

PGPULSE



January 2024

A Great Year Ahead

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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
801.785.2818

CITY MEETINGS

All meetings are held in the
Community Room at the Public
Safety Building at 108 E 100 S

Planning Commission:

January 11 & 25 at 7PM

City Council:

January 2 & 17 at 6 PM

Work Session beginning at 4:30

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

70 South 100 East | Pleasant Grove | UT
info@pgcity.org | www.plgrove.org



What a fabulous year 2023 was! I just want to take a moment to reflect on what we, as a city, accomplished this year:

- One of our biggest tasks this year was restoring the iconic G on the mountain. Originally constructed over 100 years ago, the giant letter was in disrepair. Thanks to the generous donations from the community, the hours of work from volunteers, city employees and professional contractors, we were able to reconstruct this landmark giving it new life and longevity. It will now be enjoyed by generations to come.
- Just down the hill from the G, we also constructed some new bathrooms at Kiwanis Park.
- We were able to transform some of the tennis courts to pickleball courts at Discovery Park. With the increased interest in this rising sport, these courts have stayed busy since the day they opened.
- Most recently we completed the restoration of the Old Town Hall. What most remember it as the old city library, this facility received some improvements while maintaining key historic elements. Thank you to the historic committee and Big-D construction for taking the lead on this project.

We have so much to look forward to in 2024. Keep an eye out for the following projects happening this year:

- We anticipate the completion of The Ruth, the Hale Center Theater next to DoTerra. This facility will be an amazing addition to our city.
- You will see more work being done of the Cook Family Park with much of the park scheduled to be complete this fall. We also plan to remodel the city swimming pool.

I want to thank you for making this town a wonderful place to live. Many of you, like me, are raising your families here. You will see from the projects listed above, we are striving to make this town a safe place where we can provide family friendly activities, a variety of retail shops and restaurants, while keeping a safe and inviting environment for all of us to enjoy.

Wishing all of you a safe and happy new year!

Mayor Guy Fugal

FITNESS FAIR 2024

PLEASANT GROVE
RECREATION

SATURDAY,
JANUARY 13TH
9 AM - 1:00 PM



**FREE ACCESS ALL DAY TO THE REC CENTER,
FREE FITNESS CLASSES
LOCAL VENDORS & SHOPPING!**

FIRST 100 MEMBERSHIPS RENEWED OR SOLD AT THE FITNESS FAIR WILL RECEIVE A **FREE** 10 HOUR CHILD CARE PUNCH PASS.

BENEFITS YOU CAN GAIN WITH A PG MEMBERSHIP

- ACCESS TO WEIGHT ROOM
- ACCESS TO CARDIO & FUNCTIONAL TRAINING ROOMS
- GROUP FITNESS
- DROP-IN PICKLEBALL
- DROP-IN BASKETBALL

ANNUAL / SEMI-ANNUAL
MEMBERSHIPS

20%OFF



PLEASANT GROVE
RECREATION
547 S. LOCUST AVE.,
PLEASANT GROVE, UT 84062

Recreation Center

Youth Futsal – 4 year olds - K Coed League, 1st-2nd Grade Coed League, 3rd-4th Grade Coed League
Registration: Registration January 1 through February 23
Season: Six game season, start date is Saturday, April 13

Spring Soccer – 5th-6th Grade Boys and Girls, 7th-9th Grade Boys and Girls
Registration: Registration January 1 through March 15
Season: League teams may play two games a week with a weekday and a Saturday game. League games will begin in April 2024 will conclude with a tournament in May.

*****NEW REGISTRATION DATES*****

BOYS BASEBALL REGISTRATION BEGINS JANUARY 1 THROUGH FEBRUARY 23

Kinder Time for Ages 2-5. 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
For more information go on line or check at the Recreation center. New session starts on Jan 9th.

Toddler Gym- 20 months to 4 yrs. 6 week sessions on Wednesdays, Next session starts Jan 10, 10:30 to 11:30. Can start any time and be pro-rated. Or can buy a punch pass and choose what days you attend. 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 years. Six-week sessions Thursdays session starts Jan 11, 10:30 to 11:30. Can start any time and be pro-rated. Or you can buy a punch pass and choose what days you attend. Centered around Exercise movement & gym activities. Child attends on their own. For more info check our web page or grab a flyer at the recreation center.
All classes can be prorated so you can join at any time.

Babysitters Training Camp- Jan 27, 2024. 9 am to 2:00pm. Join us for an all day camp- You will be learning: Your responsibility as a sitter, diapering, bottles, feeding, sanitation and clean up. Keeping kids safe, bumps and scrapes, activities to play with the children. Sitters Kit to take home. Lunch is included.

Itty Bitty Ball- Session is Jan 16, 23, 30 and Feb 6 & 13 @ 4:00. This program is designed to assist our 3 & 4 year olds with pre-sport skills such as catching, kicking, throwing and dribbling. Participants will move from station to station learning basic skills required for each sport. We will have four sampler sports sessions and one where they practice from all 4. Children will learn about football, basketball, baseball and soccer.

Mark your calendars for the **Daddy Daughter Princess Ball** on Feb 2, 6 to 8 pm. Dinner, activities, and dancing.

Election Results

Congratulations to Cyd LeMone, Eric Jensen and Steve Rogers for being elected to the Pleasant Grove City Council for a 4 year term. They will be given the Oath of Office on Jan 2, 2024 at 6:00 pm in the Community Room 108 S 100 E to begin their journey as Council Members.

We also want to thank Brent Bullock for his dedicated service to the citizens of Pleasant Grove as a Council Member for the last four years.

For more information regarding the Municipal General Election results please go to <https://www.plgrove.org/elections/>



The poster features a wooden background with a circular logo at the top center. The logo contains the text "PG Cares" in blue and green, and "Table Talks" in large red script. Below the logo, the text "Suicide Prevention" is written in large blue letters with a white outline, followed by "Could you help save a life?" and "Talk Saves Lives" in smaller blue letters with white outlines. A red curved arrow points from the event details box to a QR code on the right. The event details box is a rounded rectangle with a grey border containing the text: "Wednesday, Jan. 17th", "1:30-2:30pm @ PG High School", and "Refreshments will be served, sign up today!". The QR code is a standard black and white square code.

PG Cares Table Talks

Suicide Prevention
Could you help save a life?
Talk Saves Lives

**Wednesday,
 Jan. 17th**
**1:30-2:30pm @ PG
 High School**

Refreshments
 will be served,
 sign up today!



Fire Department

As the winter season begins the Fire Department would like to offer some tips on safe snow removal. Make sure to stay warm but not overheated. Take small breaks and slow down when walking on icy walks.

Shoveling

- An ergonomic snow shovel with an adjustable handle length is best to keep back problems to a minimum.
- Warm up your muscles. Do some lower back and hamstring stretches. Cold and tight muscles are more prone to injury.
- Bend your knees and arch your back slightly while keeping the shovel blade to the ground.
- Keep the loads light but if you must have a full shovel then grip the shovel as close to the blade as possible.
- Shoveling smaller amounts of snow frequently is less strenuous.

Snow Blowers

- Use the power of your legs to push the snow blower while keeping your back straight and knees bent.
- Keep the chute to the direction of the wind.
- Keep all hands and feet away from the tines and motor.
- Don't ever put hands or other objects in a running snowblower
- Remember you can always call 911 for any injury.

Library Calendar of Events

For Everyone

Family Night at the Library: Winter Mini Golf
Monday, January 2 at 6:30 p.m.
Stay warm playing mini golf inside the library.

Twilight Tales

Thursdays at 6:30 p.m.
A wonderful weekly story hour for the entire family.

J&J Magic Show

Monday, January 29 at 6:30 p.m.
A father-son magician duo sure to amaze and entertain you.

For Adults

2024 Adult Winter Reading Challenge

Read three books and complete one activity during January and February for a chance to win a great prize. Details on our website.

Handmade at the Library: Mitten Button Art

Tuesday, January 9 at 6:30 p.m.
Make your home super cozy this winter with a seasonal home decoration. Registration is required. Ages 18+.

Discover It: Create Better Health Cooking Class

Tuesday, January 16 at 6:30 p.m.
Discover how to eat healthy and be physically active while on a budget.

Pleasant Grove Library Write-In

Friday, January 19 from 6:00 – 8:30 p.m.
Please bring your own laptop & headphones. Ages 12+.

Discover It: Level-Up Life: Parenting ADHD Students

Monday, January 22 at 7:00 p.m.
Gain academic success as a natural byproduct of developing healthy skills, routines, and habits.

BookEnders Book Group

Wednesday, January 24 at 7:00 p.m.
The book being discussed this month is *The Whale Rider* by Witi Ihimaera. Pick up the book at the front desk.

Discover It: Healthy Relationships Class

Tuesday, January 30 at 6:30 p.m.
For couples in committed relationships who want to understand their partners, enhance communication skills, increase trust, and develop a deeper relationship.

ESL Conversations Class

Thursdays at 7:00 p.m.
A free one-on-one program for adult non-native English speakers based on speaking level comfort. Registration required.

For Teens

2024 Teen Winter Reading Challenge
Read two books during January & February for a chance to win an Amazon gift card. Details on our website.

Teen After Hours: PJ Movie Night

Friday, January 12 at 6:30 p.m. Ages 12-17.
Wear your PJs and watch a movie.

Teen Game / D&D Night

Friday, January 26 at 6:30 p.m.
Play any of our many board games or join in to battle in the D&D world. Sign-up for D&D on our website.

For Children

Play and Learn

January 2-5 from 10:00 a.m.– 12:00 p.m.
A self-guided playtime with your child.

Tweens After School Activity Day

Tuesday, January 9 at 4:00 p.m. Ages 8-12
Test your game skills playing *Don't Eat Pete* and team Pictionary. Skittles may be involved.

After School Adventures: Operation High Jump with Shannon Babb

Tuesday, January 19 at 4:00 p.m. For grades 1-6
Citizen science, games, photo op and more.

Great Reads for Kids

Thursday, January 23 at 6:30 p.m.
A book club for kids ages 8-14. The book this month is *The Trumpet of the Swan* by E B White. Come be part of a Kazoo Band. Books are at the front desk.

Tween D&D Club

Friday, January 26 at 4:30 p.m.
Battle in the D&D world. Sign up on our website.

National LEGO Day Building Challenge

Saturday, January 27 from 10:30 – 1:30
Drop in for Lego free play or try one of our challenges.

Weekly Story Time Classes resume January 8

Rhythm and Song

Mondays at 10:00 and 11:00 a.m. Geared for ages 3-6

Preschool Story Time Geared for ages 3-6

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

Wee Read Geared for ages 18 mon.– 3

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

Spanish Story Time

Fridays at 10:30 a.m.

STRENGTHEN YOUR RELATIONSHIPS!

FREE WORKSHOP for parents of kids aged 9-14

Guiding Good Choices is a national, research-based program for parents of kids in grades 4-8. Over the course of five weeks, you will learn to:

- strengthen family bonds
- improve communication
- handle conflict in a healthy way
- help your kids avoid risky behaviors



**GUIDING
GOOD CHOICES®**



FREE WORKSHOP INCLUDES:

- ✓ Dinner for the whole family
- ✓ Childcare for ages 8 and under
- ✓ \$50 gift basket*
- ✓ Activities for ages 9 and up

**Must be able to attend all 5 sessions*



MONDAYS
6PM-830 at the PG Rec Center

JAN. 22 JAN. 29

FEB. 5 FEB. 12

FEB. 26

**SIGN UP
NOW**



bit.ly/GGCJan2024

THIS NO-COST
WORKSHOP IS
SPONSORED BY:



Questions? Contact Nicole: 208-855-0367
nkhouhtham@pgcity.org
www.PGCaresUtah.org



PG Cares

Youth of the Month



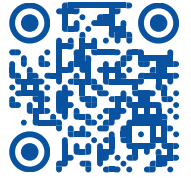
Emma Southard was nominated and chosen as the PG Cares Youth of the Month for December 2023. Emma is a senior at Pleasant Grove High. She serves on the student council. Here's what Emma was nominated for: Emma is an amazing person who has overcome some difficult challenges in her life. She serves in so many aspects. She's on student council and helps with so many events around the high school, including planning, setting up and taking down for events, singing the national anthem at soccer games and coming and supporting all students. She makes everyone feel loved and important. She works hard in school and is a great example of working toward her goals. Congratulations Emma!! We commend you for being an amazing example in our community and know that your influence is seen and noticed by others. Keep up the great work and keep making a difference!!

Lions Club

It is awesome to note that the Pleasant Grove Lions Club is in its 86th year. October 24, 1938, is when this club was chartered. A great deal of service has taken place. There were environmental projects such as pavilions in both the City Park and the Veterans Park. Over the years we have had the financial resources to give scholarships to students at Pleasant Grove High School. Boy's State, Girl State, and the Hugh O'Brien Youth Leadership program. Our vision campaigns have been collecting eyeglasses from the Walmart's from Spanish Fork to American Fork to be used for humanitarian projects in third world countries, such as Columbia, Lima, Peru, Senegal, Africa and Phnom Penh, Cambodia. We have the eyeglasses cleaned, read for prescriptions, packaged, and labeled. We have done Christmas food baskets, Well Baby clothes drive, eye screening in schools and many other projects.

Many of our members have passed on or moved away, so our membership has diminished. We are looking for service-minded individuals interested in service and/or have a service project they would like to head up. There are opportunities for leadership training and leadership opportunities. You will have opportunities of meeting Lions from all over the world. Lions Club international is approaching a membership of 1.5 million members.

If you are interested, please reach out to the Pleasant Grove Lions Club by emailing pglionsclub@gmail.com. You can also check out our Facebook page Pleasant Grove Lions Club. 2024, a great year to make a difference.



Open Mic @ Grove Station

JANUARY 2, 2023

Join us for the upcoming Open Mic at Grove Station events on January 2nd and February 6th. Experience the talents of local musicians in a laid-back, family-friendly atmosphere. Each month features diverse food trucks and a tempting specialty drink bar. Located at Grove Station Event Center (273 S. 2000 W. Pleasant Grove, UT), the free event occurs every first Tuesday from 6:00 pm to 8:00 pm. Musicians can sign up at 5:30 pm on the event day for a chance to perform. Don't miss the chance to support our local music community and enjoy a night of live entertainment.



Local Artist Spotlight

JACE HARMER

This month, we catch up with Jace Harmer, a local musician in the Pleasant Grove community. Learn more about how Jace grew up influenced by music, how it's been a benefit in his life in many ways, and how his family has grown through music in their home and lives.

Read the full artist spotlight at: plgrove.org/arts

Public Works

City's Objectives

One of Pleasant Grove City Public Works' main objectives is to provide a plan for the safe movement of emergency equipment, vehicle traffic, and pedestrians through the city. Snow plowing priorities help meet these objectives and maintain travel ways in hazardous weather conditions.

Pleasant Grove Snow Plowing Priorities

1. All main arterials considered to be the minimum network that provide a transportation system connecting police, fire stations and rescue squad units.
2. All remaining arterials, selected collectors, bus routes, and areas near schools.
3. All other selected collectors completing the network covering the major traffic volume streets and selected troubled areas such as intersections and hills.
4. All remaining streets including local and residential streets.
5. Cul-de-sacs last. If cars are parked in a cul-de-sac, that cul-de-sac will likely not be plowed.

Residential Responsibilities

"Safety is everyone's responsibility"

- Residents are required, by ordinance, to keep parked vehicles off the road between the hours of 12 a.m. and 8 a.m. each year from November 1st through March 15th. Snowplows are large heavy pieces of equipment. Cars parked on roadways can narrow travel ways and create unsafe conditions.
- Placing, dumping, or pushing snow into the streets or rights-of-way from adjacent properties is not allowed. Please keep the snow that falls on your property contained on your own property.
- Clear your sidewalks, especially after the snowplows have finished plowing to the curb.
- Salt and/or sand all icy areas on the sidewalks, driveways, steps, and pathways.
- Try to assist elderly and disabled neighbors with their snow removal. When income allows, hire help.

