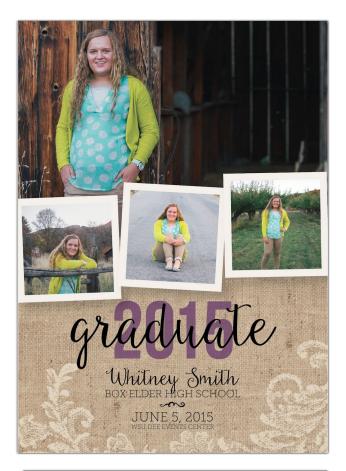
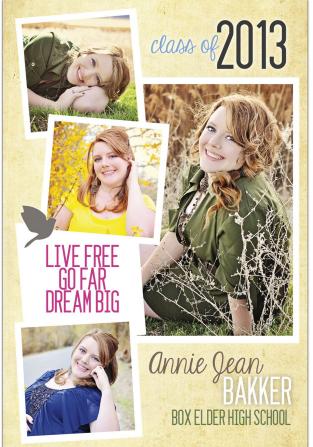
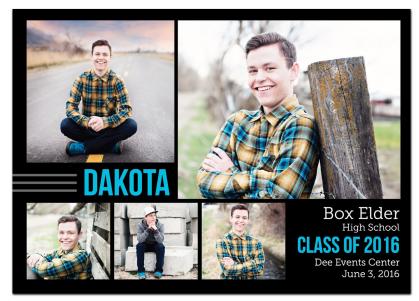
# MEAGAN YOUNG DESIGNER





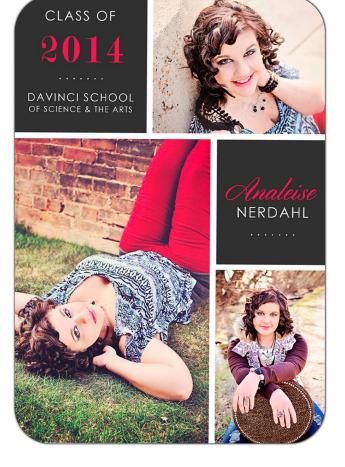


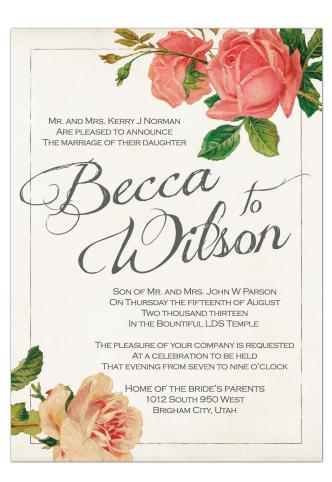


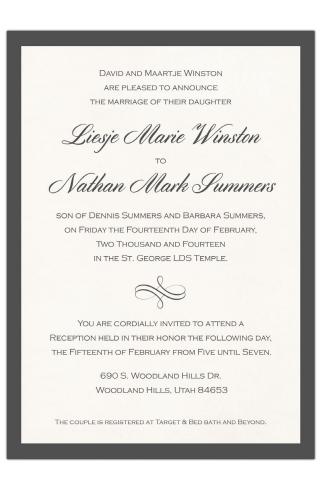
















ARE EXCITED TO ANNOUNCE THE MARRIAGE OF THEIR CHILDREN

Sloan Ellatt

> ON SATURDAY, APRIL 22, 2017 IN THE BOUNTSPLIE LDS TEMBLE

PLEASE JOIN

APRIL 22 ELDREI 564 WES BOUNT

Registere

PLEASE JOIN US FOR A

WELLING EVE CASH

COME EAT, DRINK,&
HELP US GET HITCHED!
FRIDAY APRIL 21 @ 6 PM
LDS CHURCH HOUSE
1505 WHISPERING MEADOWS LN
KAYSVILLE, UTAH 84037



SHANNON GORDON AND
DONALD & BEVERLY GORDON
ARE PLEASED TO ANNOUNCE
THE MARRIAGE OF THEIR DAUGHTER

# JENNIFER GORDON

TO

# ALEXANDER TEEMSMA

SON OF LAURIE TEEMSMA

SATURDAY, THE FIFTEENTH OF OCTOBER,
TWO THOUSAND AND SIXTEEN
AT THE SACRAMENTO LDS TEMPLE

RECEPTION WILL FOLLOW FROM 5 UNTIL 7 IN THE EVENING

12281 OVERLAND WAY WILTON, CALIFORNIA



THE PLEASURE OF YOUR COMPANY IS REQUESTED AT THE SEALING CEREMONY ON SATURDAY, THE FIFTEENTH OF OCTOBER IN THE SACRAMENTO LDS TEMPLE AT ONE IN THE AFTERNOON.

PLEASE ARRIVE THIRTY MINUTES EARLY.

E HELD ON F OCTOBER E AFTERNOON

ORNIA



1 AM A CHILD OF GOD
NOAH KIRTON NGATUVA
AND THE HAS SENT ME HERE
OCTOBER 25, 2017
8 LBS 10 OZ
HAS GIVEN ME AN EARTHLY HOME
SAINT GEORGE, UTAH
WITH PARENTS KIND AND DEAR
SIONE & SARAH





















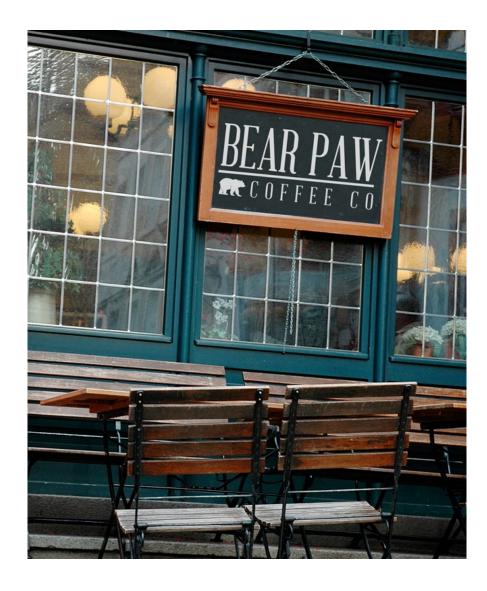












OPEN MONDAY - SATURDAY BREAKFAST: 7 AM - 3 PM LUNCH: 11 AM - 3 PM

"World Famous Belgian Waffles"



PH: 435.634.0126 75 North Main Street • St. George, Utah

# **MENU**

# BREAKFAST

# SPECIALTY ORIGINALS

WE COOK EACH ORDER JUST FOR YOU. THE BEST ROLLED OATS, COVERED WITH FAT FREE GRANOLA AND GRAPENUTS. SPRINKLED WITH BROWN GUGAR, ADD GOME PECANG AND DRIZZLE WITH MAPLE GYRUP. SERVED WITH A PITCHER OF STEAMED MILK.

ROLLED OATS, ALMOND SLIVERS (COOKED IN APPLE JUICE) THEN MIX WITH VANILLA YOGURT AND GARNISH WITH FRESH FRUIT.

GRANOLA MUESLI \$ 6.50

IMPORTED SWIGS GRANOLA, TOPPED WITH 8 CZ. OF VANILLA YOGURT, GARNISHED WITH FRESH FRUIT.

THE FORGOTTEN BAKED APPLE \$ 6.95

LARGE GRANNY GMITH APPLES CUT TO LAY OUT LIKE A FLOWER, GEAGONED WITH VANILLA, AND DARK BROWN GUGAR. THEN THE ENTER IS PACKED WITH GRANOLA, CRANBERRIES, WRAPPED IN FOIL TIGHTLY TO HOLD IN THE JUICES AND BAKED TO PERFECTION. SERVED BURBLY HOT WITH ICE CREAM AND WHIPPED CREAM.

# FRENCH TOAST

BEAR PAW FRENCH TOAST

PRESH EGG BREAD SLICED 1 1/2" THICK DIPPED IN OUR BATTER OF FRESH EGGS, CREAM, GEAGONED WITH CINNAMON, NUTMES, VANILLA & BROWN GUGAR. SERVED SPRINKLED WITH POWDERED

PECAN CRUNCH FRENCH TOAST

BREAD AND BATTER GAME AG BEAR PAW FRENCH TOAGT, BUT WE COAT EACH GIDE OF BREAD IN CHOPPED PECANG & OAT FLAKES.

### BELGIAN WAFFLES

VANILLA WAFFLE

\$ 6.50

\$ 7.50

SERVED WITH STRAWBERRY TOPPING, VANILLA YOGURT, POWDERED GUGAR AND WHIPPED CREAM.

BANANA - VANILLA WAFFLE

SERVED WITH RIPE BANANAG AND STRAWBERRY TOPPING, VANILLA YOGURT, POWDERED GUGAR AND WHIPPED CREAM.

PECAN - VANILLA WAFFLE

\$7.75

SERVED WITH STRAWBERRY TOPPING, CHOPPED PECANS, VANILLA YOGURT, POWDERED GUGAR AND WHIPPED CREAM.

BLUEBERRY - VANILLA WAFFLE

\$7.75

SERVED WITH FRESH BLUEBERRIES, VANILLA YOGURT, POWDERED GUGAR AND WHIPPED CREAM.

CHOCOLATE FUDGE - BROWNIE WAFFLE SERVED WITH CHERRIES JUBILEE OVER VANILLA ICE CREAM, POW-

DERED GUGAR, CHOCOLATE GYRUP AND WHIPPED CREAM. APPLE SPICE - WAFFLE VANILLA WAFFLE WITH CINNAMON, TOPPED WITH HOT GPICED

APPLES, VANILLA YOGURT, POWDERED GUGAR AND WHIPPED

BEAR PAW STYLE FRESH EGGS, CREAM, BUTTER, FLOUR, CORNMEAL, BAKING POWDER, GUDAR, VANILLA, AND A DAGH OF GALT & GOUR CREAM— YOU'RE GONNA LOVE EM!

PANCAKES

BLUEBERRY PANCAKES

CHOCOLATE CHIP PANCAKES

\$ 6.95

BANANA PANCAKES

\$ 6.95





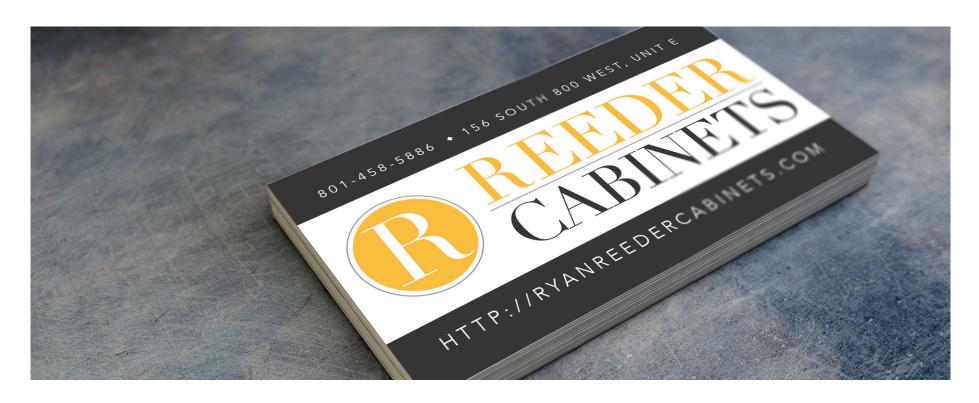




























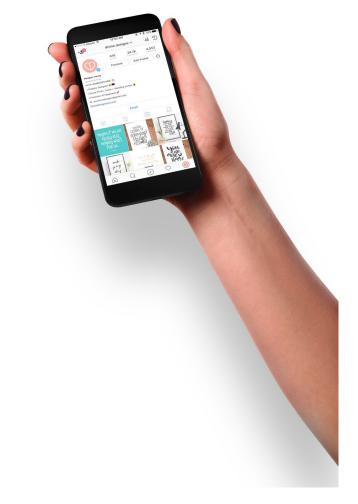




























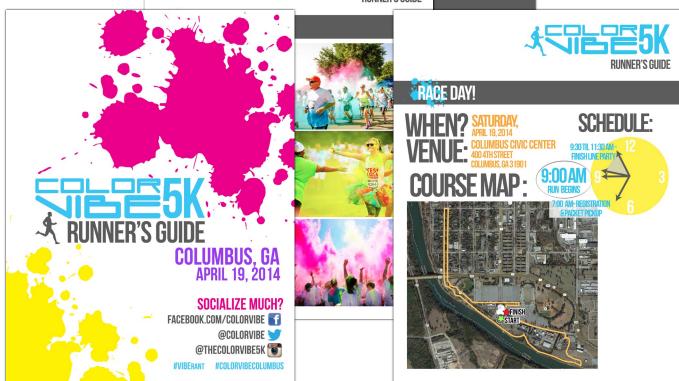
















# 大门占置5K



# **#VIBE**RANT



































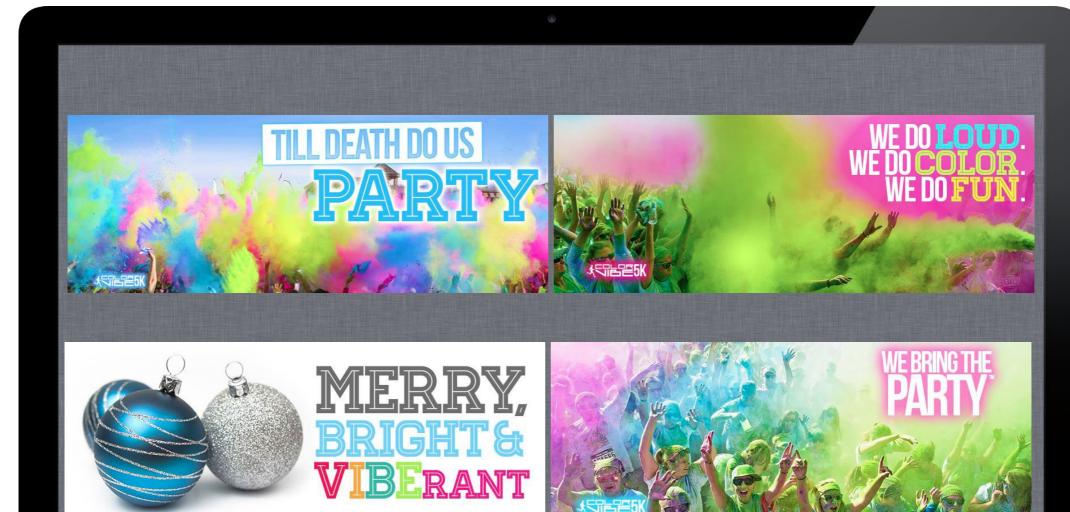


























RUN HAPPY.
RUN GRUMPY.
RUN SPEEDY.
RUN SLOW.
RUN A LITTLE.
RUN A LOT.
JUST RUN.









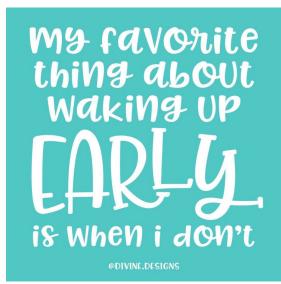
how cool is it that the same God that created mountains and oceans and palaxies, thought that the universe needed one of you too





HERE'S TO CHASING YOUR DREAMS IN THE CUTEST PAIR OF SHOES YOU HAVE





the early bird can have the WORM,
because Worms are gross, and mornings are stupid.

the only running i do is out of money





# "ISAS SKILL" SKILL" -JILLIAN MICHAELS \*\*NordicTrack\*

# NordicTrack









# WEIGHTS WORKOUTS

This helps with muscular strength for the late race fatigue or when it is necessary to power up a tough hill at mile 15.

# · CROSS COUNTRY SKIING

Just 30-45 minutes on these skis will go a long way in helping you to maintain that amazing race shape from last fall.





# SNOW SHOEING

It will work your glutes, quads and especially your stabilizer muscles as you tromp through the snow and find some great winter vert.

# YOGA/PILATES

Two great activities to improve flexibility, balance, endurance and control of your inner self.





# INDOOR SWIMMING

Swimming Laps, Water Aerobics (yes, not just for the old ladies) or running workouts in the water are great to keep you in shape with less impact.



The side to side motion going around the rink can be great on your hip flexers, glutes and hamstrings.





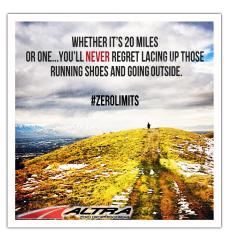
# SHOVELING SNOW

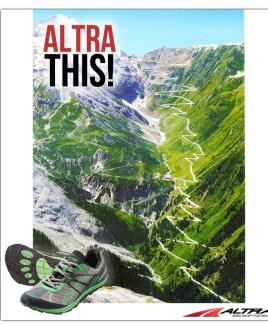
You may not get much out of shoveling your own walk, but it's a great work out when you help out your neighbors with theirs.

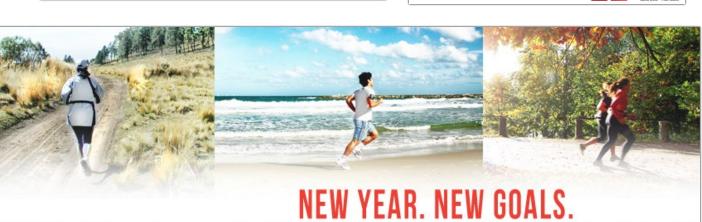
# LIVE LIFE IN A VARIETY OF WAYS AND REMEMBER #ZEROLIMITS.

For full article: http://blog.altrazerodrop.com/









Where will this year take you?



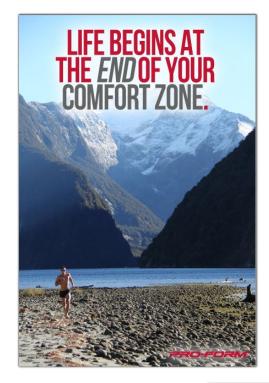


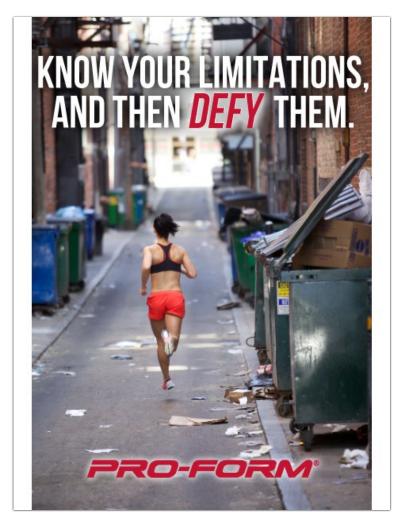




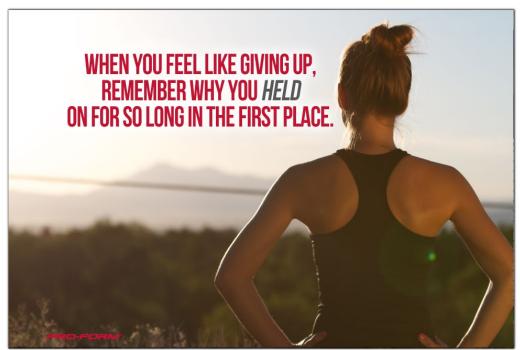




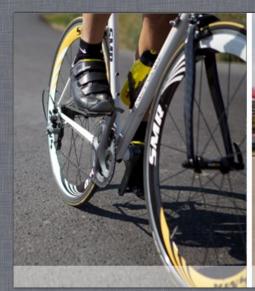






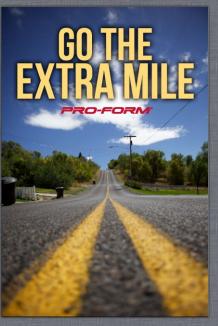










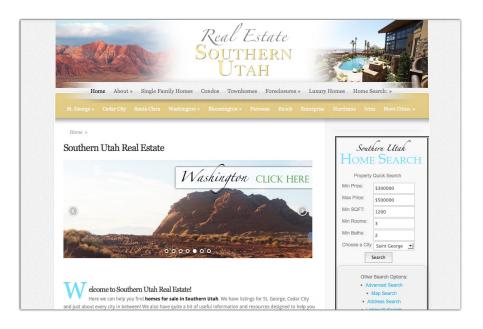




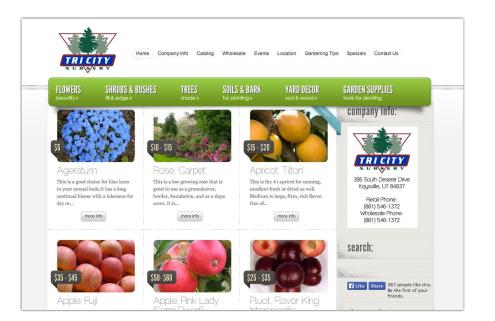






























# CONTACT



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# THANK YOU