation through his expressions and smiles. Our interactions often revolved around his beloved Brigham Young University sports teams. He wore a BYU poncho during the winter months that kept him warm in his wheelchair.

Each of these individuals, with whom I either served or served alongside, left an indelible mark on my life. Their presence imbued my life with deeper meaning. Although their physical presence is no longer with us, the memories of our time together continue to warm my heart, filling me with gratitude for the privilege of knowing them.

John Chase is an avid observer of life, finding inspiration and meaning in the relationships and experiences that color our existence.

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Doug Smith Subaru surprises local teachers and students with $12,500 donation during back-to-school celebration

Submitted by Jillian Acri

Doug Smith Subaru partnered with AdoptAClassroom.org to surprise teachers and students at Park View Elementary School with a $12,500 donation and 25 school supply kits during a celebratory back-to-school assembly. The donation was made as part of Subaru Loves Learning®, a national initiative championed by Subaru of America, Inc. that helps provide funding for teachers at high-needs schools across the country to purchase the school supplies and resources needed to help their students succeed.

Doug Smith Subaru's donation will benefit more than 625 students by providing teachers with $500 each to purchase supplies for the school year.

"We want to help our local teachers and students get excited about the back-to-school season and make sure they have the supplies they need to succeed this upcoming school year," general manager Derek Schwendiman said, "The Subaru Loves Learning initiative is one of the many ways Doug Smith Subaru gives back throughout the year, and we're grateful to partner with Park View Elementary School and AdoptAClassroom.org to make a lasting impact."

According to AdoptAClassroom.org, more than 92 percent of classrooms have students whose families cannot afford to purchase school supplies for their children. This leads many teachers to spend on average $860 of their own money to fill the gap for students and equip their classrooms.

"The continued support from Doug Smith Subaru and the Subaru Loves Learning initiative over the years is greatly appreciated by Park View Elementary School teachers, staff, students and families," Park View Principal Shanna Walker said. "With this donation, we will be able to provide additional support for essential items to help our students succeed during the upcoming school year."

This is the third year Doug Smith Subaru has partnered with Park View Elementary School, and it is part of their year-round commitment to support the local community including partnerships with Humane Society of Utah, Autism Council of Utah, American Fork Hospital Cancer Center, Millie's Princess Foundation and more.

As the largest corporate partner of AdoptAClassroom.org, Subaru and its retailers have supported more than 470,000 students nationwide through the Subaru Loves Learning initiative since 2021. This year, Doug Smith Subaru is one of more than 630 participating Subaru retailers across the country working with AdoptAClassroom.org to adopt high-needs classrooms (Title I Schoolwide Programs and/or 40% of the students qualify for the Free or Reduced-Price Lunch Program).

For information about Subaru Loves Learning and to find out more about the partners that Subaru supports, visit subaru.com/learning, and follow #SubaruLovesLearning on social media. Learn more about Adopt A Classroom at adoptaclassroom.org.

The History of National Fire Prevention Month

By Kevin Jennings

October is National Fire Prevention Month, and many might not be aware of the reason why.

In 1871, the Great Chicago Fire destroyed 3.3 square miles of the great city of Chicago. I'd like you to take a second to reflect on how big of an area that encompasses.

That fire was responsible for the loss of approximately 300 lives and displaced nearly 100,000 people. Around that same time, another in Peshtigo, Wisconsin.

Many people are unaware that a much greater fire also occurred during that exact same date in Peshtigo, Wisconsin that is being named the most devastating forest fire in American history. The fire covered an area of forest and towns that was estimated to be ten miles wide and 40 miles long or more across six counties in Wisconsin and into the northern peninsula of Michigan. It consumed the lives of 1,000 to 2,400 residents, but the precise number of lives lost is unknown due to the large number of lumberjacks, railroad, and factory workers in the area that lived in camps and boarding houses.

The intensity of the Peshtigo Fire was so great that all that remained of former houses, churches, and various other buildings were brick chimneys and foundation stones. Much of the local industry relied upon wood products and most of the buildings were constructed of wood as well. And with ample wood and wood products available for fuel, it's no wonder the fire burned for miles and miles. The fire is named the Peshtigo Fire due to the heavy loss of life in Peshtigo, which turned out to be about 50% of the community's 1870 census population.

Let's Work Together to Prevent Fires

While the hot summer months are over, we are not totally out of the woods yet.

Experts emphasize the coming winter months will see an increase in residential fires, and their associated fire injuries and deaths with many residents relying on furnaces and fireplaces to keep warm. That said, there there are steps we can

FIRE Continued on **Page 13**

Local artist has spent over 50 years of painting 'En Plein Air'

By Kevin Jennings

Left: Russell Ricks nearing completion of the mural in Payson on Friday September 15, 2023. Right:Shot of the center of the Mural.

En Plein Air is a French expression that translates to "in the open air".

Russell Ricks has been painting since he was just a young boy. He was taught by his father, Don, who was both an oil painter and an art instructor in Rexburg, Idaho.

At just eight years of age, Russell knew he wanted to be an artist and proudly declared that sentiment to anyone that would pay attention to him.

All four of the Ricks boys have pursued painting as a career at some point in their lives. None of Russell's three sisters have chosen painting as a vocation, but Russell says each is gifted in the design world with fabric, food, and more.

Russell learned to love the open-air style of painting with the backdrop of old farms, the Grand Tetons and Yellowstone National Park nearby.

Work on Display

His work has recently been seen in Payson, Utah, on the outside wall of the Huish Theater and near the Parlor salon on historic Main Street.

The city of Payson sees value and promise in the historic district, and having the large, beautiful mural of Payson's heritage facing a busy traffic corridor fit well with their desire to honor the traditions of the community.

Russell's largest ever mural can be seen inside Novatek in Provo, an industrial equipment supplier. His mural at that particular location measures 22 feet in height and 200 feet in width.

Another highlight he recalls is the creation of the murals on the inside of a Cabela's outdoor recreation store in East Hartford, Connecticut.

The Springville Museum of Art also has one of his paintings located there on permanent loan, which is displayed often, but not continuously.

Encouragement

When asked what encouragement he would offer to aspiring art students, he replied, "I would tell them that abundant opportunities are now available. Be passionate. Do what you love.

I would also recommend that new artists get themselves some type of design or commercial art degree – there are so many choices out there – as a means of financial security while developing their art business."

Once the tenacity and the pursuit of becoming an artist has matured, Russell suggests, "Approach various art galleries until you find a good fit for your work, but rely on that degree to pay the bills until then. Don't give up."

Final Thoughts

As his website suggests, Russell Rick's artwork invites us to slow down, take a breath, and get away to a place of serenity and peace, if just for a moment or two.

His paintings often remind us of marvelous days gone by and the sensation of genuinely being home once again. They kind of whisper to us.

To see samples of Ricks' artwork, go to russellricksart.com.

Highland Cows make for a unique photo opportunity with local photographer Brittney Stowe. Camilla Morley poses on cover and to the right with the Highland Cows.

SAY MOO! LOCAL PHOTOGRAPHER TAKING UNIQUE FALL FAMILY PHOTOS

By Ari Brown

Fall means family photoshoots, and nothing says family and fall like posing in front of a cow – at least that's what photographer Brittney Stowe is saying.

But these aren't just any cows; they're Highland Cows. And the photos aren't taken at any location; they're done at a locally owned farm.

Recently, Stowe, who is from Springville, was driving around Palmyra near Spanish Fork when she spotted the cows. She said that when she saw them, she just knew that she wanted to photograph them.

"Back in January, my husband got me a new camera, and we were just driving around Palmyra and I yelled at him, 'You have to stop the car! There's Highland Cows!'" she recalled. "I've been dying to photograph them for years. So I started taking their pictures and I just kept going back to that same spot over the months, and ended up running into the owner of them one day. He invited my daughter and I onto the property to meet the cows, pet them, and feed them – the whole works!"

The owner of the farm is Vernon Stout, and the farm is called Fold of Liberty Farms, and has a story all its own. According to Stout, not only has he been receptive to Stowe taking photos and having people pose with the cows, but he is all for it as a way to not only get the word out about his farm, but he said it's good for the cows.

"It's fantastic!" Stout said. "You know, our goal is to help people who want to come out and see and learn about the farm. And what Brittney is doing is helping us to get people to come and learn about farming … and on top of all that take beautiful pictures.

"Hopefully it brings a lot of joy to the people to get their pictures taken, because being able to go out and pet cows and be right up close to them and pet them is good for the cows," he continued. "They're Highlands, and because we trained them right, they are super nice, and they want to be petted. That's one of the things that we actually need is petters – people who want to come out and pet the cows and continue to get them used to humans. If you don't pet them regularly enough, they get so anxious about wanting somebody to pet him that they are too excited when people show up."

Highland Cows originate in Scotland, and are known for their big horns and long, straight hair – not your typical Angus cow Utah is accustomed to. This breed of cow is also a bit more docile than other breeds, and it is their temperament, coupled with their unique look that has caused Stowe to want to embark on her photographic dream of matching family up with cow for an unforgettable fall photo experience.

COWS Continued on **Page 13**

COWS From **Page 12**

Spencer & Karli Ivey

"I was so shocked when I first got to meet the cows," she said. "They just come walking right up to you. They're so friendly. There's one baby, and I'm obsessed with him because he's such a talker. He just sits there and moos at you the whole time. There are three big cows, Jesse and Serendipity and Nan and they are just lovers. Nan will come up and try to knock the camera out of my hands because she wants me to pet her and feed her and scratch her. They're, they really are just like a giant dog. If they could climb in my lap. I'm sure they would.

Stowe said that she has done several photo shoots recently, and is excited to bring more people to the farm to meet the cows and take some pictures. She also expressed a desire to expose people to Stout's farm and what he hopes to accomplish in the near future.

"I'm kind of a smaller photographer, and I'm really working on getting my name out there, and so when I saw the cows and people loving the cows, I was like, 'Oh, you know what? Let's just latch on to this!" She said. "People are loving this and it has truly built my brand. We're still working on getting the name out there and just loving it though. … I've always been intrigued by farm life and so it's been a lot of fun hearing about his farm, what he plans to do with it and I'm just, like, whatever I can do to help. I wanna be a part of this.

Stowe's photography business is called Behind Blue Eyes Photography, and is now booking sessions for fall Highland Cow photoshoots. To book a shoot, go to behindblueyesphotography.com.

FIRE From **Page 10**

take to stay safe and warm.

Be aware that all heat sources need to be properly maintained. That includes electric heat, portable or otherwise, all furnaces, wood stoves, and fireplaces.

Draperies, furniture, clothing and other combustible materials need to be kept a safe distance from heat sources.

Paper, plastic and cardboard items need to remain a safe distance from potential ignition sources.

Candles should never be left burning without appropriate supervision. Try battery-operated candles for a similar mood.

Kitchen areas are also a significant source of ignition for house fires. Make sure that burners, grills, electric cooking appliances, and other potential sources of heat are not encroached upon by towels, paper products, and other items. Even pets can inadvertently start a fire by jumping or otherwise energizing an unattended burner or the like. Pets should be secured away from the kitchen area for their safety as well as our own.

Of course, smoking materials need to be considered in preventing fires as well as any curious little ones that gain access to unattended sources of fire they see as play items.

Ensure that all smoke alarms have working batteries and that they, and carbon monoxide detectors are working properly.

Keep a fire extinguisher on each level of the home and another one in the garage. Check to see if the extinguishers are up to date or expired. These make great gifts for loved ones living outside of your home, and could be actual life-savers for those residing with you. Learn how to use one, too, if you need. The worst time to learn is when the flames are present and between you and your family members.

As we direct our efforts toward preventing, rather than reacting to a fire, we reduce the risks related to fires. We can reduce fires, injuries, and even the loss of lives as we learn and participate.

Lessons learned on El Camino de Santiago in Spain

Submitted by Lorene Moore

Spain's famous pilgrimage trail, El Camino de Santiago has become one of the world's most popular walking holidays and spiritual journeys.

Every year, pilgrims travel from all over the world to journey on the well marked routes that all end at the cathedral in Santiago de Compostela.

Originally the faithful walked the trail to see the legendary remains of the Apostle Saint James. In the Middle Ages, pilgrims walked the Camino as a way to reduce the punishment for their sins. Soldiers walked the Camino as a way to repent for the lives they have taken in battle.

Today people walk the Camino for as many different reasons as there are pilgrims. Most years, around 55,000 pilgrims will lace up their walking boots, start pedaling, or spur their horse along one of the pilgrimage trails.

For many, it is a journey of faith. One of the many traditions of the faithful along the Camino is for them to bring a stone from home and leave it behind at the Cruz de Ferro to symbolize leaving behind their sins.

For others it is a journey for self awareness, and for some it is a much needed escape from the rat race. Some pilgrims bring more than one stone and leave them along the way to symbolize releasing fears, conquering self, and leaving their mark on the way. For all who travel the Camino, it is a journey that will challenge them in ways they never imagined.

Pilgrims, known locally as 'peregrinos,' are given a pilgrim passport when they start their journey. All along the way, pilgrims are given stampsto show how far they have walked and which path they took.

Albergues [Al-bur-Ges] de Camino are inexpensive or free hostels along the Camino way. These hostels arerun by 'Hospitaleros' (Camino volunteers). Pilgrims walking the way can stay for free or little cost by showing their pilgrim passport.

Amigos de Camino, or friends of the way, help pilgrims along the way. From passing out water and treating blisters at aid stations, to running free hostels and cooking dinners to feed pilgrims, amigos are a crucial part of the Camino.

Many amigos are pilgrims who have walkedthe way previously and are willing to share their knowledge and experience to help ease the way of others. Some amigos are villagers, who live in the areas along the way and simply cannot see so many pilgrims pass by their homes without wanting to reach out to them with love and compassion.

Like the pilgrims along the Camino de Santiago, we are all walking on our own pilgrimage through this life.

Some of our walks take us over mountains, across plains, through forests or down the steepest of canyons. Other walks take us along sandy beaches, through salty waves, along country lanes or on city streets. Each of us is walking. Each of us has much we need along the way and each of us has much to give others along their way.

One veteran of the Camino said, "The journey to the towering Cathedral in Santiago del Compostela will change you. However, it won't necessarily be the destination that shakes your soul,but the entire journey you took to reach it, and the people you take the journey with. They will enliven and enrich the journey. They will help you put one foot in front of the next when you don't think you can. They will be the greatest treasureyou take home with you when your pilgrimage is complete."

The 'amigos' we meet along our pilgrimage through this life can be a great treasure to us, just as we can be to them. There are so many examples that we can follow from the Camino.

"Throughout the years, we've been hosts to those who come to our hostels every day while walking along the Camino de Santiago," host of a pilgrim's hostel, Begoña said. "They may enter a stranger, but they leave a friend."

We can bring that Camino hospitality to our community by going out of our way to make every fellow pilgrim we meet a friend, to welcome new neighbors and open our hearts and homes to new people. A man named Javier who runs a business dedicated to transporting pilgrims' luggage from one town to the next along the way, said that he hopes to lighten the load of others.

"We hope pilgrims can do the Camino with the only weight on their shoulders being the satisfaction they feel with every step they take," Javier said.

What kind of baggage are our fellow pilgrims carrying through life? Can we help lighten it for them? Even for a few moments, when we look to lighten another's load, we free them to enjoy their walk along the way.

José, who owns a store that supplies pilgrims along the way, said that serving others is rewarding.

"Attending to the needs of pilgrims who travel from a few days to several weeks is varied and unpredictable, but it is always rewarding to see a pilgrim achieve their goals because we helped in even the smallest way," he said.

What supplies can we help fellow pilgrims with? Are you a good gardener? Can you help a neighbor make repairs around their home? Are you a good listener? Do you enjoy reading and discussing books together? Can you give encouragement to a stressed out friend?

Often the "supplies" our fellow pilgrims need are not something they can find on a shelf; they are things that can only be shared, face to face.

Virginia works at a construction company that works to maintain the roads of the Camino de Santiago. And just as Virginia's company makes the way smoother for pilgrims along the Camino, we can make the road smoother for our fellow pilgrims and weary travelers by removing rocks and other road blocks from their way.

"Blisters are inevitable, no matter how prepared you think you are, they will happen. It is still frustrating when they slow you down," said one Camino veteran. "But, seeing someone else soften their pace to stay with you or having them sling off their pack to grab a bandaid for you means more than words can describe. Even if you have your own bandaids, theirs are given with so much love, they make you heal faster."

We have no idea what blisters or fellow pilgrims may be experiencing, what supplies they might need or if they are struggling to keep putting one foot in front of the other.

You can become an amigos de camino for them and in return, you will gain a friend, a neighbor and a fellow pilgrim to help lighten your load some time, when you need them most.

Pilgrims come from many different countries and speak dozens of languages. On a journey that can take from two to six weeks, you might expect to hear "good luck" in many languages. ("bonne chance", "Kali tychi" or "pop lwc") But not along the Camino de Santiago, instead pilgrims and amigos alike greet each other and bid each other farewell with a promise that we too can give each other… "Buen camino" – "Good Way"

Fun-Filled Fall Adventures for the Whole Family

By Alex Sousa & Ariel Higgs

As the temperatures drop and the leaves turn, Utah County becomes a fall wonderland. Whether you're seeking outdoor adventures or cozy indoor activities, this region offers a plethora of options for family fun. So, gather your loved ones, put on your flannel shirts, and immerse yourselves in the magic of fall in scenic Utah County.

Pumpkin Patch Picking

One of the quintessential fall experiences is picking the perfect pumpkin, and Utah County delivers on this tradition. Jaker's, nestled in the heart of Springville, is one of the go-to destinations for those seeking the perfect pumpkin for carving, decorating, or baking delicious pumpkin treats. The pumpkin patch at Jaker's offers a wide variety of pumpkins in all shapes and sizes, ensuring that every visitor can find their ideal canvas for autumn creativity.

While pumpkin picking is undoubtedly the star of the show, Jaker's offers much more than that. Families can hop on a scenic hayride through the farm's picturesque fields, enjoying the fresh fall scents and family-friendly environment. Additionally, there are activities for children, such as a petting zoo, corn pit, and straw maze.

Glen Ray's Corn Maze and Pumpkin Patch in Spanish Fork is a locally owned and operated fall fun center with everything from a corn maze, to a petting zoo, outdoor games, fresh produce and food stalls. They also offer group discounts for corporate events, birthday parties, family reunions and so on. School field trip groups are also welcome. Check them out at 1750 N 8000 S in Spanish Fork or give them a call at 801-758-2100 or visit glenrayscornmaze.com for more information.

Gordo's Fun Farm is another fun destination for family fun in Lakeshore. Field trips are welcome as

FALL Continued on **Page 16**

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well as discounts for large groups. A corn pit, train ride, playgrounds and corn maze are just a few of the fun things this pumpkin patch has to offer. Check them out at 5746 S 3200 W St in Spanish Fork, by phone at 385-985-5946 or online at gordonfamilyfarms.com.

Corn Mazes and More

Now in its second year in Spanish Fork, Cornbelly's is renowned for its iconic corn maze, spanning acres of land and showcasing intricate designs that change from year to year. Visitors can test their navigation skills while wandering through a sea of corn, an experience that delights both young and old alike.

In addition to the corn maze, Cornbelly's offers exciting activities such as hayrides, carnival games, a ropes course, and other play areas for kids. Every corner of the venue is designed to celebrate the season and bring joy to all visitors.

Apple Picking

Visit local orchards such as Allred Orchards for apple picking. Allred Orchards, a family-owned farm, boasts more than 500 acres of peaches, apples and cherries in the foothills just east of Payson. This picturesque orchard has been providing the local community with a bountiful harvest from the beginning.

Kids will love reaching up into the trees to pluck their own apples. Enjoy the crisp, juicy fruit right from the source or take them home to make homemade apple pies and cider. Through the month of October, Allred's offers a variety of fresh apples ready to harvest, including Pink Lady, Granny Smith, Fuji, and Holiday.

Scenic Autumn Drives

Wind down in the breathtaking beauty of fall foliage with scenic drives through Utah County. The Nebo Loop Scenic Byway offers panoramic views of the vibrant colors, not to mention the mountains are now filled with crisp autumn air. A scenic drive is perfect for a leisurely family outing, complete with opportunities for picnics and short hikes.

Ghost Tours

For those in search of spine-tingling thrills and a journey through the haunted past, they need look no further than the Pedal Provo Ghost Tours. This unique and spine-tingling experience combines the charm of a bicycle ride with the eerie tales of the city's ghostly history.

Now in its seventh year, Pedal Provo Ghost Tours offers residents and visitors a novel way to explore the rich history of Provo. The Pedal Provo Ghost Tours allow participants to dive deep into a history steeped in eerie legends and unexplained mysteries while pedaling through the very streets where these supernatural events allegedly took place. Tours can be booked on their website, but slots fill up fast.

Blackburn Boarding House for Witches Ghouls and Monsters hosts a free haunted house October 29-31. It is a great venue and hosts various events throughout the year that are full of mystery and fun. It also hosts private parties and other events like group murder mystery diners. Give this quirky place a try! You won't be disappointed. Visit them at 317 S 200 W St #1 in Springville, or call 208-819-7131 or check out wizardinginthewildwest.com/events for more information on this unique entertainment spot.

During the fall from September to November there is a special experience available to you in Nephi. The Whitmore Mansion hosts a special haunted house experience for those brave enough to try it. The mansion offers a candlelit tour for those who like paranormal and history, but don't want an actual human to do the scaring. No promises about the resident ghosts getting up to mischief of course. For those who love the paranormal, history and getting the snot scared out of them, there's the Haunted tour. Regardless of what you choose, you're guaranteed to have a haunting experience you won't soon forget. This is located at 110 South Main Street Nephi. Book with them online at lostinntime.com/haunted-tours.html or give them a call at 385-201-9073 for more information.

It's time to visit the Twisted Cow in Provo

See Coupon Offer In Article

By Tim Jafek

Moove out of the way Brooker's and Rockwell Ice Cream, there's a new champ in town! You herd it here–Twisted Cow ice cream shop just opened in November in downtown Provo, and it clearly outclasses all the other ice cream places in the area. As the local food expert, I've been to over a dozen ice cream shops in the area, beloved places like Handel's, the Creamery, Sub Zero, Bruster's, and Penguin Bros, just to name a few, so I know the steaks are high, but when I say they are the best, I mean it–they are the BEST!

The owners are some of the moost passionate ice cream makers I've ever known and make quality premium flavors ranging from Dulce de Leche using dolce imported from Argentina to an amazing Madagascar vanilla to a decadent White Chocolate Peppermint.

They keep a rotating cattle-log of flavors, meaning each month, there are handmade new ice cream flavors for you to try. They have their classics, like Brown Cow Brownie, Vanilla, Oreo Peanut Butter Cup, and Banana Pudding, but they also have legendairy seasonal flavors, like the ones they just added last month–Peach, Taro, Pumpkin Chocolate Chip, Mango, and White Chocolate Raspberry Cheesecake.

Not only do they do amazing on the premium ice cream front, they also have killer monster shakes! These are perfect for a date night or family activity, since they definitely will take more than one person to take down! Each shake is customized with ice cream flavor, mix-ins, toppings, whipped cream, and even more toppings to go on the outside! Not even a cow on a roller coaster could make this good of a milk shake!

Not only that, but their shakes and ice cream can also be custom-ordered for events like birthdays and weddings! What's super cool as well is that you can choose your ice cream flavors and even order custom flavors made just for you! In February, they teamed up with Jimmer Fredette and his charity, Jimmerosity to create his favorite flavor–Peanut Butter Oreo–which they named after his charity, and it just might be my favorite flavor.

Don't trust me, though. You really need to hoof it over there and decide for yourself if this place is worth all the hype (250 N University Ave, Provo). I even love them so much that I asked them if I could put a cowpon in the newspaper as a little "thank you" to you for reading about them so that you can take your family, a friend, or maybe just your keen taste for good ice cream, and **GET ONE FREE ice cream when you buy one** during your visit. You're gonna see why their ice cream is, as their motto says, "better than the udders".

PROVO.LOCAL.FOODIE

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

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Tributes

Carl Brown

Carl Aaron Brown, 62, passed away at the Utah Valley Hospital in Provo, Utah on September 9, 2023 after battling a rare blood disorder known as Erdheim-Chester Disease.

Carl was born on February 17, 1961 to Phillip and Shirley Brown in Mesa, Arizona. He was their eleventh child out of fifteen and their youngest boy. He worked hard as a boy on their family farm and became a well accomplished wrestler. After graduating from Mountain View High School, Carl served a Latter-Day Saint mission in Argentina, Buenos Aries South. Upon returning home from his mission, Carl studied accounting and business at Mesa Community College and Arizona State University before he transferred to Brigham Young University. There, Carl met his wife, Eleisa and they married in the Salt Lake Temple in 1986. Carl started his career working at Sun Valley Waterbeds where he soon he became the store manager. He continued his career and became a successful salesman at RC Willey Home Furnishings.

In 1994, Carl and Eleisa moved to Springville, Utah. A year later, Carl decided to act on his ambitions of becoming his own boss and he worked with his brother, Flint, to open The Getaway (a furniture store) in Payson, UT in October of 1995. Carl ran it as a family business with his wife and children until the day he passed. Carl was known for his values of hard work, service to others, the importance of family and dedication to his faith. He thrived in telling stories. His family and friends will dearly miss his blue eyes and his defining laugh.

Carl was predeceased by his parents Phillip and Shirley, his brother, Flint, his sister, Julia and his son, Matthew. Carl leaves behind his wife, Eleisa; his children, Michael, Erica (Curtis), Steven (Emilia), and Aaron; his grandchildren, Phillip, Lydia, Thomas, Theo, Roman, Lucia and Portland. He also leaves behind many loving sisters, brothers, aunts, uncles, cousins, and a host of friends.

Memorial services will be held Saturday, September 16, 2023 at 2:00 PM at the Hobble Creek West Stake Center located at 555 S Averett Avenue, Springville, Utah with a viewing from 12:30 PM to 1:30 PM. Internment will be held at Evergreen Cemetery located at 1997 S 400 E, Springville, Utah at 3:15 PM.

The family is appreciative of all the love and support during this time.

Donnie Dunn

Donnie Ray Dunn, beloved husband, father (Daddy), Granddaddy, and Great-Granddaddy, passed away from pancreatic cancer at the age of 82 on September 10, 2023.

Donnie Ray was born on April 16, 1941 to Leta Ellen Alligood and William Madison "Buster" Dunn in Moultrie, Georgia. He was one of three children, with older sister Cecile and younger brother Danny. He attended a one room school at Rock Hill as a young boy and graduated from Moultrie High School in 1959. He married Gail Agan in 1961, and they had four children: Loree Hagen (Scott), Monty Dunn, Todd Dunn (Wendie), and Amy Fletcher. He and Gail later divorced, but remained good friends. He married Valeri Thatcher Olsen in 1992 and has five children by marriage: Kristen Stittsworth (Randy), Jeremy Olsen (Jennifer), Merity Bailey (Steve), Matthew Olsen (Emberli), and Geoff Olsen (Briana). He was a very proud and devoted father.

During high school, Donnie Ray played baseball and sang in the A Cappella choir. He had perfect pitch and a beautiful singing voice, and he was one of two boys from the state of Georgia chosen to sing in an FFA choir for President Eisenhower's 1957 inauguration. He blessed many Sunday worship services with beautiful vocal solos, and he continued to excel at every sport he ever played, especially golf.

Donnie Ray worked for Weyerhaeuser paper mills in North Georgia, Louisiana, and Oklahoma before returning to Moultrie in 1973 to open Dunn Brothers Meats in partnership with his brother. He built Dunn Brothers into a successful business and was very proud of expanding to two processing plants (after buying out a competitor who had predicted that he would never succeed.) He was respected in the local business community for his integrity. He was determined and persuasive in navigating the state and federal regulatory relationships required in food production, often making trips to meet with politicians and regulators in Atlanta and Washington, D.C. The Georgia Meat Packers Association urged him to run for the Georgia State Senate at their expense.

He continued to pursue building businesses, working with start up companies in engineering and tech in Utah until retiring to his and Valeri's beloved farm in Payson, Utah. He happily transitioned to being an animal whisperer, often sitting on the porch with a chicken or turkey in his lap - embracing a "we don't eat family" approach to animal husbandry in strong contrast to his meat production past. But he never lost his magic touch with meat, smoking the most delicious brisket, chicken, pork, and jerky and generously sharing with friends and family.

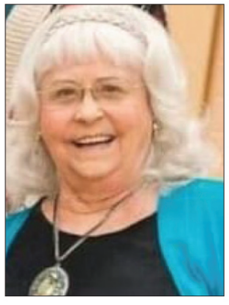
He became a member of the Church of Jesus Christ of Latter-day Saints where he loved serving in many capacities, including as a teacher, in Bishoprics, and on Stake Councils. He was a humble and devoted disciple of our Savior Jesus Christ and exemplified this by the life he lived.

Donnie Ray's health was a challenge for many years, but he carried on cheerfully, always responding with "better than I deserve" when asked how he was doing. He could never sit still, even after moving became more challenging, and he didn't watch tv shows or movies. He would only sit to watch the news and sports if he had a project to work on, usually the shelling of walnuts from the trees on their farm. In later years, despite deteriorating health, he carefully continued to work outside, moving irrigation pipes, repairing equipment, and tending to the animals and yard. He proudly stated that though his body was declining, "it's not from rust" but rather from

being thoroughly worn out.

Donnie Ray was adored by all his children and grandchildren and beloved by his large and devoted extended family. He was witty, charming, loving, and encouraging. Everyone who knew and interacted with him always felt better after talking with him. He will be sorely missed, and always treasured and fondly remembered.

He is survived by his beloved and devoted wife, Valeri, his nine children and their spouses, 32 grandchildren and 3 great-grandchildren, his brother Danny Dunn, and his devoted canine companions, Carly and Lizzie. He was preceded in death by his sister, Cecile Glausier, and a granddaughter, Madison Fletcher.



Mary Lee Dugovic

Mary Lee Dugovic, daughter of Thomas Wilbur Simpson and Myrtle Irene Englent, was born on December 14, 1939, in Sanger, California. She passed away from the effects of age on September 17, 2023. Mary Lee was raised in the city of Sanger in a stately white house with green shutters, creating a beautiful backdrop for a childhood filled with cherished memories.

Her childhood was intimately connected to the rhythms of ranch life, as her parents owned beef cattle and ran a thriving ranch plus a high mountain pasture for summer grazing. Mary Lee grew up surrounded by the sprawling landscapes of the ranch, and it was there that her love for horses and dogs was nurtured. She spent countless hours riding horses on cattle drives, cooking for the cowboys, and forging a deep connection with these majestic animals that would stay with her throughout her life.

She graduated from Sanger High School in 1957 and was a true child of the '50s, she loved to dance and taught her kids the bop, the stroll, the swing, and the Charleston. Mary Lee was also a trained ballet dancer. Her love for ballet was most evident in her affection for her beloved toe shoes. Mary Lee's athletic abilities extended to the pool, where she earned swimming medals for breaststroke and medley relay during her high school years. Her exceptional skill with the "frog kick" in the breaststroke impressed many, and she was even invited to demonstrate this technique at other high schools, showcasing its power and efficiency.

After her first marriage ended, Mary Lee embraced the role of motherhood to her two daughters. In 1972, she found an eternal love with James Arthur Dugovic, and together they blended their families, expanding their love and commitment to include seven children.

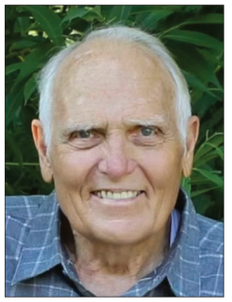
Mary Lee worked initially at a local credit union and then, in 1968, as a valued Chiropractic assistant and secretary at Dr. Cartwright's office. She worked for a variety of Chiropractors for the rest of her career. Her official retirement was at the age of 75. During her work career she loved learning and teaching about childbirth. She shared this knowledge through natural childbirth classes and opened her home to babysit numerous children over the years.

Later in life, residing in Springville, Utah, Mary Lee continued her tradition of bringing people together through "Taco Sundays" on the first Sunday of every month at 4:44pm. Everyone was welcomed with open arms to enjoy her delicious tacos and homemade salsa.

Mary Lee and Jim found immense fulfillment in their faithful service within the Church of Jesus Christ of Latter-day Saints. Their most cherished period of service was during their mission from 2002-2004 in the North Carolina – Raleigh Mission, where they made a profound impact on the lives of those they served.

In her later years, Mary Lee was lovingly cared for by her daughter, Jill. Mary Lee leaves behind a legacy of kindness and service that will forever be remembered and cherished by all who had the privilege to know her.

Interment was at Springville Evergreen Cemetery.



Michael LaMar Groneman

After a long battle against cancer, Michael LaMar Groneman, age 78, of Springville, Utah, passed away on Saturday, August 26, 2023, at home surrounded by his family.

Born to Marge and LaMar Groneman, Mike made his way into the world on December 23, 1944, and interrupted what his father called a "great duck hunting day."

He spent the first 9 years of his life living every little boy's dream chasing chickens and tending to animals on a farm in Mapleton before moving to Springville Main Street, where his father opened a taxidermy shop.

He attended elementary through high school in Springville. He graduated as a Mighty Red Devil where he excelled in basketball, football, student government and many other activities. He was named Best Dressed, which he thought was kind of funny since he usually just wore JC Penney jeans and a shirt freshly-pressed by his mother.

Upon graduating high school, he earned a full-ride scholarship to play football for the University of Utah, where he proudly wore #66. He was a die-hard U of U fan and passed that love for the Utes to his children and grandchildren. Our family sports motto "We cheer for the U of U or anyone who plays BYU" was proudly displayed in a bumper sticker on the family suburban for most of the 80s and 90s.

In 1965, the summer before his senior year of college, he took a road trip to Yellowstone and happened to cross paths with a former flame named Jan Roberts. Luckily fate had brought them back together, and they married on December 10, 1966. After 57 years of marriage, Jan and Mike are still best friends, soulmates, and the perfect example of true love.

Upon graduating from the U of U, he attended the Children's Hospital of Physical Therapy in Los Angeles where he earned his degree in physical therapy, then worked at St. Vincent's Hospital. After 3 years in L.A. they moved back home to Utah where he worked as a Physical Therapist at Utah Valley Hospital. After 10 years at the hospital, he opened his own practice. In 1993 he obtained his certification as a Specialized Hand Therapist and worked as one of the few physical therapists in Utah County specializing in the treatment of hands, until retiring in 2006. Mike loved his work and patients. His patients reciprocated that love and appreciated his ability to heal them.

In May of 1972, he and Jan welcomed their first child, Heidi. Not long after that, Steven, Angie, Chad and Miken followed. Mike absolutely loved his family and let them know often. Jan, his children, grandchildren, and great grandchildren were the highlight of his life. He loved them fiercely and they love him back just as much.

After retiring, he and Jan spent many winters as "Snowbirds" in Parker Dam, AZ. It was there that he developed a talent for whittling and carving wood. He spent hours carving different animals and beautifully detailed Hobbit Houses for his children and grandchildren. In his spare time, he also loved golfing with his buddies, gardening in his beautiful yard, traveling with Jan, and watching his grandchildren at their sports events and musical performances. They always knew that Gramps was their biggest fan.

As a member of the Church of Jesus Christ of Latter-Day Saints, Mike served his Lord faithfully. He held many positions in the church as Bishop, teacher, and counselor. He and Jan served as missionaries and taught those in the 12-step Program. They loved helping and serving those they worked with and were a positive impact on many lives.

Mike is preceded in death by his parents, LaMar and Marge Groneman.

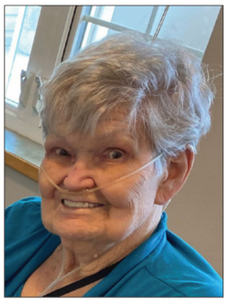
He is survived by his beautiful wife, Jan, and their five children: Heidi (Patrick) Monney, Springville, UT, Steven (Katee) Groneman, Spanish Fork, UT, Angie Groneman, Springville, UT, Chad (Ashlie) Groneman, Santaquin, UT, and Miken (Taylor) Gardner, Santan Valley, AZ. His legacy lives on through his 15 grandchildren: Olivia (Ryan) Gage, Sinking Spring, PA, Michael Monney, Glendale, UT, Andrew Monney, Spanish Fork, UT, William Monney, Logan, UT, Gracee Groneman, Spanish Fork, UT, Max Groneman, Spanish Fork, UT, Jordan (Whitney) Lindquist, Coleman (Carlee) Lindquist, St. George, UT, River (Jordyn) Lindquist, Mapleton, UT, and Jacksen (Sage) Stika, Provo, UT, Kole Hampton, Orem, UT, Izzie Groneman, Mapleton, UT, Lucy Groneman, Mapleton, UT, Dade Gardner, San Tan Valley, AZ, and Tayen Gardner, San Tan Valley, AZ. He

also leaves behind 2 great-grandchildren, Treyson Christensen, Delilah Lindquist, and two more on the way.

He is also survived by his sister, Katherine (the late, Don) Tuttle, and brother, Lawrence (Kathy) Groneman.

The family would like thank Mike's hospice nurse, Heidi, who provided him with wonderful care and comfort during his last month.

"My love", "daddy", " pa", "Mikey", "buddy", and "gramps" will forever be missed and in our hearts.



Darlene Minnie Hazel Eggleston

Darlene Minnie Hazel Eggleston was born April 27, 1931 in Salem, Utah to William John Hazel and Minnie Maude Smith Hazel. She was the last of 12 children. She married Louis Restall Demson in 1947 and they had one son, Earl LeRoy Demson. They were later divorced. In 1958 Darlene married Veron Cloward. After his passing in 1974, Darlene married Earle Paul Eggleston. He passed in 1993.

Darlene loved to cook and garden. She received numerous awards for her yard. She was especially fond of her roses. Darlene also loved to cook. Her grand daughters were most fond of her Swedish Meatballs and Cinnamon Rolls. She was a cook for the Utah County Jail and retired in 1996.

Darlene was preceded in death by her parents, 4 sisters and 7 brothers, her husbands and her only child Earl. She is survived by grand daughters: Stephanie Stevenson (Russell) of Florence, MT, Heather Ash (Nathan) of Palmyra, UT, 5 grand children: Skylar Demson (Tommy), Shirley Anne Demson, Emma Ash, Ellie McKell (Hunter) and Connor Ash.

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

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Photographing Fall Colors

By Ed Helmick

We are blessed with some of the best fall colors of any location in the entire nation. Lucky us. The Nebo Loop road has become known in many national publications for a place to be seen for its fall colors. We who live here can witness the splendid colors not far from our front door.

This is the time people get to capture the variety and intensity of colors on the mountains. Whether you use a cell phone or high-end camera and lens I want to offer some composition thoughts. A few wide angle shots showing off the splashes of color that appear are interesting. Try capturing the smaller image of just a few leaves on a branch, or even try and find a perfect shaped leaf. Another thought would be to frame some colors with a tree or limb branch. If the light is right, you can sometimes get the veins of the leaf to standout. Sometimes there is a nice array of color at your feet and all you have to do is look down.

The idea here is to think about "making a picture" not just "snapping a picture". Think about what you can see in this amazing world we live in. See the little things around you and you will enjoy more. Before long you will want to be taking more and more photos showing off your creativity and the joy of life that you are experience.

Wings & Wheels a Spanish Fork Success

By Ed Helmick

B-17 Flying over the Wings & Wheels event in Spanish Fork. Photo by Ed Helmick.

With beautiful fall weather and an inviting schedule of event activities this September 22 and 23 Wings and Wheels nearly doubled last years ticket sales. Total ticket sales were 8,883, compared with 4,737 last year. With kids under the age of 10 getting in free, Airport Manager, Christian Davis estimated the event saw close to 14,000 attendees on the Saturday of the event. People got their money's worth of thrilling sights and sounds, as illustrated with a few photos from the event for those who did not attend.

This success will be widely recognized and next year will be bigger and better.

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Should I Add My Children as Co-Owners on My Home?

By Ken Prigmore of Prigmore Law in Spanish Fork, Utah

Ken Prigmore
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Wills ~ Trusts ~ Probate

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

Should I add my children as Co-owners on the Deed to my home? The short answer, almost always, is NO, please don't! But there are exceptions. As an Estate Planning Attorney and a licensed Title Officer, I have seen several parents attempt such a deed to avoid attorney fees, probate, medical liens, taxes or even to qualify for Medicaid. Unfortunately, in nearly every case, the transfer actually made things worse.

ISSUES CREATED FOR THE PARENT:

The biggest concerns are creditors and control. If your child at any time prior to your death owes a large sum of money and can't pay it, your home can end up in the crossfire. When you sign a deed adding your child to your property as joint tenants, your child has become a joint owner. If during your lifetime your child ever has difficulty paying their debts, a court can order your home to be sold. If the deed shows one parent and one child as co-owners, the court will take 50% from the sale of the home to pay the child's debts.

Some parents may transfer their home to their children early to avoid having a lien placed on the home for medical costs or to qualify for Government benefits programs. The big problem here is that a transfer like this can actually disqualify you from receiving Government benefits. Medicaid will look back five years from the date you seek benefits to see if you gave away any significant assets like your home. If you have made a gift, you will be required to wait five full years before receiving any assistance by Medicaid.

Another problem is control of the home. Anyone listed on a deed to a home is an owner of the home. If you need to refinance the home, sell it, or use it as collateral on a loan, your children will need to first approve of your actions and then sign with you on the loan or sale documents. If you decide you want to take your children off of the title, your children can choose whether they will sign a deed giving you their share. They don't have any legal requirement to do this, unless they have somehow committed fraud or otherwise unfairly pushed you to add them to the deed in the first place. If you get your children to sign a deed selling the home, they have the right to claim their share of the sale proceeds. If you and one child are listed as the only owners, your child will have the right to claim 50% of the sale proceeds of your home.

This extends to the sale of your home after your death. If a child is listed as a joint tenant on the home, they legally have the right to keep the home to themselves. I have seen some people add a child to their home as a joint tenant, and then tell that child to sell the home after the parent's death and divide the proceeds of the sale to all of their children equally. No matter what you have written in your will or trust, if a child is a joint tenant, they will have the right to keep the home and not share the proceeds of a sale with anyone. Even if you know you can trust that child, what happens if they marry someone you don't trust, and then your child becomes injured and the person you don't trust becomes their power of attorney or guardian? At that point, someone you did not plan for is in control of your assets.

ISSUES CREATED FOR THE CHILDREN:

Imagine if your child opened a gift of great value, only to learn later that they now have a large Federal tax bill to pay on that gift? The years that have passed since you purchased your home will normally increase your home's value. If you have lived many years in the same home, the increase may be in the hundreds of thousands. When you sell that home, federal capital gains taxes will be due on that increase in value, unless the person selling the home has lived for two out of the last five years in the home. If you have added one or more children to your deed prior to your death, when you die, they will sell the home and learn they owe the taxes on that increase in value, which may be as high as 20%. In extreme cases, they may choose to spend the next two years living in the home before selling it. Or they may simply avoid reporting the sale on their taxes. Sale of a home is easily tracked by the IRS, and will be obvious in an audit. Your children, if they fail to report and pay these taxes could be fined, or worse, jailed for fraud.

One exception to this tax problem can be when a child lives with their parent for at least two years prior to their parent's death. For this to work, the equity in the home must not exceed the maximum tax exclusion of $250,000 for individuals and $500,000 for couples. More than half the homes in Utah are currently worth over $500,000, and many homes have no mortgage when the owner dies. If the home value were just $10,000 more than the exclusion, your children could be forced to pay $2,000 in capital gains taxes. Normally your children already have a home and don't intend to move into your home before or after your death.

COMPLETE WAIVER OF CAPITAL GAINS TAXES

The easy answer to the tax problem is to simply wait to give your children your home at your death. Current federal law waives all capital gains taxes up to the date of your death. This can be an enormous savings for your children.

WHAT IF I ALREADY ADDED MY CHILD TO THE DEED ON MY HOME?

Fortunately, this transfer can be reversed while you are still alive. A home gifted to a child can be gifted back to you. If you explain the tax consequences, your child will likely be grateful to avoid this costly mistake.

TRUSTS MAKE ALL THE DIFFERENCE

If you own a home or other real estate, the smoothest way to transfer your property to your children is using a Trust. Without a Trust, your children will someday need to retain an attorney to file a Petition to open a probate after you die. This will cost them a few thousand dollars and the court process can take from a couple of weeks to a few months. During that time, your children will need to pay the attorney and continue to make payments on the mortgage, HOA, property taxes, and other monthly home related costs until a Judge gives one of the children the right to list and sell the home.

With a Trust, you have total control of how and when assets like your home will be sold and distributed to your heirs. A Trust will empower your children to sell the home right after your death without going to probate. They will then follow your requirements set in the Trust for how, when and who will inherit. Take control of your assets and create your Trust today!

I Have a Theory (Or Two or Three)

By Joe Capell (Funny-ish Files)

We've all heard of Murphy's Law. It states that "whatever can go wrong will go wrong." I've never really believed it much--it seems too pessimistic to me. (Sometimes things actually go right!) But, there are some laws and theories that I do believe in, such as:

The Fuel Price Paradox: "If you fill your vehicle with fuel, the next morning the price per gallon will go down; however, if you wait until the next day to fuel, you will find that the price per gallon has gone up considerably."

It's disconcerting how often this happens. If I wait until tomorrow to fill up my tank, I'll invariably find that the price has risen. But, if I top off my tank today, I'll awake to see the price has dropped. I don't know how to keep this from happening. I wonder if, as a public service, I should announce when I am going to fuel up, so everyone else can wait a few hours and get lower prices for themselves.

Another theory I am sure about is: The Busier Parent Postulate: "If a child has a question, and both parents are available, they will approach whichever parent is currently busier." In my family, that usually means they'll go to my wife. I'll be staring at my phone, looking at something useless like a list of "20 Unknown Facts About 'Gilligan's Island,'"while my wife is busy doing some home work on her computer, and they'll ignore me and interrupt her with some important question like, "Mom, can I have a banana?"

Unless, of course, my wife is playing games on her phone and I'm brushing my teeth, in which case I'm the one they'll ask, "Dad, can you sign for my homework?"

This postulate is closely related to The Phone Call Contradiction, which states that: "Children will have absolutely nothing to say to you until you are on the phone trying to talk to someone else."

And then there is The Obvious/Oblivious Paradigm: "When looking for something, it is most likely in one of the three most obvious places, even if those places have already been searched." The other day my daughter was looking for a library book because she had to return it. I asked if she had checked in her backpack. She replied that she had. I told her to check it again. She said, "I've already looked there." You'll never guess where she eventually found it.

Needless to say, she had waited until two minutes before she needed to leave for the bus stop before she began searching for her missing book, because she had to adhere to The Procrastination Principle."

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

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

In addition, Michael participates in the competitive shooting sport of Cowboy Action Shooting. Through this unique hobby, he actively participates in competitions that pay homage to the rich heritage of the cowboy era.

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

Michael is dedicated to excellence and is committed to customer satisfaction. Under his leadership, Snelson PhotoColor Lab has earned a reputation for delivering unmatched quality, attention to detail, and personalized service that exceeds clients' expectations.

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