

**PAYSON**

**Jan Business of the Month - Mountain Air Assisted Living**

Congratulations to Rhett and Jennifer Huff owners of Mountain Air Assisted Living for being chosen as January 2013 Business of the Month. Located at 153 S. 900 E. For more information, please Call: (801) 465-1490



For more information, contact

Norene Jensen	801.636.1040	norene.invests@yahoo.com;
Colin Logue	801.609.8699	utahavenueinsurance@gmail.com or
Carolyn Bowman	801.465.2634	paysonchamber@yahoo.com.

Check our website for upcoming events and special coupons. [www.paysoncitychamber.com](http://www.paysoncitychamber.com)

**SPANISH FORK / SALEM**

**Jan Business of the Month – Spanish Fork IFA**

Congratulations to Randy Gordon and IFA on being chosen for January Business of the Month. Randy has supported our Farmer's Market, Harvest Moon Hurrah, Summer Barbeque, and other community events. We appreciate IFA and Randy Gordon's commitment to shopping local. Located at 250 W Arrowhead Trail, Spanish Fork



**PLEASANT GROVE**

**PG-13 DARE TO BE FIT GET UP AND MOVE Fitness Challenge!**

Sat Jan 12 thru Sat Apr 27, 2013! You can pick up an application at the PG Rec Center beginning Friday, Dec 28. Registration fee is \$130, \$100 if you already have a current PG Rec Center Membership. The registration fee includes Sat classes and weigh-ins, 16 week membership to the PG Rec Center, water bottle, t-shirt AND SATURDAY DAYCARE!!! That's right; your registration includes FREE daycare on Sat Mornings during our workout/meeting! Contact the Rec Center @ 801-785-6172 for more information.



**Youth Fit for Life 2013**

- This program is aimed at helping youth realize the benefits of regular exercise and good nutritional habits. It is set up to assist the youth in getting stronger, more flexible, develop more endurance, improve their emotional stability, increase self confidence, and help set them up for a future of being fit, both inside and out.

Runs from Jan 12 – Mar 9. Participants will meet every Sat from 8:30 to 10A. to weigh in, review their goals, and participate in a formal group exercise class. These classes will be set up to accommodate different exercise levels and abilities. Participate in 6 out of the 8 Saturday exercise sessions to qualify for the drawing of a \$50 Nike shoe gift card. Up to twenty (20) gift cards could be given out. All participants will receive a water bottle and a "Youth Fit for Life 2013" t-shirt. Random gifts will be drawn each Sat for those in attendance. Prizes will be given at the end of the program to the top 3 participants. The criteria for these prizes will be based on participation, success related to individual goals, and commitment to the program.

Cost: \$49 for PG Recreation Center members  
\$79 for non-members (this includes access to the recreation center for the duration of the program)

**SCHOOL SAFETY - A message from our Police Chief, Mike Smith:**

"In an effort to provide for the safety and security of our children and teachers, and to do what we can to reassure parents; the Pleasant Grove Police Department will institute a 'School Walk Through Program.' On a daily basis, at random times, officers will spend time in every public and private school in Pleasant Grove."

Thank you to our officers for providing this service!

**"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."**

**Martin Luther King**

**"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."**

**Martin Luther King**

**WOMEN IN BUSINESS**  
SOUTH UTAH COUNTY

*Business Connections Luncheon*

WEDNESDAY, JAN. 30<sup>TH</sup>, 2013  
11:00 AM - 1:30 PM  
CHEAPSHOTS! PHOTOGRAPHY  
1271 E. EXPRESSWAY LN, SPANISH FORK  
COST IS \$8.00 FOR LUNCH

LUNCHEON KEYNOTE SPEAKER  
*Debby Lauret*  
AMERICAN FORK CHAMBER OF COMMERCE  
NORTH UTAH COUNTY WOMEN IN BUSINESS

Arrive early to register and receive a free business headshot  
courteous of Cheapshots! Photography

WBSUC MEMBERSHIP IS \$30 FOR THE YEAR  
RECEIVE \$10 OFF WHEN YOU ATTEND THE FIRST LUNCHEON

[WWW.FACEBOOK.COM/WBSUC](http://WWW.FACEBOOK.COM/WBSUC)

