

"A LITTLE BIT OF COUNTRY" CITY NEWSLETTER OCTOBER 2016

Mayor
Jeff Acerson

City Center Offices
100 North State St./Upper Level
785-5043

Community Development
100 North State St./Lower Level
785-7687

Public Works
946 West Center Street
796-7954

Justice Court
100 North State Street
Upper Level
785-1971

Police Department
100 North State Street
Lower Level
Emergency - 911
Non-emergency Dispatch
229-7070
Police Department Offices
769-8600

Fire/EMS
Emergency - 911
Non-emergency Dispatch
229-7070
Other Fire Services
229-7327

Aquatics Center
60 West 60 North
610-4160

Community/Senior Center
25 North Main
769-8637/769-8625

City Website
www.lindoncity.org
www.facebook.com/lindoncity

DRILL DOWN FOR SAFETY!

The purpose of the drill this year was to see what information residents retained from previous trainings and over 72% of you participated and remembered! Great job! Lindon is a great place to live, and because of you, it's a little bit safer too! Thanks to the Committees and the Police Department for all of their hard work and service!

Substance Abuse Indicators

Substance abuse is a major problem in our community and throughout Utah County. Yes, it can happen to you, to your family or to the people that you care about. Substance abuse usually results in a breakdown of usual behaviors or activities in a person. These changes can occur suddenly or very gradually depending upon the degree of the person's involvement. Be aware that there is no exact indicator to watch for. Always remember that all individuals do not react in the same way, so be especially aware of characteristics that are not common for that person. Watch for changes in behavior, especially if any of the following common factors are occurring in their lives. Financial Problems, Family Problems, Relationship Problems, Academic Problems, Health Problems or Problems Adjusting to their Environment can all result in a person resorting to substance abuse.

There are four basic types of characteristics that you may see in someone who has developed a substance abuse problem as follows:

1. **Behavioral Characteristics** such as a significant decline in academic or work performance including absenteeism, neglecting hygiene and appearance. Changing social habits and interactions by hanging out with new friends, (also people with substance abuse indicators). Decreasing social interactions or experiencing problems with friends and family members. Damaging property or exhibiting violent signs like fighting, domestic violence or self-destructive actions.
2. **Cognitive Characteristics** which may change. These include losing interest in previously enjoyed activities, lack of motivation, or a change in values. Individuals may experience reduced memory or a lack of concentration or feelings of anger, depression, hostility or anxiousness. They may become secretive or suspicious of others whom they previously trusted.
3. **Physical Characteristics** which change, often dramatically. These changes are often weight loss, pale skin tone, redness of the eyes, dry or brittle hair, changes in sleeping habits or continual health complaints of pain or mysterious illness. Be aware also of increased lethargy or amazing periodic amounts of energy. Both can indicate differing types of substances being abused.
4. **Environmental Characteristics** around an individual may also be useful in determining an explanation for unusual or abnormal behavior. Watch for smells of substances such as tobacco, alcohol or odors of burnt substances. Many drugs are ingested through smoking or inhaling and may include familiar odors such as gasoline, paint fumes or glue. Be aware of alcohol containers, items of drug paraphernalia or even baggies, balloons or packaging that may be used to transport substances. Kids or young adults may begin to exhibit pro-use items such as t-shirts, drawing on hands or school notebooks, magazines or music condoning drug abuse or partying. All of these signs can tell you that you have a big problem!

So what do you do about it? First and most importantly is to determine if there is an immediate threat to the person's life or health. If you think there is call 911 or take them to the nearest Emergency Room. If your indicators tell you that this person is heading down a dangerous road but is not in immediate danger there are options for you. Most importantly is communication. Be open about what you're seeing and let the individual know that you care. Discuss their feelings and options. If necessary contact us, remember, one of the primary goals of the police department, and the whole criminal justice system, is to fix the problem. Sometimes that has to come through the criminal justice system. We are always available to help, however possible, to end the nightmare of substance abuse for the families affected.

Cody Cullimore, Chief of Police

LINDON COMMUNITY CENTER

COMMUNITY NEWS

COED Indoor Soccer



It's not too late to register for our COED Youth Indoor Soccer league. 15 minute practices will be held prior to our 32 minute games.

Games will be held at the Lindon Community Center on Tuesdays (Ages 8-9), Wednesdays (Ages 6-7) and Thursdays (Ages 4-5) from the first week of November through the 3rd week of December. Game times are 4:30 pm, 5:30 pm and 6:30 pm. This league fills up fast and has limited space. Sign up ASAP to insure your child's participation! Shin guards are required and Jerseys are provided. Tennis shoes or indoor soccer shoes only, no cleats will be allowed on the gym floor. Volunteer to coach and receive \$10 off any Lindon sport coupon at the end of the season.

Registration Deadline: October 10th
(\$5 late fee space permitting)
Ages: 4-9 Fee: \$35 (6 games)



Boys & Girls Basketball

Compete in our winter basketball league where the focus is learning the rules and in a fun low-pressure environment. The league will teach passing, shooting and dribbling. Man to man defense will be implemented in all age groups. League play will begin January 7th and conclude February 25th. This is an 8 week league. Games will be held at Oak Canyon Junior High School (111 S 725 E, Lindon) on Saturdays between 9am-1pm. Team practices will be held at either Oak Canyon or the Lindon Community Center.

If you are wanting to register as a team please contact Jacob Boone at jboone@lindoncity.org. You will need to fill out at team roster form. Teams must have a mixture of grades, unless you are the younger grade within the league (i.e. full teams of 3rd and 5th graders are okay).

Participants are allowed to request one friend. Friends must request each other and sign up before the registration deadline for the best possible chance to be placed on the same team. Friend requests are not guaranteed, but we do make our best effort to fulfill them.

Registration Dates: October 3rd-November 14th
Fee: \$50 **Grades:** 3rd-6th



**Lindon Community Center (25 N Main St.)
October 28th, 2016 at 5:30 pm**

Bring your family to Lindon City's 5th Annual Hallows' Eve Party! There will be lots of **FREE** fun! There will be a handful of Halloween carnival games, crafts, prizes and activities! Like a little scare? Come give the spook alley and haunted elevator ride a try!



Movie in the Dark at 7:15 p.m.
"It's The Great Pumpkin, Charlie Brown!"

**With a special visit from,
"The Great Pumpkin" (flashlight candy search).
Come dressed up to compete in our costume contest!!**



Send your kids to our Kids Craft Club this fall! Different crafts will be made and taken home each week. All supplies are included. Classes will be held on Tuesdays from 4:00-4:45 pm at the Lindon Community Center in Room 6. Space is limited to 8 participants. Registration deadline for each session is the first day of class.

October 4-25	Grades: K-3rd	Fee: \$20
November 1-22	Grades: K-3rd	Fee: \$20
December 6-20	Grades: K-3rd	Fee: \$15



The upcoming National General Election will be held on Tuesday, November 8, 2016. The Utah County Clerk's office will coordinate and administer the Election (as the city does not conduct elections in even years). Early voting for the election will be held October 25th through October 28th and November 1st through November 4th from 1-5 pm at the Lindon Community Center, 25 N. Main, as well as one of the voting locations for November 8th. For questions concerning the 2016 Election and to view the complete schedule of early voting times and locations, please contact the Utah County Elections office at 801-851-8109 or visit their website at elections.utah.gov.

SECONDARY WATER SYTEM TO SHUT DOWN FOR THE WINTER

The pressurized irrigation system will be shut off on or around October 15th. Please plan your watering schedules accordingly. When the system is shut down please be sure to turn off your sprinkler system, open any manual drains and close the main valve in your PI box. This will prevent unintended flooding in the spring, and may help avoid frozen and broken pipes this winter. In order to close your main valve open the green PI box located somewhere in the yard, typically near the sidewalk or street. When you open the lid be sure to look for spiders that like to hide in these types of spaces! To close the valve, turn the valve handle or key so it is perpendicular to the pipe. Then replace the lid making sure it is securely in place. Every season there are a handful of residents who forget to do these very important steps and suffer unnecessary flooding in the spring. Please don't be the one affected next spring and take the time now to completely turn off your sprinkling system. Thanks!



LINDON SENIOR CENTER NEWS



Things to look for this month:

- ✚ October 3-7 – Intro to Computer Class: Senior Center 10:30 to 11:30 am
- ✚ October 8th – Surviving the Sandwich Generation: Senior Center 10 am to 12 pm
- ✚ October 13th – Workshop on reducing falls: American Fork Fitness Room 2601 (454 N. Center St.) American Fork
- ✚ October 18th – Senior Monthly Outing: Scarecrow Festival \$6, meet at Senior Center at 12:30
- ✚ October 20th – Health and Wellness Extravaganza 9am-1pm
- ✚ October 28th Harmony Home 10:30-12:00
- ✚ October 28th Halloween Party and Movie

For more information about these events please contact the Senior Center Front Desk at 801-769-8625

October Bus Trip



Senior Monthly Outing

Tuesday October 18th 12:30pm. Join us for a drive over to the Scarecrow Festival at the Ashton Gardens at Thanksgiving Point for some fall treats and fun! Please call ahead or sign up at the Senior Center to reserve your spot. Call Cyndi for more information at 801-769-8627. Hope to see you there!

Provo Health & Wellness Extravaganza



Thursday, October 20th
9am-1pm
Provo Recreation Center
320 West 500 North, Provo

- This **FREE** event is a perfect opportunity for both seniors and caregivers in Utah County to access valuable information, community resources and education on aging.
- **FREE Health screenings** including bone density, varicose veins, artery disease, flu & pneumonia vaccinations, diabetic foot exams, blood pressure, oxygen saturation, balance, and more.
- **Presentations** will be given on Smart Banking for seniors, CapTel Captioned Telephones, Senior Oral Health and Elder Law.

Bring a friend and come enjoy a light breakfast and lunch, door prizes, and entertainment. **For more information call:** 801-229-3811 or visit www.mountainland.org/aging. [Click here](#) to view flyer.

- Senior Center October Newsletter
- Senior Center October Lunch Menu



Reminder of FREE Senior Center Amenities

- *Exercise Equipment
- *Library
- *Pool Table
- *Bus Service
- *Computer Lab
- *Lunch Service



CAREGIVER CONFERENCE

Please join us for the Mountainlands Association of Governments 10th annual Caregiver Conference to be held November 5, 2016 at the Orem Friendship Center, 93 North 400 East. See the attached flyer detailing the schedule of events which will include keynote speakers, a complimentary lunch, and fabulous door prizes. This

will be an opportunity for us to extend recognition and appreciation to caregivers in our community who do so much for their loved ones. [Click here](#) for more information.



FREE: Living Well with Diabetes Class

WHEN: Tuesdays; October 11th - November 15th, 10 a.m. to 12 p.m.

WHERE: Cedar Hills Community Center, 10640 N Clubhouse Drive, Cedar Hills, UT

-OR-

WHEN: Tuesdays; October 11th - November 15th, 5:30 p.m. to 7:30 p.m.

WHERE: Canyon View Medical Group Woman's Care Center, 325 W. Center Street, Spanish Fork, UT

WHO: Individuals with prediabetes, type I and II diabetes, 18 years and older

WHY: FREE class to help those living with prediabetes or diabetes live a healthier life

TO REGISTER: Contact Carrie at 801-851-7035



HEAT PROGRAM

Home Energy Assistance Target

The HEAT program assists eligible individuals and families meet the higher costs of energy during the winter months. Eligible families and

residents of Utah, Wasatch and Summit counties can apply for one-time assistance. Target groups for the program include low-income families with children five and under, elderly and disabled residents. The HEAT Program is closed until November 1, 2016. If you have received a shutoff notice, you may be eligible for assistance through our Crisis Program. Contact number 801-229-3855 or [Click Here](#) for more information.

Fall Leaf Pick-Up Program



Fall has arrived and it's time to start the Lindon Leaf Away Program. Help us keep the storm drains clean! Bag your leaves and set them behind the sidewalks in front of your home (please no landscaping materials or garden waste; crews will not collect bags containing these items).

City crews will collect bagged leaves November 1st through the 30th. You may use your own bags or bags

will be available November 1st to pick up at the City Center or at the Public Works building, 946 West Center Street. Call the Public Works Dept. at (801) 796-7954 with any questions. [Fall Leaf Pick up Flyer](#) [Green Waste Flyer](#)

Fall is also the perfect time for a reminder about the importance of keeping our storm drains clean and clear. We all hope for some rain, but we don't want any associated flooding. Please help us by keeping leaves and obstacles out of the grates of our storm drains. Thank you in advance for your cooperation! [Stormwater Management Flyer](#)

In an effort to ensure water cleanliness and safety, our water department will begin introducing small amounts of chlorine into our culinary water system over the next few months. You may notice a slight difference in the smell or taste of your water. Be assured that the amounts used are within guidelines and completely safe for consumption. If you have any specific concerns about the water in your own home, call us (801-796-7954) and we'll be happy to come and check it out.

Lindon has some wonderful prospective Eagle scouts that have done some great projects in our city. A lot of the city curbs in front of fire hydrants have been painted, a headstone was placed on an indigent veteran's grave, and a lovely historical marker was placed in front of the public works building (see photos below). If you are in need of an Eagle Project suggestion call Lisa at the Public Works office 801-796-7954 or email lhalversen@lindoncity.org



Transportation and Community Planning Open House

Do you have questions about future roads, highways, community development, trains, buses, trails and air quality? Planners from Mountainland MPO, Utah County communities, Utah County, UDOT and UTA will be available to answer questions. See the flyer below for Open House dates, times and locations or click here for the website.

Community Planning **Roads** **Trails**
Trains **Buses**

OPEN HOUSE

OCTOBER 12, 2016
4:30-6:00 PM
MATC
 2301 WEST ASHTON BLVD, LEHI
 BUS ROUTE #850

OCTOBER 13, 2016
4:30-6:00 PM
NORTH PARK PAVILION
 1185 NORTH 400 EAST, SPANISH FORK
 BUS ROUTE #821

OCTOBER 20, 2016
5:00-6:30 PM
OREM SENIOR FRIENDSHIP CENTER
 94 NORTH 400 EAST, OREM
 BUS ROUTE #850, 862

American Fork Cedar Hills Eagle Mountain Highland Lehi Lindon Mapleton Orem
 Payson Pleasant Grove Provo Santaquin Saratoga Springs Spanish Fork Springville Utah County

Virtual Open House TRIP Provo Orem

Information or need special accommodations please call 801-229-3834, 48 hours prior to open house. Wheelchair access

www.mountainland.org EXCHANGING IDEAS

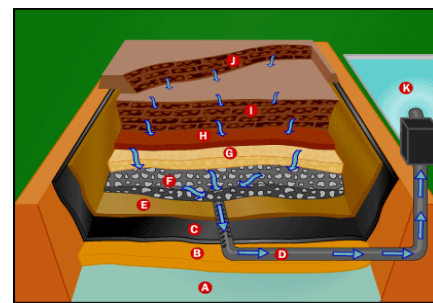
LINDON MONTHLY RECYCLING FACTS

October: Get the Facts about Landfills! How do they work?

Have you ever wondered what happens to your trash after you throw it away? Check out this graphic which will teach you about the basic components of a landfill. Recycling allows us to extend the lifespan of our landfills and keep our environment clean.

The basic parts of a landfill are shown below:

- Bottom liner system: Keeps trash and contaminated liquids from groundwater
- Cells: Where trash is stored within the landfill
- Drainage system: collects rain water from landfill
- Leachate collection system: collects water and other fluids that drain through the landfill and contain contamination
- Methane collection system: Collects methane gas that is formed when trash decays
- Covering: seals off the top of the landfill



- A** Ground Water
- B** Compacted Clay
- C** Plastic Liner
- D** Leachate Collection Pipe
- E** Geotextile Mat
- F** Gravel
- G** Drainage Layer
- H** Soil Layer
- I** Old Cells
- J** New Cells
- K** Leachate Pond

RED CROSS BLOOD DONATIONS

You've helped save lives with your previous blood donations, and we need your help again! As you are probably aware, we have a dramatic need for blood in the winter months. Only dedicated volunteer blood donor like you can help ensure that hospitals have an adequate blood supply on hand to help save the lives of critically ill and injured patients. A patient somewhere needs your blood type. Please make and keep a blood donation appointment in the coming days! To schedule your appointment call 1-800-RED CROSS or [click here](#).



CENTRAL UTAH GARDENS PUMPKIN CARVING CONTEST AND PUMPKIN WALK



Pumpkin artists will enter their pumpkin into one of two categories: Junior (age 12 and under) and Adult (13 and up). Pumpkin entries are due between noon and 6 p.m. on Friday, October 28th. Pumpkins must be

brought to the gardens at 355 West University Parkway in Orem. Pumpkins will be judged the evening of Friday, October 28th. All pumpkin entries including prize winners will be on display at our Pumpkin Walk which takes place the next day, Saturday, October 29th from noon to 6 pm. [Click here](#) for details.

If you are interested in ordering a recycling can please contact the Lindon City Utilities Clerk at 801-785-5043 or by email at slaidler@lindoncity.org. [Click here](#) for Recyclable Materials Info Sheet.

HOW I CAME TO LINDON.....



Larry Ellertson was appointed as Lindon City Mayor in October 1996 to fill the unexpired term of then Mayor Scott Cullimore when he was appointed to be a Utah County Judge. He then had the opportunity to serve the citizens of Lindon until January 2005 when he was elected to be a Utah County Commissioner, a position he is currently serving in.

Commissioner Ellertson and his family moved to Lindon in 1991. This move was prompted by a position change with his employer Utah Power and Light Company. His early years were spent living and growing up working with his father on the family farm/ranch in Mona Utah. His mother was a talented and caring homemaker who was a master at keeping meals warm for whenever the farm/ranch work ended for the day. School was attended in Mona elementary and Juab High School. While in High School he was active in FFA and played all sports. After High school he attended Snow College for a year and then transferred to what is now Southern Utah University where he met and married his wife Linda Christiansen who grew up in Central Valley Town in Sevier County.

He and his family chose to live in Lindon because it allowed for large animal rights, a feeling of openness and was convenient to the urban area. They raised their five children in Lindon and presently have thirteen grandchildren with two more expected in December. They all live in Utah along the Wasatch Front from Mona to Sandy to Bountiful to West Point.

Commissioner Ellertson feels living in Lindon has been enjoyable due to the rural feel (A Little Bit of Country) with good neighbors and friends and people who care about one another. His advice for those moving to Lindon is to learn a bit about the history of our community and enjoy it for what it is.

These monthly articles are presented by the Lindon City Historical Preservation Commission featuring our Lindon youth residents titled "How I Came to Lindon". This month's article is written about former Lindon Mayor and current Utah County Commissioner Larry Ellertson. These articles are written to preserve Lindon's Historical stories and to honor the residents of Lindon.

If you have a family member or friend, living in Lindon, who would like to be featured in an article, please email llamoreau@lindoncity.org

***Pictures courtesy of the Lindon Historical Preservation*