



OCTOBER 2014

# "A LITTLE BIT OF COUNTRY" CITY NEWSLETTER



**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**  
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](http://www.lindoncity.org)  
[www.facebook.com/lindoncity](https://www.facebook.com/lindoncity)

## 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 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. Also be aware 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, but 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. However, we are always available to help and possibly end the nightmare of substance abuse for the families affected.

Cody Cullimore  
Chief of Police

### DRILL DOWN FOR SAFETY – WOW!!

Congratulations Lindon residents! Over 87% of you participated in our community drill! 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!

## LINDON COMMUNITY CENTER



## Lindon City's Food Drive

October 1<sup>st</sup>-November 21<sup>st</sup>

Lindon City will be collecting food donations October 1<sup>st</sup>-November 21<sup>st</sup> for our City's annual food drive. Citizens that wish to participate can drop off food item donations at the Lindon Community Center (25 N Main St), Monday-Friday from 8 am-7 pm.

Following is a list of current needs at the food bank: Canned Meats, Spaghetti's, Corn, Canned Fruit, Stews, Beans, Jelly, Bottled Salad Dressing, Peanut Butter and Chili.

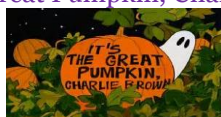
## HALLOWS' EVE PARTY

OCTOBER 30<sup>TH</sup>, 2014 @ 5:30PM

## LINDON COMMUNITY CENTER (25 N MAIN ST)

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

Movie in the Dark: 7:00pm  
"It's The Great Pumpkin, Charlie Brown!"



Special visit from, "The Great Pumpkin" (flashlight candy search)

Come dressed up to compete in our costume contest!

## Lindon City Indoor Soccer

This league will focus on passing, trapping, defending, and shooting!



**\*15 minute team practices will be held prior to 30 minute games.**

**League will begin November 17<sup>th</sup> and will carry through December 19<sup>th</sup>.**

Practices and games will be held at the Lindon Community Center at 4-5 pm, 5-6 pm, or 6-7 pm. Games for the 3-4 and 5-6 year old league will be held on Mondays and/or Wednesdays. Practices and games for 1st-2nd grade leagues will be held on Thursdays and/or Friday.

**Leagues:**

COED Ages 3-4, COED Ages 5-6, Girls 1<sup>st</sup>-2<sup>nd</sup> Grade, Boys 1<sup>st</sup>-2<sup>nd</sup> Grade

**Fee: \$35 Registration Deadline: October 19<sup>th</sup>, 2014**



## LINDON SENIOR CENTER NEWS

*Things to watch for in October!*

- Flu Shot Clinic - October 3<sup>rd</sup> 11:00 am -12:30 pm
- Scenic Lift Ride and Fall Leaves trip to Sundance-October 7<sup>th</sup> - \$10 Bus Leaving at 12:30 pm
- "Last Will and Embezzlement" film screening. October 8<sup>th</sup> 1:30 in Provo – Bus Leaving at 12:45 pm
- Toenail and Foot Care, \$10, October 10<sup>th</sup>, before lunch
- Health and Wellness Extravaganza October 16<sup>th</sup>, 9 am-1 pm. Bus Leaving at 8:40 am
- Medicare Open Enrollment Presentation, October 20<sup>th</sup> -12:15pm
- Alpha Home Health Screening with Lacey, October 24<sup>th</sup> 11:15 am - 12:15 pm
- UVU Nursing Student Wellness Clinic, October 30<sup>th</sup> 10:00 am-12:00 pm
- Halloween Costume Contest, Lunch Party and Movie! October 31<sup>st</sup>, 12:00 pm
- Open Enrollment for Medicare begins October 15<sup>th</sup>
- HEAT program open for application November 1<sup>st</sup>

**\*\*All 3 Bus trips and Toenail care require pre-registration. Call 801-769-8625 or visit front desk to sign up.**

**\* For more information see senior newsletter or contact the Senior Center Front Desk 801-769-8625\*\***

[Senior Center October Newsletter](#)

[Senior Center October Lunch Menu](#)

Computer classes start up again this month! Sign up for this month or next month at the front desk or call 801-769-8625.

- Family History—Mon. or Tues. at 10:30 am
- Computer Basics—Friday at 10:30 am

**Reminder of FREE Senior Center Amenities**

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



**Please come and join us at the Senior Center!**

## LINDON ELEMENTARY LIBRARIAN TO RETIRE



VeraDean Walker, the longest tenured employee of Linton Elementary, will retire at the end of the month. VeraDean started working at Linton Elementary in 1973 and was officially hired as the Librarian in October 1974. She has seen her share of changes in the clothing, trends, and technology at

Linton Elementary. Along with those changes came the faculty turnovers such as principals, teachers, and students. Mrs. Walker has been blessed to be able to teach second and third generations of the children she taught when she first started. VeraDean has always been the welcoming ambassador to both the students and staff who enter the halls of Linton Elementary. It is with mixed emotions that we say goodbye to Mrs. Walker. The school will miss her deeply but we know that she has earned her retirement and wish her the best. VeraDean's Open House will be held on **October 30<sup>th</sup> from 4:00-6:00** in the school Media Center. Stop by to share your favorite memories and well wishes with VeraDean!



## VACCINATION CLINIC

The Utah County Health Department will be holding a Vaccination Clinic in the council room at the Linton City Building on Friday, October 3<sup>rd</sup> from 1:00 pm to 3:00 pm. 100 N. State Street. Services available to the public include flu shots and adult/childhood immunizations. When coming for immunizations you must bring the following:

- Insurance Information
- Immunization Records
- Form of Identification (Driver's license, Student ID, Passport)
- Form of Payment



## Wheels for Wishes

"Wheels for Wishes" is a car donation program benefiting Make-A-Wish® Utah. We are proud to offer a free and easy way to recycle

or donate unwanted cars, trucks, motorcycles, SUVs, RVs, or even boats, by turning them into a wish for a local child. We pick-up or tow away cars free of charge, anywhere in Utah, whether they run or not. Vehicles are either recycled or auctioned off and 100% of the net proceeds benefit Make-A-Wish Utah. Since we are a tax-exempt charity under section 501(c)(3) of the IRS Code, you also receive the maximum possible tax deduction for

your charity vehicle donation. To donate, you can give us a call at 1-855-417-9474 or [click here](#) to fill out our easy online vehicle donation form. Next, we will contact you within 24 hours to schedule your vehicle pick-up, which is completely free of charge. Lastly, we will mail out your tax deductible receipt, which you can save and deduct from your taxes at the end of the year!

## Mayor's Annual Thanksgiving Day Dinner

Don't forget that it's that time of year again to be thinking about the Annual Linton City Thanksgiving Dinner to be held on Thanksgiving Day, Thursday, November 27<sup>th</sup> at the Linton Community Center! Watch for your chance to volunteer and be a part of this Linton Tradition! Cash and food donations are now being accepted at the City Center and the Community Center. Your generosity is greatly appreciated! Keep checking the website at [www.lintoncity.org](http://www.lintoncity.org) for updated information!



## 2014 EARLY VOTING INFORMATION

Early voting for the upcoming general election (administered by Utah County as the City does not conduct elections in even years) will be held from October 21<sup>st</sup> through October 24<sup>th</sup> and October 27<sup>th</sup> through October 31<sup>st</sup>. For questions concerning the 2014 election and to view complete voting times and locations, please contact the Utah County Elections office at 801-851-8109 or visit their website at [elections.utah.gov](http://elections.utah.gov).



## PURPLE TIE GALA FUNDRAISER



Coming up on October 18, Sego Lily Center for the Abused Deaf is hosting their first annual Purple Tie Gala. We are hoping to raise \$25,000 with this event and would love for YOU to attend. Please see our flier and registration info at the link below. If you have any questions about the event, please contact Katie Maxwell by email to [katielynnmaxwell@gmail.com](mailto:katielynnmaxwell@gmail.com) or call 801-361-4463. [Click here](#) to view the flier on our website.

The Sego Lily Center for the Abused Deaf is one of a handful of organizations across the United States that provides free services to Deaf, Hard of Hearing and Deaf-Blind male and female victims of domestic and sexual violence of all ages. Their mission is to promote a safe and empowered community for Deaf, Hard of Hearing, and Deaf-Blind people by providing culturally accessible services, advocacy and education.

*\*Event not sponsored by Linton City*



## Fall Leaf Pick-Up Program



Fall has arrived and it's time to start the Linton 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 during November. You may use your own bags or bags will be available November 1<sup>st</sup> 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. Please watch for the flyer coming out on the website!

## HEALTHY LINDON

Looking forward to the Holiday Season this year, but **NOT** looking forward to those extra pounds that sneak up on you? Come join our



### Healthy Linton Challenge It's A "NO GAIN" Over the Holidays!!

Maintain Your Weight Challenge! Starting on Monday, November 3<sup>rd</sup> Ending on Saturday, January 10<sup>th</sup> Register online beginning October 15<sup>th</sup> In addition there will be Healthy Linton Classes held the first week of each month. Any questions or comments contact Valarie Diehl @801-785-3540



## Disney Memories Choir Concert

Pleasant Grove High School Choirs is proud to present:

### "Disney Memories"

A fundraising concert for the whole family! To be held on Saturday, November 8<sup>th</sup> at 7 pm in the Pleasant Grove High School Auditorium. Admission is \$15 per family, or \$5 for adults, \$4 for students/seniors, & \$3 for children.

Hope to see you there!!

## RED CROSS DONATIONS

You've helped save lives with your previous blood donations, and we need your help again! 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 a blood donation appointment in the coming days! To schedule your appointment call 1-800-RED CROSS or visit <http://www.redcrossblood.org/home>.



## LINDON CITY'S RECYCLE CORNER



### October's Tip: Recycling Do's and Do Not's! What goes in that can!

Recycling doesn't have to be confusing! Keep this list of what can and cannot be recycled in your commingled container handy. For additional information don't forget to visit the city website!

- **Do Recycle:**
  - Corrugated cardboard
  - Paperboard: food boxes, paper towel rolls, etc.
  - Paper: magazines, junk mail, office paper, phonebooks, newspaper, paper grocery bags, etc.
  - Aluminum and steel food containers
  - Plastics: milk and juice jugs, shampoo bottles, detergent bottles, etc.
- **Please do not use your Commingled Bin for these Items:**
  - Glass
  - Styrofoam
  - Food waste
  - Green waste

If you are interested in ordering a recycling can please contact the Linton City Utilities Clerk at 801-785-5043 or by email at [slaidler@lintoncity.org](mailto:slaidler@lintoncity.org)



Come one, come all! The 2014 Health Enrollment Fair will be located at Mountainlands Family Health Center, 589 S State Street in Provo on Friday, **October 10<sup>th</sup> from 3-6 pm.**

Bring your family to enjoy free food, pony rides, bouncy house, face painting, raffles, and drawings and to learn more about the Marketplace, Obamacare, and whether you are eligible for reduced healthcare costs! Free health screenings will also be offered! Hope to see you there! [Click here](#) to view the flyer (\*flyer date states the 6<sup>th</sup> of October but it is the 10<sup>th</sup>).