

Elaine Williams



Payson Business of the Month -

With the growing need for individuals, families and businesses to find more productive and economical avenues of surviving the downturned global economy, Elaine offers services that can save money, improve health and wellness, and decrease vulnerability to predatory systems.

- **Wellness Coaching** - Using the best natural tools available, Elaine helps clients identify, and naturally heal the underlying causes of stress, illness and disease, easily and gently.
- **Pre-paid Legal Services** - To ensure the average person/family has immediate access to legal consul when needed (legal insurance - just like car insurance!) and to protect and resolve identity theft issues.

Elaine serves as the Ribbon Cutting Chair on the Payson Chamber of Commerce Board of Directors and organizes the ribbon cutting events for new businesses in Payson. She is the Vice Chair for her Payson 02 Political District and serves as the Stake Single Adult Committee Chair for her Mt. Nebo Stake. She actively supports Chamber events and loves working with small businesses. Elaine is a transplant from Maryland and is the mother of 5 grown and productive children and the grandmother of 12 adorable grandchildren (and she's single!).

Ribbon Cutting for Pepperbox CrossFit - Oct 11 11:30 A - 12:00 P

CrossFit is a sports and conditioning program that focuses on short intense workouts that constantly vary to create optimal results. Pepperbox CrossFit is not a gym. They are a fitness and health training facility. What's the difference? They instruct in the most up-to-date methodologies of fitness and exercise. The CrossFit program is a revolution in programming using gymnastics, Olympic weight-lifting, conventional mono-structural exercises in constantly varied, unconventional combinations. They teach in a class to optimize the opportunity to work towards perfecting form, as well as instruction. They marry the individual attention you'd want from a personal trainer with the friendly competition of a class to bring out the best in their athletes. By varying the load and intensity, they start you at a level appropriate to your fitness and experience. At the Pepperbox they work hard to create a community of support and camaraderie where all ages and skill levels feel welcomed and encouraged. Travis (a retired Marine & now a Police officer for Orem) and His wife Natalie have built this training facility from the humble beginnings in their garage gym in Elk Ridge to their new location here in Payson. They have helped their clients to lose the weight they want, while improving mobility and function.
Real training. Real People. Real Results.



Pepperbox Crossfit
875 East 100 North #5
Payson, UT
801.822.4781

PAYSON CITY, UVU ALUMNI, & UVU CREATV SOCIETE present

MAiZE

CORN MAZE

an entrepreneurial student and community engaged learning-scholarship project with proceeds going to local students

SEASON	FRI, AUG. 31	HOURS 5 ⁰⁰ - 9 ⁰⁰ pm
	'TIL SAT, NOV. 3	

monday • wednesday • friday • saturday

AVAILABLE fundraising/business/service_projects
info@MAiZE.me

\$6 GENERAL

location
800 S STATION ROAD
PAYSON
I-15 exit 248, head west

discounts:
with UVU ID
group 10+

reservations
& information
online at
MAiZE.me

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Spanish Fork

Service Scavenger Hunt Needs Your Business's Help

Our Charter Venture Crew 1532 needs our help in their Service Scavenger Hunt to be held Oct. 18! They are looking for several 20 to 30 minutes service projects that they could come and do at your place of business. So look around and take note of small projects that could be accomplished by these young people ages 14-21. Please participate and help the Crew have a successful scavenger hunt while they provide a needed service to your business. One shop is having them load cardboard for recycling, the Chamber is having them fill welcome bags, so look around your place of business! Contact Advisor Gordon Lowe for more information at blowe1532@gmail.com 801-377-7785 (Work) 801-798-7611 (Home)

Noon Networking Luncheon – Oct 10 Noon to 1:00P

At the North Park Grand Pavilion located north east of Costco. Luncheon will be provided by Costco. Membership signup for Costco will be available after the luncheon for Chamber Members, employees, friends, and family. Please RSVP to Sp Fork / Salem Chamber of Commerce: Cary Hanks office@spanishforkchamber.com

Daily Herald
www.heraldextra.com

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Call 801-372-3300 • Oct. 26 & 27 - SPANISH FORK FAIRGROUNDS



Spanish Fork Farmer's Market runs through Nov 3 at 100 W Center Street behind the City Office Building. The Farmer's Market is a fun place to shop for fresh produce from local growers and vendors. Business Fairs will run once monthly and will be located at 40 South Main, Spanish Fork. Contact the Spanish Fork / Salem Chamber of Commerce at 801-798-8352 or office@spanishforkchamber

Sp Fork / Salem – Scarecrow Contest – See spanishforkchamber.com for details and application. \$10 Entry Fee. Scarecrows to be on display Oct 1 -31st
Winners tbd by online voting. Lets decorate our communities for the Halloween season and have a great time! Enter today!

Pleasant Grove Secondary Water Ending Early
The secondary water system will be shut down starting Oct 1st due to maintenance of the Manila Creek Pond, the City will begin the winter shut down of the secondary water system two weeks earlier than normal. There may be water in some portions of the system for several weeks as the main lines are drained. Residents should plan to winterize their sprinkler systems after the beginning of the month, when lines are empty. The Water Department would like to thank the citizens of Pleasant Grove in their efforts to conserve water this summer.
For questions call the Water Department at 801-785-2941.