

## S.M.A.R.T. GOALS

Did you know that many people in the United States actually set New Year's Resolutions? Of those that do, 52% say they "will" be successful with their goals; but only 12% actually achieve them. The key seems to be in the size and detail of the goal. Here is a widely used acronym to help set and achieve goals--make them S.M.A.R.T.

- S** – Specific
- M** – Measurable
- A** – Attainable
- R** – Relevant
- T** – Time Bound

For example: "Lose Weight" is the #1 New Year's Resolution for most Americans. How can we help more than 12% of those that set this goal achieve it? By using the S.M.A.R.T. method, the "Lose Weight" goal would look like the following: "I will lose ½ pound per week, for a total of 25 pounds during 2009."

How many of us would like to (or need to) lose 25 pounds or more? Now let's test the goal against the S.M.A.R.T. acronym.

- **SPECIFIC:** 25 lbs is specific
- **MEASURABLE:** 25 lbs at ½ lb per week is very measurable
- **ATTAINABLE:** ½ lb per week is do-able, and over a year allows for a 2 lb bonus
- **RELEVANT:** There is health, financial, and quality of life reasons for this goal
- **TIME BOUND:** Each week by the end of 2009 has definite time bound milestones

S.M.A.R.T. goals are not limited to weight loss. They can be applied to all areas of our life where specific actions yield known results. These can range from health to finances to careers and even relationships. So make a wish list, prioritize them and then turn each goal into an S.M.A.R.T. goal. Work on the highest priority goal first, and then add another goal once the first goal is solidly part of your daily life.

This is a great time of year to set goals. Setting S.M.A.R.T. goals is a first step to breaking the 12% barrier of success. As always please continue to send your comments and questions to Mayor@PGCity.Org.

Happy New Year!

Michael W. Daniels, Mayor

## ANNOUNCING — THE EASIEST WAY TO PAY YOUR BILL

Pleasant Grove City's new online bill pay option saves you time and gives you more flexibility in how you pay your bill. If you have an internet connection as well as an email address, you can now pay your bill online. It's fast, easy, and you no longer have to write a check each month or find a stamp when it's time to send in your payment.

If you are ready to get started with the convenience of online bill payment, here is what to do:

1. Go to [www.expressbillpay.com](http://www.expressbillpay.com). The City has partnered with express Bill Pay to provide you with online bill payment service.
2. Click on "New to express bill pay," and complete the short registration form, including email address and password.
3. After you login, click on "add new ebills" and follow the instructions to add your bill.
4. Once your bill is added to your account, you can view and pay your bill online, or setup a recurring auto payment schedule.

If you have any other questions, please call City Hall at 785-5045.

## UTAH COUNTY HEALTH DEPT.

The Women's Cancer Screening Clinic offers education and screening for women ages 40-64 years old regarding their cancer risk and to encourage prevention through regular examinations. Bilingual nurses and Spanish materials are also available for your convenience. Please call or stop by for more information and eligibility guidelines (151 S. University Avenue, Provo. Phone: 801-851-7031). Or visit [www.UtahCountyHealth.org](http://www.UtahCountyHealth.org) and click on "Family Health Services (Nursing)" and then "Women's Cancer Program."

### *En Español:*

La Clínica de la Mujer para la Detección de Cáncer ofrece servicios a mujeres de 40 a 64 años. El objetivo de la clínica es educar a las mujeres acerca de los distintos riesgos de cáncer existentes, y motivar la prevención por medio de exámenes regulares. Toda la información está disponible en Inglés y Español. Contamos con enfermeras bilingües para su mayor comodidad. Llámenos o visítenos para mayor información y para ver si califica para nuestro programa (151 S. University Avenue, Provo. Tel.: 801.851.7031).

## **GREETINGS FROM YOUR FIRE CHIEF**

For this month's news letter, I asked Steve Brande to introduce himself and explain his position as the Fire Marshal for the City. Since being promoted to this position, Steve has worked very hard to meet the demands of this position. I, personally, am very grateful for his service and hard work in ensuring that the fire codes that help keep us all safe are in place and enforced. Here's Steve:

Fire Chief, Fire Marshal what's the difference? Most people really don't understand it and even more don't care. The reason they don't care is because they don't see a direct impact on their day to day living. I hope to change that perception.

The Fire Chief is the Fire Department manager. Everyone in the fire department answers to the Chief, including me. Our current Fire Chief is Marc Sanderson.

By way of background, I thought that you should know something about me. I started volunteering with Pleasant Grove City 22 years ago. I worked my way up from a basic EMT to a paramedic and firefighter. During that time, I obtained a bachelor's degree from BYU and an associate's degree in Fire Science from UVU. I began working full time for the Pleasant Grove Fire Department just over nine years ago, as a fire captain. I was appointed, by the mayor and city council as the Fire Marshal in July, 2008.

A fire marshal is an officer that is "sworn in" by a judge to enforce and uphold the laws and codes as they apply to fire prevention. Yes, occasionally that includes writing citations, confiscating unlawful fireworks or asking someone to put out an unlawful fire.

I am also, the fire investigator for the city. If you see someone taking pictures at a fire scene, it is probably me.

This past year, we've completed hundreds of fire inspections. I not only inspect businesses, but I also inspect commercial buildings and high density housing areas. How does that affect you? It's the little things. It's making sure that sprinkler systems and fire extinguishers have been inspected. It's paying attention to the small details, such as the placement of exit signs, fire alarms or fire hydrants. The list goes on ... and it is a very big list!

All this is designed to make sure that the public is safe. Sometimes it's at a business; other times it's where people live. I am literally your advocate for safety.

Steven Brande, Fire Marshal  
Pleasant Grove Fire Department

## **2010 CENSUS HELP WANTED**

Make money. . . Make a Difference with a job you can be proud of! Work on the 2010 Census. Temporary part and full time jobs, Paid training, Authorized mileage reimbursement, Work locally, Flexible hours, Competitive pay, Assignments last 5 to 10 weeks. This is through the U.S. Census Bureau.

Call our toll free number: 1-866-861-2010

Help your community have a successful 2010 Census.

## **UTAH CHILDREN'S CHOIR TO START SPRING FESTIVITIES**

The Utah Children's Choir had a very successful Christmas Season. A new piece was written for the choir by former member, Erica Glenn, in honor of their 25th Anniversary. Erica's brother, Dylan, played flute on some of the choir numbers. Dylan is also a former member of the choir. The Glenn's live in Pleasant Grove. Also from Pleasant Grove, Susannah Hofheins, a concert choir member, wrote the poetry for each section of the concert. Congratulations! to the choir members for their beautiful concerts.

In January, the choir will begin rehearsing for their March Festival to be held at Libby Gardner Hall at the University of Utah. We also will be selling tickets to the Utah Flash game for February 21st at UVSU. The choir performs at that game. Also, The Timpanogos Chorale has invited the UCC to sing with them in April. They will be presenting John Rutter's Mass of the Children. The choir will be busy getting music ready for those performances. Auditions for new members of the choir for the second semester will be on Saturday, January 10 for children between the ages of 8-16. Contact Kay Asay at 756-6450 to set up an appointment or for more information.

## **HEAT PROGRAM NOW OPEN**

Community Action Services and Food Bank is now accepting applications for the HEAT program, a program which assists low-income households in making utility payments through the winter season. A one-time payment per year will be submitted directly to utility companies for individuals who qualify. Disbursements are based on income. All Utah County residents interested in applying must call 801-373-8200 from now until the end of April for an appointment. Low-income households and those with disabilities are especially encouraged to apply. Applicants must meet income guidelines and provide all required documentation. Homebound individuals may request an Outreach worker to come to their home to assist in the application process. First-time applicants in Utah County must complete an energy education class as part of the process (energy class is waived for disabled or elderly applicants).

Please go to [www.CommunityActionUC.org](http://www.CommunityActionUC.org) for more information or call 801-373-8200.

## **WINTER VEHICLE PARKING ORDINANCE:**

**Pleasant Grove City ordinance requires that between November 15, and April 15, no vehicles can be parked on the roadway for snow removal. Please remove cars from the roadway, so as to not impede the snow removal. Please remind your family and neighbors of this ordinance.**

## PG RECREATION

### **P.G. Community Center Is now Registering For:**

*\*Few Spots are Still open – Class runs to the End of April –  
Come try us Out!*

**Play Time Toddler** ages 2 to 4 years – mom and tot class. Projects include: tot cooking and craft projects, Stories, games and activities Play time Kids – 3 ½ to 5 years – no mom required must be potty trained. Projects include: Tot cooking, craft projects, stories, games and Tot gym

**Toddler Gym**- 18m to 4 years – Mom and tot. Gym themed Activity class- Session 3 in progress- \$3 a class/ come and try us out / class Runs until Jan 14 Session 4 Starts Jan 21/ Class runs for 6 weeks on Wed at 10:30am

**After School Chess Club** -Come and learn from one of the best chess teachers in the state. Sessions runs for 8 weeks. Start Dates: Session 2 – Nov 6 to Jan 15 Cost 36 for session or \$5 a class / Session 3 – Jan 22 to Mar 5

**Valentines Cooking**- Ages 5 and up – Sat , Feb 7 from 10am to Noon – Valentine Rice Krispy treats, Heart cup cakes, PB and chocolate cookie cups and make a Valentine charm bracelet Kids Chef Class – Ages 7 & up/ 4 week class on Thursdays goes from March 5 to 26 – Come and learn how to cook a meal from start to Finish. Register By Feb 23 ( Adults are Welcome)

**Scrapbook Sleep Over**- Mark your Calendars – March 13 & 14/ Register 5 friends and get your Registration Free! Cost \$ \$18 both includes dinner and brunch or do 1 day at \$12 Includes Brunch. Register Early Spots are limited.

**\*NEW – Build A Party**- Let us provide the room and help you build a party! Cost \$ varies on party theme and activities picked. To reserve and book a Party–Call the Community Center and ask for Vanessa 785-6172

**\*\*NOW OPEN – Day Care** – Cost is \$2 a child per hour & \$1 for half an hour / Open - Morning hours: Monday - Friday 8:00am to 12:00pm , Evening Hours: Monday – Thursday 5:00 pm to 8:30 pm / Discount Punch card are available - 20 hours for \$36 ( 2 hour maximum per visit ) Ages 2 months to 8 years

**Itty Bitty Ball** (Ages 3 & 4) - Learn pre sport skills such as catching, kicking, throwing and dribbling in a fun atmosphere. Each class will focus on one sampler sport which includes: football, basketball, baseball and soccer. Parents are strongly encouraged in assisting child in class sessions learning these skills.

Registration Dates: January 2 – until filled.

Choose a Time: 11:00 a.m. or 12:30 p.m.

Class Dates: Feb., 3, 5, 10, & 12.

Pleasant Grove/Lindon Resident Fee: \$18 (includes t-shirt)

Non Resident Fee: \$27 (includes t-shirt)

**Little Hoopsters Clinic** (Kinder-1st Grade) – This clinic is an introduction to basketball. Each week basic skills of basketball will be taught.

Registration: February 1 – 20

Clinic Dates: March 7, 14, 21, & 28

Pleasant Grove/Lindon Resident Fee: \$22 (includes t-shirt)

Non Resident Fee: \$33 (includes t-shirt)

## ART CLASSES

### **Ninja Turtles Intro To Art (8 to 11 year olds)**

8 to 11 year olds will learn art from Michelangelo, Leonardo, Raphael and Donatello in this six week course. Classes will focus on each artist and will explore the various mediums and styles used by these famous artists including fresco, ceiling, and portrait paintings and well as clay sculptures and other projects. Class will be held each Tuesday from 4:30 – 5:30 p.m. at the new Community Center. Space is limited so please sign up early. Registration will be at the Community Center during open hours or on line at [www.pgrec.org](http://www.pgrec.org). For more information please contact the Recreation Department at 785-6172. These classes are being offered to the community in cooperation with the Pleasant Grove Arts Commission

Ages: 8 to 11 year olds

Fee \$45.00

Dates: January 13th – February 17th

Location: Community Center Room 5

### **Learning From The Master (5-7 year olds)**

This introduction to art for 5 -7 year olds will focus on introducing children to art and the various art forms and mediums. During the six week course participants will learn about the use of primary and secondary colors, learn about shapes and different mediums including watercolors, pencils, crayons, and more. Class will be held each Wednesday from 4:30 – 5:30 p.m. at the new Community Center. Space is limited so sign up early. Registration will be at the Community Center during open hours or on line at [www.pgrec.org](http://www.pgrec.org). For more information please contact the Recreation Department at 785-6172. These classes are being offered to the community in cooperation with the Pleasant Grove Arts Commission

Ages: 5 to 7 year olds

Fee \$45.00

Dates: January 14th – February 18th

Location: Community Center Room 5

### **The Music In Me (4 – 7 year olds)**

This fun and upbeat 6 week class for 4 – 7 year olds will introduce children to the different elements of music including listening, movements, feelings, and rhythm. Participants will also learn about and make some basic instruments during the class. Class will be held each Thursday from 4:30 to 5:30 p.m. at the Community Center. Space is limited so sign up early. Registration will be at the Community Center during open hours or on line at [www.pgrec.org](http://www.pgrec.org). For more information please contact the Recreation Department at 785-6172. These classes are being offered to the community in cooperation with the Pleasant Grove Arts Commission.

Ages: 4 to 7 year olds

Fee \$30.00

## LIBRARY NEWS

**Twilight Tales** will be on a new day---Tuesdays at 7:00 pm. Starting on January 13th.

**Registration:** Winter session will continue until classes are full. This six week class will begin January 12th, and will run until the week of February 16th. This is for Music and Movement, Story Time, and Wee Read. Check online, call or come in.

**READ Book Group** meets on Thursday, January 8th at 10:00 am. "A Grandmother's Legacy" will be presented by April Harrison.

**Great Reads** will be reviewing the book, "Freak the Mighty" on January 8th at 7:00 pm

**A Special Advent** "Fancy Nancy and Fancy Clancy" will be January 17th at 11:00 am and 1:00 pm. This is for girls and boys age 4 and up. This is a free event with limited seating, tickets will be available, starting January 5th. From the Fancy Nancy books comes a delightful party where we will learn fancy words, fancy moves and eat fancy! Come dressed in your fanciest clothes.

**ASAP-** January 22nd at 4:30 pm the theme is "Castle Clash". Tickets will be available 2 weeks before the event.

**BookEnders** will meet Thursday, January 29th at 7:00 pm. - East of Eden by John Steinbeck.

**Iteens-** young adults will meet January 6th and 20th at 4:30 pm.

### PLEASANT GROVE PLAYERS TO PRESENT "THE FOREIGNER"

Pleasant Grove Players will be holding auditions for their upcoming production of Larry Shue's hilarious comedy, "The Foreigner," on Tuesday and Wednesday, January 6 and 7 from 7:00pm – 9:00pm in the Keith Christeson Theater on the first floor of the PG Library (30 E. Center). Auditions will consist of cold readings from the script. No appointment is needed. Kathryn Little will be directing this production.

"The Foreigner" tells the story of Charlie, a pathologically shy and proper Englishman who has a fear of speaking to strangers. Charlie is brought by his friend, "Froggy," to a fishing lodge in rural Georgia, where Froggy tells everyone that Charlie is a foreigner who doesn't understand a word of English! Soon, everyone is fussing over and confiding in Charlie, including Betty, the kindly caretaker of this lodge; Catherine, a beautiful debutante engaged to be married; Ellard, her sweet but slow brother; and David, the minister to whom Catherine is betrothed. Charlie quickly discovers that all is not what it seems at the lodge and must somehow save the day - without revealing his cover!

Needed are 4 adult men and 2 adult women as well as 1 teen aged young man. Performance Dates are March 13 – 30 on Friday, Saturday and Monday evenings. There will also be Saturday matinees on March 21 and 28. Please call Kathryn Little at 836-8104 for more information.

## PEOPLE TO PEOPLE

The "People to People" program is an excellent way for young people to be able to go to other areas and learn how others live and work. In order for a high school student to be able to participate in the program, they have to fill out the paperwork, as well as be nominated by a teacher. In order for students to be able to travel with this program, they need to raise funds. This year, a Christmas Tree recycling program has been implemented by one of the student's parents. If you would like your tree picked up, please call Bob or Laurel at 785-1342. They will pick the tree up on the weekend.

**48 HOUR PARKING ON STREET:  
Please remember that it is illegal to park trucks,  
cars, or trailers on the roadway for more than  
48 hours. Vehicles can be cited or towed.  
Unregistered vehicles are not allowed to be  
parked on the roadway at any time.**

### HISTORIC PRESERVATION COMMISSION NEWS

The Pleasant Grove Historic Preservation Commission's, "2008 Excellence in Historic Preservation," award was presented to the Dean and Ann Richards' family in November, 2008. The Commission has chosen to recognize the Richards' family for their ongoing efforts in the community to preserve one of Pleasant Grove's unique historic properties. This structure was known originally as the Cyrus B. Hawley home at 55 East Center Street. The home was built for sawmill owner Cyrus B. Hawley in 1870, out of native soft rock. The Richards' family purchased the home in the 1980's, and finished the restoration in 1984. The building is currently being utilized as a working private business office. Many who pass by the home on center Street enjoy the view; especially in the summer, when the gardens are green and in full bloom. The "Excellence in Historic Preservation: award is presented with our highest commendation for the diligence in preserving the historic character of the building, and maintaining the property at an exceptional level of beauty.

There are many wonderful and important historic buildings in Pleasant Grove. We appreciate everyone's interest and efforts in preserving these homes. All of these historic buildings and properties give Pleasant Grove a distinct, "sense of place."

**BASKETBALL STANDARDS IN ROADWAY:  
Please remove basketball standards from the  
roadway for snow removal.**