

PGPULSE



December 2021

IN THIS ISSUE

Lions Club	2
UTOPIA	2
City Beautification	2
Library Events	3
Irrigation Company	3
PG Players	4
Recreation Center	4
Fire Department.	5
Water Source Protection	5

OFFICE NUMBERS

Administration
801.785.5045
Fitness Center
801.785.6172
Library
801.785.3950
Police (non-emergency)
801.785.3506
Public Works
801.785.2941
Senior Center
801.785.281

CITY MEETINGS

All meetings are held in the Community Room at the Public Safety Building at 108 East 100 South.

Planning Commission:

December 9th at 7 p.m.

City Council:

December 7th at 6 p.m. Work Session beginning at 4:30.

Live Stream of City Council meeting link [here](#).

Happier Holidays

The holiday season is upon us, and with that comes the hustle and bustle of the all too familiar sights and sounds of crowds at the mall, kids adding their last-minute gift requests on the Christmas list, people watching the latest blockbuster movie, children playing in the snow, and of course the family gatherings. The expectations of providing the “perfect” Christmas experience for family and loved ones are high, typically causing undo stress and anxiety. One’s mental health is put to the test as we attempt to please others by gift giving and hosting social events. Now imagine if you suffer with some sort of mental illness. According to the National Allegiance on Mental Health (NAMI), 64% of people with mental illness report holidays make their conditions worse. “For many people the holiday season is not always the most wonderful time of the year,” said NAMI medical director Ken Duckworth. For many individuals and families coping with mental health challenges, the holiday season can be lonely or stressful time filled with anxiety and/ or depression.” Perhaps you know someone in this category, someone who is dealing with “stress, anxiety, or depression” during this holiday season. Perhaps you too may have bouts of these negative feelings and are caught under the dark clouds of unhealthy thoughts. May we suggest the following to make this Christmas Season fun, productive, and positive:

- Write a gratitude list and offer thanks
- Manage your time. Don’t put too much on your plate
- Have realistic expectations as you observe the on goings of the holiday season
- Find time for yourself
- Eat sensibly
- Avoid things that will alter your state of mind and that could be harmful to yourself and others
- Find support and relief in others
- Look for ways to serve
- Have a positive outlook

The worldwide Covid-19 pandemic has challenged our mental fortitude in ways we have never thought. From discovery to isolation, face coverings to personal sanitation, what started out as feelings of despair and hopelessness and the darkness that seemed to surrounded us, has been dissipated by the light of hope, discovery, and the feeling of returning to normalcy. This year has been rejuvenating as we have been able to hold city events, social activities and sporting competitions, including the celebration of the 100th anniversary of Strawberry Days and Follow the Flag!

May we pause and reflect on the meaning of this holiday season. In addition to the ideas listed above, perhaps focusing on the needs of others rather than ourselves, attending church services of our own faith, spending time with the lonely and giving to the destitute. It is our hope and desire that the residents of Pleasant Grove thoroughly enjoy this Christmas season. May you spend quality time with family and loved ones, breaking bread in the spirit in which it is done, create beautiful memories, and cherish them, and most of all, to have a very Merry Christmas!

With Warmest Regards,
The Pleasant Grove Police Department



Pleasant Grove Lions Club

Thank you! Thank you! Thank you! Pleasant Grove community members for supporting our humanitarian project: Warm Winter. Thank you to the Pleasant Grove City Library for allowing us to use your lobby to collect these items. We collected 73 knitted and purchased stocking caps along with several pairs of gloves. Monetary donations received will be used to purchase more gloves. These items will be given to the Utah Valley Refugees' Center in Provo. In addition to the clothing, wooden cars from Tiny Tim's Foundation for Kids will be given to needy children. WE love to SERVE. Visit our Pleasant Grove Lions Club website and Pleasant Grove Lions Club Facebook page.

"The Lions Club of Pleasant Grove sends its greetings of a Merry Christmas and a very Happy and Prosperous New Year! to all the good people of Pleasant Grove and the nation."

City Beautification

Happy Holidays everyone! This season is a special time for celebration and reflection, and your Pleasant Grove City Beautification Commission would like to support both as we close out 2021. We love seeing our beautiful city aglow with holiday lights and adorned with festive decorations, so once again our commission is on the hunt to award one homeowner in each of our 11 neighborhoods the Holiday Lights Award. Winners will be acknowledged in our January newsletter.

We would like to show our appreciation for the city park workers and for the great job they did in keeping our parks looking well kept and beautiful. Thank you!

If you missed any of Our Beautiful Yards and Gardens Workshop Series, you can access the recordings of any workshop through this link. <https://www.plgrove.org/beautiful/yards-gardens/> For your information, the workshop series will continue with new workshops starting in Spring 2022.

Stay water wise over the winter months. Here are three helpful tips:

- ♦ Turn off the outdoor water supply and drain taps before the first freeze - water pipes that burst waste water and can cause expensive damage.
- ♦ Insulate pipes that are most susceptible to freezing, especially near outer walls, crawl spaces, and the attic.
- ♦ Place mulch at least 3 inches deep around all of your plants to retain moisture and regulate soil temperature.

Shower Smarter

Shower heads are often the first place to look when you're trying to be water wise. An old shower head can use more than 20L of water every minute, whereas a new, efficient shower head can give you a better quality shower while using only 9L of water every minute. When installed correctly, a good quality, water efficient shower head can knock up to \$150 off your water bill every year and give you a better shower. Most smart shower heads will have a Water Efficiency Labelling and Standards (WELS) rating, so lookout for shower heads with 3 stars and over.

UTOPIA is Coming Soon

UTOPIA has completed about 60% of their backbone throughout the city. They will be adding additional crews in the future to speed up the installation. We will update you once individual services to homes are available.

Many of you have seen the crews working on the installation of UTOPIA fiber throughout the city. You may also have had a flyer placed on your door informing you of upcoming construction near you.

The construction will be happening on the city easements which might possibly border your property. If you have sprinklers in this easement they will restore them to their original state. In the spring, if you find there are issues with your sprinklers, they will come out and repair them.

As a reminder, the crew is contracted by UTOPIA; the city is not overseeing the installations. If you have any concerns, please reach out to UTOPIA with questions by calling the number on the flyer (also listed below).

Please be respectful to the contractors and thank you for your patience as we welcome this innovative technology to the City.

Contact Information:

Contractor issues for UTOPIA projects ONLY:

Talisha Bryan

talisha@bjacksonconstruction.com

UTOPIA office: 801-260-0988

cell: 385-910-6179

Landon Beatty

801-703-8993

For frequently asked questions about Utopia, please visit this [link](#):

For pricing and providers visit [here](#).



Library Calendar of Events

For Everyone

Family Night at the Library- Bilingual Storytime Celebrating Winter

Monday, December 6 at 6:30 p.m.

Join us as we celebrate winter with stories told in English and Spanish with a fun take home snowman craft.

Meet the Author

Tuesday, December 7 at 7:00 p.m.

Held in the PG Library programming room.

Miss Pleasant Grove, Haylie Howe and the PG Library present an evening with award winning author Julie Coulter Bellon.

Utah County Flute Choir

Wednesday, December 8 at 7:00 p.m.

Held in the PG Library programming room.

The Utah County Flute Choir presents a special holiday performance featuring selections from the Nutcracker Suite, Sleigh Ride and more!

A Christmas Carol: A One Man Show

Monday, December 13 at 7:00 p.m.

Held in the PG Library programming room.

Presenting an abridged performance of A Christmas Carol based on the reading tours that Charles Dicken did himself during his lifetime.

Classic Cinema Club at the Pleasant Grove Library

Tuesday, December 14 at 6:30 p.m.

Miracle on 34th Street

Hear a brief introduction about the nights showing and then watch the film. Anyone under the age of 12 must be accompanied by an adult. Treats welcome.

Christmas In the Grove: A Community Christmas Celebration

December 20 - 22 at 7:00 p.m.

Held in the PG Library theater

A free, family-friendly concert offered to the community by some of PG's most talented youth performing classic Christmas songs and stories with their own personal style.

Twilight Tales

Thursdays at 6:30 p.m.

A wonderful weekly story hour for the entire family.

For Adults

Holiday Book Sale

December 20 – 22 in the PG Library programming room. Looking for last minute holiday gifts? Shop at the Used Book Sale and support the library at the same time!

For Children

Mrs. Claus is Coming to Town!

Thursday, December 9 at 6:00 and 7:00 p.m.

Held in the PG Library programming room

Enjoy music, stories, and fun in a special presentation by Mrs. Claus and her favorite elf.

Saturday Morning Screenings - Family Friendly Movies

Saturday, December 18 at 10:30 a.m.

The Grinch (2018)

PG 85 mins.

Children under the age of 12 must be accompanied by an adult. Treats are welcomed.

Rhythm and Song

Mondays at 10:00 and 11:00 a.m.

For children ages 3-6. Music, instruments, movement and books all packed into a fun 30-minute class.

Preschool Story Time

Tuesdays and Wednesdays at 10:00 and 11:00 a.m.

For children ages 3-6. Join storytellers for stories, puppets, songs, and shenanigans!

Wee Read

Thursdays at 10:00 and 11:00 a.m.

A fun story time geared especially for children ages 18 months to 3 years. Enjoy stories, finger plays and music with time afterward for parents to read to little ones.

Spanish Story Time

Fridays at 10:30 a.m.

¿Habla español? Our bilingual story time fosters language and cultural development in both Spanish and English.

Join us for stories, fingerplays, songs, and simple crafts.

For children ages 3-6.

After School Adventures

Tuesday, December 21 at 4:00 p.m.

Movie- *How to Train Your Dragon*

PG 98 min

For children in grades 1-6.

Pleasant Grove Irrigation

Pleasant Grove Irrigation Company will be holding its annual stockholders meeting on January 15, 2022 at 2:00 pm in the Community Room 108 S 100 E.

Pleasant Grove Utah. Please contact Mark Bezzant at 801-785-5810 if you have any questions.

PG Players

THE PLEASANT GROVE PLAYERS PRESENT THE BEST CHRISTMAS PAGEANT EVER

Join the Pleasant Grove Players as we celebrate Christmas with a delightful look at the Christmas Story as seen through the eyes of "worst kids in town." We bring you Barbara Robinson's The Best Christmas Pageant Ever!

When Mrs. Bradley is assigned to direct this year's Christmas pageant, she finds her production overtaken by the notorious Herdman kids, who show up at church for the desserts and stay to demand the leading roles in the show! Funny, honest, and actually quite touching, you'll be glad you came!

The Best Christmas Pageant Ever will run from December 3rd through the 13th nightly (except Sundays) at 7:30pm. Get your tickets now at PGPlayers.com or call (801)400-1797.

PG Cares

PG Cares has three more community classes you can attend in 2021.

United Way EveryDay Strong parenting class: Thursday, December 2nd at 7:30 pm - Click on this [link](#) to register:

Defend Innocence Top 5 ways to reduce Childhood Sexual Abuse training: December 4th 2-3pm at the PG library. Click on [this link](#) to register.

QPR Suicide Prevention Training: Saturday, December 11th 2-3:30pm at the PG Library. Click on [this link](#) to register.

Watch our website and social media for the updated 2022 community class schedule. www.pgcaresutah.org
We can also come to you! If your family, church, business, or other organization would like one of these trainings, send us a message. toborn@pgcity.org

Be sure to follow us on Social Media for our 12 days of Giveaways in December! @pgcares on Instagram and Facebook.

Recreation Center

Enroll now for Kinder Time Ages 2-4. We mix a little play with learning. Activities include: 20-minute gym time, kids cooking, craft, and floor time with stories, songs and activities. Classes are started but fees can be prorated to accommodate new participants. This is a Parent Attended Class- Tuesdays: 10 to 11:30. Next Session begins January 4th, 2022.

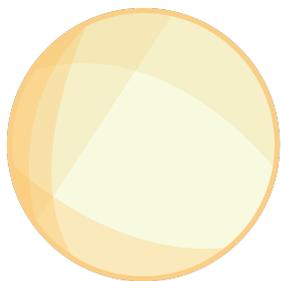
For more information, go online or check at the Recreation center

Toddler Gym- 20 months to 4 yrs. Six-week sessions on Wednesdays, next session starts Jan 5th, 10:30 to 11:30. Themed Play and Exercise. This is a parent participation class. For more info check our web page or grab a flyer at the recreation center.

Kids Gym- 3 to 6 yrs. 6 week session Thursdays next session starts Jan 6, 2022, 10:30 to 11:30 am. Exercise Movement & Gym Activities. Children are dropped off.

TLC Babysitting Class- January 29, 2022- 9 am to 2:30 pm. For ages 10 to 15. Come learn some skills to make you a great babysitter. We will spend time going over Child Care, Safety and Emergencies, babysitting Games and Activities, we will make a babysitting kit and have lunch.

Mark your Calendars for Daddy Daughter Date Night Feb 4th, 2022 Princess Ball 6:00 to 8:00 p.m.



PGCares
COMMUNITIES THAT CARE COALITION

Fire Department

Happy Holiday Season from the Pleasant Grove Fire Department. It's fun to decorate for the holidays, but holiday decorations can increase your risk for a home fire.

As you deck the halls this season, be fire smart. Inspect holiday lights each year before you put them up. Throw away light strands with frayed or pinched wires. Read manufacturer's instructions for the number of light strands to connect. It's fun to decorate for the holidays, but holiday decorations can increase your risk for a home fire.

Water your Christmas tree every day. A dry Christmas tree can burn very hot and very fast. Make sure your tree is at least 2 feet away from heat sources like fireplaces, radiators, space heater, candles or heat vents. Also, make sure your tree does not block exits.

Half of the home decoration fires in December are started by candles. Consider using battery-operated flameless candles, which can look, smell, and feel like real candles. If you do use lit candles, make sure they are in stable holders, at least 12 inches away from anything that can burn and place them where they cannot be knocked down easily.

Water Source Protection

Multiple barrier protection plan

Pleasant Grove City provides water from ground water sources. A good portion of the water is provided by wells located within the city. Your home could be within the protection zone of these wells. The Water Department follows a multiple barrier system to protect the wells. we cannot do it without your help. We need all Pleasant Grove citizens help to ensure clean water for years to come.

Steps you can follow to protect PG's water:

- Do not allow any chemical to leak into the soil of your property. Oil, paints, excessive fertilizers, and pesticides can seep into the ground lasting for decades without remediation.
- Contain all HAZMAT material disposing of it at the proper facility. The North Pointe Solid Waste District can help you sort your waste correctly.
- Home septic tanks should be secured according to health department guidance.
- Follow storm water pollution prevention measures preventing erosion and contaminants from impacting our water sources. Call 801-785-2941 if you see any material other than water entering the Storm drain.
- Do not dump any substance other than water in any stream, canal, storm drain, pond, or water source.
- Report any suspicious activity near tanks or well houses.
- Control fires (where permitted) – forest fires can severely damage watersheds for years, bringing sediment, mudslides destroying water quality.

Any questions call the Water Department 801-785-2941

