



# CHAMBER OF COMMERCE NEWS

Another benefit of your West Union Chamber Membership!  
[www.westunion.com](http://www.westunion.com)

## 4<sup>TH</sup> of JULY CELEBRATION



### FIREWORKS

The annual 4th of July fireworks show will be held on Friday evening, July 4th. The show will again be held at the West Union Rec Center beginning at 10:00 p.m. Donations are still being accepted for the show, which costs \$4,300 to produce each year.

If you would like to make a contribution to the show, please send a check to the Chamber of Commerce earmarked for fireworks. You may also contribute by donating your beverage cans in the collection bin located at Old Mill Redemption Center (located by Jay's Automotive). Thanks to those community members and businesses who have already donated and to our Fundraising Chair, Marge Crandall!

The West Union Chamber of Commerce is excited to plan this year's Fourth of July Community Celebration to be held in conjunction with the annual fireworks display and Miss West Union coronation! There will be fun and entertainment for all ages at the West Union Recreation Center on Friday, July 4th!

At 4:00 pm, kids and adults alike can race through the Nascar Inflatable Obstacle Course while younger children can take a turn in the Spiderman Bouncer. The Miss West Union Candidates will be giving kids a little color with face painting. At 5:00 pm, pull up a lawn chair and enjoy listening to the Miles Adams Band. The band will break at 7:00 pm for the announcement of the 2014 Miss West Union! The annual Pool Carnival at the West Union Aquatic Center will be held on July 4th as well. Brats, hotdogs and cold drinks will be available for purchase at the Rec Center.

In case of rain, the band and Miss West Union ceremony will be held at the Fayette County Fairgrounds in the Dance Pavilion. Rain date for the fireworks display is July 11th. Watch for more details in the coming weeks!



**MILES ADAMS BAND** We are excited to welcome back the Miles Adams Band this year, which will begin playing at 5 o'clock and entertain us right up until the fireworks begin!

*We are still looking for people, groups or businesses who may be interested in selling food or beverages or running games at the 4th of July Celebration. If interested, contact the Chamber Office.*



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#### BOARD OF DIRECTORS

<b>Melody Patrick</b>	<b>President</b>
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#### COORDINATOR

**Melissa Fagle**

## Chamber Spotlight: Curves



Curves is a facility specially designed for women and offers a safe and supportive environment for all ages to get healthy and stay healthy. Spending a little bit of time at Curves will help you build strong muscles and bones, a healthy heart, and flexible joints and can help with weight control, blood pressure, cholesterol, and arthritis.

In March, 2003, Teddie Lensing opened the West Union location of Curves at 111 Highway 150 North. That August, Wanda Cole became the manager, and four years after it opened, she took ownership in March, 2007. The club was remodeled in 2012, including new carpet and paint and today Wanda has the help of four of her members who work on a part-time basis.

Curves offers women a 30 minute workout that will build lean muscle, amp up metabolism and kick start weight loss. Using hydraulic resistance machines that work every major muscle group, you get the resistance you need without adjusting weights, counting reps or sets, nor feel the muscle soreness you get with free weights. And there is always a coach on the Curves circuit to help with form and push you to your personal best.



Jillian Michaels, fitness trainer from the TV show “The Biggest Loser,” has also joined Curves International and now comes into the club at specified times via TV screen. Workouts with Jillian kick it up a notch to boost intensity, build strength, burn fat and prevent plateaus as she coaches members to do a variety of moves between machines. Each workout has built-in modifications for every fitness level, so everyone can get maximum benefits!

Curves members can also get additional support through a program called Curves Complete. Women get a fully personalized weight loss solution that includes the Curves Fitness Program, online customizable meal plans, and one-on-one coaching and support to help you burn more fat, keep muscle and boost metabolism for permanent results.



Over time Curves has continually enhanced their programs, increasing from 8 strength machines to 11, plus added a “stepper” that measures heart rate throughout the workout. Curves Smart was also added in 2013 and is the most advanced coaching system in the world, giving instant feedback, motivation and tracks your results. And new this year is a stretching circuit! Curves has also developed a full line of quality supplements, protein shakes, meal bars and snack bars, plus a clothing line designed to flatter all body types.

All women in the West Union area are invited to stop in and give Curves a try. It’s a fast, safe and fun way to work out and will help you see measurable results every time you come.

Curves is open Monday thru Saturday and can be reached at 422-5400. Stop in and see all that Curves has to offer!

***Thank you to Curves for your Chamber membership and support!***

### ENTERTAINMENT SPONSORSHIP FORM

YES! My business will sponsor the Band and Inflatable activities at the 2014 Celebration!  
Sponsorship levels available:

★ **RED \$50 TO \$99** (Name listed in newsletter)

☆ **WHITE \$100 TO \$249** (Name listed in newsletter and on sponsorship sign)

★ **BLUE \$250 TO \$500** (Name listed in newsletter, on sponsorship sign & announced before the fireworks)

of July celebration’s entertainment. The cost of the Band and Inflatables total \$2,650. If you are interested in helping with this aspect of the program, please fill out and return the Entertainment Sponsorship Form included in this newsletter, along with your donation to the Chamber Office. If you have any questions you can contact Melissa at the Chamber.

**We are still in need of businesses and members of the community to help support this year’s 4th**



### WU Stock Festival Planned for August 23rd

Community input is still being sought as this event is in the planning stages. Plan to attend the next meeting if possible on Thursday, June 5th at 5:30 pm at 122.

Check out “WU Stock-West Union, IA” on Facebook to give suggestions and get updates.

Parade Entry forms are available at the Chamber or on the West Union website:

[www.westunion.com/upcoming-main-street-events.html](http://www.westunion.com/upcoming-main-street-events.html)

# Chamber Bits...

Take a moment to go to the West Union Website Business Directory and look at your business listing. →

<http://www.westunion.com/business/search/business-directory.html>  
If you see something that needs updated on your business listing please email changes to Melissa at the Chamber.



The 7<sup>th</sup> Annual Triathlon will be held on Sunday, June 29, 2014, at 8 a.m. The race begins at the Aquatic Center. It starts with a 5K run over the high school cross country course and through the recreation park, transitions to a 16 mile bike ride on county blacktop roads, and ends with a 400 yd. swim in the Aquatic Center. Preregistration is required. No registrations will be taken the day of the event. Registration fees are: \$30 (ages 9-17) Individuals; \$35 (ages 18+); \$60 Teams. Teams can be either all male, all female, co-ed, or youth. While results are being tallied, an Aquathlon will be held for children up to age 11. This includes a run of twice around the aquatic center and 4 lengths of the pool. All entrants will receive a t-shirt and medal.



The West Union Parks and Recreation will be holding their first ever Color Run on Friday, July 4, at 9 a.m. The race will begin and end at the Aquatic Center. This is actually NOT a race but a very fun run/walk for the entire family. At every mile marker, you are sprayed with dry paint that activates when you sweat or run through a sprinkler. By the end of the race you are many colors. Since the event will be held on the Fourth of July, Parks and Recreation wanted to give back to all those who have given so much to our great country. All the proceeds from this year's event will go to the Wounded Warrior Project. The name of the event is Celebrate America: Show Your Colors. Entry forms are available at City Hall and the Chamber of Commerce Office. Registration fees received prior to June 13 are \$25 for ages 13+ and \$20 for 12 & under. Fees after the 6/13 deadline are \$40 for 13+ and \$35 for 12 & under. Registration forms are available for all three events on the Park and Rec website at [www.WUParkandRec.com](http://www.WUParkandRec.com), at City Hall or at the Chamber of Commerce.

## Celebrate America: Show Your Colors!



The upstairs apartment in the Chamber building will be available for rent June 1st. Contact the Chamber office for more information.



U.S. Cellular of West Union will be hosting Device Workshops the last Saturday of each month from 9am-10am.

Customers and non-customers are welcome to join us and learn about some new promotions, products, and services, as well as ask any questions they may have.



June 17th, Good Samaritan Society will host a Community Coffee & Program by Aaron Bicknese and Paul Staebler on "Gospel in India and Pakistan" in the Dining Room at 2:30 pm. Food & Fellowship follows. All are welcome!

Note: The Chamber will not be filling flower barrels this year, but we encourage you to use your planters to beautify your business as you wish.



The All Iowa Quilt Shop Hop will take place at participating shops all over Iowa, including our very own One Block Over. This major quilting event attracts quilters from all over the United States to Iowa and runs from June 1<sup>st</sup> to June 30<sup>th</sup>. Stop by One Block Over for fun, ideas and prizes and help us promote our great town as visitors from all over will be swinging through on their quilting adventure!

## GREEN PILOT UPDATE

### MULTI-FAMILY HOUSING PROJECT:

Work continues to complete the 12 apartments that are part of the Multi-family Housing project. Finishing of drywall and painting is nearly complete in two of the buildings and cabinets arrived in late May. Wood floors have been finished and work continues to move forward on the third floor of the Bank Block Building. Applications are now being accepted for anyone interested in renting any of these apartments. For more information, please contact the MSWU office.



### FAÇADE MASTER PLAN UPDATE:

All of the shell enclosures have now been removed and we can see all the great façade improvements that have taken place over the winter months. Tuck-pointing continues on several buildings which will repair the brick facades. Paint will soon be going on as weather allows and the final new windows installed. Take a stroll downtown to see the progress!

### VOLUNTEERS NEEDED:

The City is looking for volunteers interested in helping keep the planting beds looking good this summer. The spring bulbs are in full bloom and really looking great. The beds will need a little TLC a couple of times a year and anyone interested in helping out is asked to contact City Hall or Main Street West Union. Thanks!

### NEW GRANT OPPORTUNITIES:

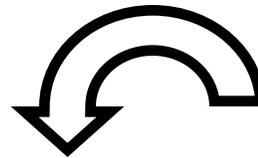
The legislature has set aside funding for future Façade and Challenge Grant projects. If you are interested in learning more about these programs, please contact the Main Street West Union office. Grant applications will be released in this fall for 2015 construction season projects.



# WESTUNION CHAMBER of COMMERCE

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CELEBRATE  
**June Dairy Month**

## 5:05 Community Social!



**Everyone is Invited!  
Everyone is Welcome!**

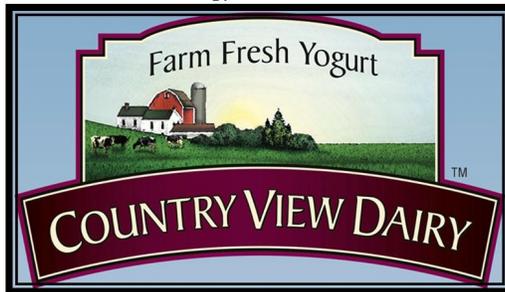


**Tuesday  
June 10th**

**5:05 PM**

**Stop in at**

**Meet the  
owners!**



**Take  
a Tour!**

**Mingle!**

**Try new  
flavors!**

**Enter to WIN Door Prizes!**

**Explore what West Union has to offer!**

**Thanks to all who stopped  
in at J & W Auto Body  
for the May  
5:05 Community Social!  
Congratulations to the  
following Door Prize  
Winners!**



**Larry Daniels  
Ronald O'Kones  
Amie Johansen  
Melody Patrick**