



OCTOBER 2015

"A LITTLE BIT OF COUNTRY" CITY NEWSLETTER

**Mayor**

Jeff Acerson

City Center Offices100 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**Domestic Violence in Lindon**

October is Domestic Violence Awareness Month. The issue of Domestic Violence happens not just in other cities or states, but right here in Lindon. Victims of Domestic Violence may be your neighbors or friends or it may even be occurring closer to home, maybe even to you or one of your children. Domestic Violence is one of the "un-seen" crimes which is most often committed behind closed doors and in private places. Unfortunately, society has somehow attached a stigma to the very mention of the crime, placing the perception of blame, at least partially, upon the victim, "She/He must have done something", so the violence often goes unreported until a tragic event takes place and everyone questions later how they missed the signs... how could that happen in such a nice family!

Here in Lindon, we investigated 188 cases last year which were in some way related to Domestic Violence (DV). In its many forms, DV may consist of seemingly minor offenses such as criminal mischief or harassing text messages which appear to be minor on the exterior but often with deep hidden meaning and controlling elements. Domestic Violence incidents consist of the same components no matter where they happen, psychological abuse, intimidation, humiliation, deprivation, manipulation, control, physical and emotional injuries, physical and sexual assault, verbal abuse and other devaluing experiences may all be present in an abusive relationship. Substance abuse and mental health issues are a common factor in many cases.

It is important to remember that although we most commonly picture DV as happening with a male as the abuser and a female as the victim. In about 5% of the cases the male is the victim of an abusive relationship, a number which is believed to be greatly underreported. We are also seeing many more abusive relationships that begin as "dating" and become controlling and abusive. Social media has contributed to the problem by making it easier for abusive individuals of both sexes to "meet" or access partners, "stalking" or reaching across great distances to avoid the likelihood of knowledge of their prior behavior or history being accessible to the victim. We, here in Lindon, just as in other places across our Nation need to do something to end this cycle of abuse. A cycle which proliferates as children growing up in abusive households are more likely to become abusers as they learn destructive behaviors which they perceive as "normal". I am glad to report that there is a great effort underway and that help is available locally to anyone living in fear or danger.

There are many resources in the community for victims who are trying to find a safe way out or who are seeking help to try to make a relationship healthy. The Police Department has a Victim's Advocacy program which can provide a conduit to help and which is available 24 hours a day. If you are in an emergency situation please call 911! In addition, the Center for Women and Children in Crisis is located in Orem and provides a 24 hour Sexual Assault Hotline 801-356-2511 or Domestic Violence Hotline 801-377-5500. The Utah Domestic Violence Coalition provides a central point of contact throughout the state to LINK Victim's to access counseling, mental health services, health clinics, shelters, safe houses, support groups, human service agencies, legal services or police services. Callers do not need to leave their names to get help and no one will know that you called. You can contact them at 1-800-897-LINK(5465).

If you or someone you know or suspect is in a violent relationship, please make an effort to reach out to find help or to encourage and support someone to find services. This is a difficult subject to talk about and Victim's commonly are in denial or are embarrassed to open up to anyone about what they are experiencing. Remember that everyone is valued and valuable and deserves to have happiness and safety in their lives. Bad situations can change and each of one of us could provide the stimulus for a Victim to have a better life or even to save their lives! Please watch for more information regarding community-wide efforts in these areas, and thanks for all that you do as we work together to protect each other and to keep Lindon a great place to live!

Cody Cullimore, Chief of Police - Lindon City Police Department



Early voting for the 2015 General Election will be held at the Community Center, 25 North Main St. at the following dates and times:

- Oct. 20th – 23rd 1-5 pm
- Oct. 27th – 3-7 pm
- Oct. 28th – 30th 1-5 pm

MEET THE CANDIDATES NIGHT

“Meet the Candidates Night” for the upcoming General Election will be held on Thursday, October, 22, 2015 at 7:00 p.m. at the Community Center Cultural Arts Auditorium. Four (4) candidates have declared candidacy for the three (3) open City Council seats as follows:

**Randi Powell, Carolyn Lundberg,
Dustin Sweeten, Matt Bean**

Come out to meet the candidates and ask them your questions about the issues facing your community! [Click here](#) to read candidate bios.

**Please note: Candidate names are listed per the 2014-2015 Master Ballot Position List (Utah State Code 20A-6-305).*



DON'T FORGET EARLY VOTING!

Registered voters may cast their General Election ballot during the early voting period at the Community Center, 25 N. Main Street at the following dates and times:

- October 20th – 23rd 1:00 – 5:00 p.m.
- October 27th 3:00 – 7:00 p.m.
- October 28th – 30th 1:00 – 5:00 p.m.

Don't forget your ID when you come to the polls. A complete list of acceptable forms of identification can be found with other election information on the City website at www.lindoncity.org. General Election day is November 3, 2015. Polls open at 7 am and close at 8 pm. All precincts will vote at the Community Center, 25 North Main Street. Contact the City Recorder if you would like to serve as a poll worker! kmoosman@lindoncity.org

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 30 minute games.

Games will be held at the Lindon Community Center on Mondays (Pre K, Kindergarten), Wednesdays (Kindergarten & 1st/2nd Grades) and Fridays (1st/2nd Grades) from the first week of November, through the 3rd week of December. This league fills up fast and has limited space. Sign up ASAP to insure your child's participation! Shin guards are required. Jersey provided. Tennis shoes or indoor soccer shoes only, no cleats will be allowed on the gym floor. Volunteer to coach and receive a free sports voucher at the end of the season. This league is super fun and easy to manage. We even provide a referee!

Deadline: October 11th (unless league fills beforehand)
Fee: \$35 (6 games + practice game)

Youth Basketball

Compete in a winter basketball league where the focus is learning the rules and fundamentals of basketball in a fun, low-pressure environment. The league will teach passing, shooting, and dribbling through weekly practices followed by Saturday games. Volunteer to coach and receive a free sports voucher at the end of the season.

Registration: October 5th – Nov. 15th
Fee: \$45 (\$5 late fee after Nov. 15th, space permitting)

Games will be played at Oak Canyon Jr. High
League Play Starts: January 9th, 2016 and concludes
February 27th, 2016



Lindon Community Center (25 N Main St.)
October 30th, 2015 at 5:30 pm

Bring your family to Lindon City's 4th 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 at 7:00 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!!

Mayor's Annual Thanksgiving Day Dinner



Don't forget that it's that time of year again to be thinking about the Annual Lindon City Thanksgiving Dinner to be held on Thanksgiving Day, Thursday, November 26th at the Lindon Community Center! Watch for your chance to volunteer and be a part of this Lindon 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.lindoncity.org for updated information! [Thanksgiving Day Dinner flyer.](#)

LINDON SENIOR CENTER NEWS



Things to look for this month:

- ✦ Friday, Oct. 2nd—Immunization Clinic, 11am-1pm
- ✦ Wednesday, Oct. 7th—UVU Nursing Students Wellness Clinic 10am-12pm
- ✦ Wednesday, Oct. 7th Autumn Outing Bus Trip Leaving Senior Center at 12:30pm
- ✦ Thurs, Oct. 8th— Health and Wellness Extravaganza 9am-1pm (if enough interest, bus leaving at 8:40am)
- ✦ Tues, Oct. 13th—Bus Trip Scera Cinema “Roman Holiday” \$2, Leaving center at 9:30
- ✦ Mon. Oct. 19th—Cards and Dominos after lunch
- ✦ Wednesday, Oct. 21st—Free Hand Massages before lunch 10am-12pm
- ✦ Friday, Oct. 23rd Alpha Home Health Screening with Lacey 11:15am-12:00pm
- ✦ Wednesday, Oct. 28th Medicare Open Enrollment Presentation by Mountainland 12:15pm
- ✦ Friday, Oct. 30th Halloween Party and Movie 12pm

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

October Bus Trips



✦ Autumn Outing

Wed. Oct. 7th 12:30pm. Join us for a drive down to the Red Barn in Santaquin for some fall treats and through the Nebo Loop to enjoy the beauty of Autumn in the mountains.

✦ Health and Wellness Extravaganza

Thurs. Oct. 16th 9am-1pm. Bus Leaving at 8:40 am (if at least 6 are interested).

✦ Scera Cinema “Roman Holiday”

The Scera Theatre shows Cinema. Classics on Tuesday Mornings and we will go as a group on Oct. 13th! The ticket price: \$2 includes popcorn! We will leave at 9:30am and be back for lunch.



Card-Making Class

With the Holidays coming up, there are so many reasons to send cute, fun cards! Join us

Oct. 8th and 22nd Visit with friends while making adorable cards for your friends and family! **(FREE!)**

Provo Health & Wellness Extravaganza



**Thursday, Oct. 16th
9am-1pm
Provo Recreation Center
320 West 500 North, Provo**

This **FREE** event will include:

- 10+ Different Types Health Screenings
- Presentations on Chair Exercise, Elder Law, Legal Issues, and Smart Banking for Seniors.
- Vaccinations for Flu, Pneumonia, Shingles, and TDAP (no-cost with most Insurance plans)
- Other activities: Stroke awareness, community resources, caregiver resources, massage therapy, entertainment, door prizes, etc.!

See flyer at Senior Center for more information or [click here](#) for the website.

Medicare Beneficiaries

It's that time of year again: Medicare Open Enrollment! The enrollment period is Oct. 15-Dec. 7, 2015. You should have received an Annual Notice of Change from your current Medicare Prescription Drug Plan or Advantage Plan. If not, give them a call. During open enrollment you can change your plan, if needed. If you are happy with your current plan, you do not have to do anything. We offer free Medicare Counseling at Mountainland Association of Governments. If you need help, please call Dawn Loper at 801-229-3819. Always remember to protect your Medicare number and your social security number from fraud and identity theft, Medicare and Social Security will never call you or come to your house for your numbers.



Presentation with more information Wed. Oct 28th, 12:15pm



Senior Center Halloween Party & Costume Contest

October 30th at lunchtime. We will be having a Halloween Themed Lunch and showing a Halloween Movie after lunch with Popcorn and Root Beer (feel free to dress up!!)

- [Senior Center October Newsletter](#)
- [Senior Center October Lunch Menu](#)

**Watch for more information about an upcoming community Open House event in October at the Senior Center. Please start thinking about senior neighbors and friends who may be interested in learning more about the center and what we have to offer.*



Reminder of FREE Senior Center Amenities

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

Lindon Tree Advisory Board Opportunities

Go Out On a Limb, apply for the Lindon City Tree Advisory Board! The City of Lindon is seeking individuals in the community to serve on the Lindon City Tree Advisory Board, which was established to provide clear guidance for planting, maintaining and removing trees from streets, parks and other public spaces as well as activities that are required or prohibited.



The Tree Board will meet quarterly and its scope of work includes hearing and ruling on appeals of denied administrative permits (for tree removal), establishing a community forest work plan, recommending public tree care policies, maintaining a list of recommended and undesirable tree species, and promoting public awareness of trees and of the city tree ordinance. The community members of this board will be appointed by the Council and will serve a 4 year term.

To apply for the Tree Board, or any other volunteer position, fill out the application form available on line at www.lindoncity.org under the parks and recreation tab. Applicants must live in Lindon. There is no compensation for this position. For more information, contact the Parks & Recreation Director, Heath Bateman at 801-769-8625 or email hbatement@lindoncity.org

Transportation & Community Planning Open House

Do you have questions about future roads, highways, community development, train, buses, trails and air quality? Representatives from Mountainland, UDOT, UTA, and communities in Utah County will



be available to answer questions on transportation plans and community development. The open house will be held on **October 29, 2015, from 4:30 to 6:30 pm at the Orem Friendship Senior Center, 93 North 400 East, Orem.** Bring the kids and discover the future vision for Utah County! Can't attend, you can still participate, visit our virtual Open House www.mountainland.org/openhouse, available October 26th.

Community Book Fair

All are welcome! Come and shop early for Christmas - we have books for all ages and interests!

Lindon Elementary library
October 5th – 9th

Hours: Mon & Wed 8am-4pm, Tues & Thurs 8am-8pm, Fri 8am-12 noon

All proceeds benefit literacy efforts at Lindon Elementary and put new books directly in the hands of Lindon children!

[Click here](#) to order online from September 28-October 14 (with expanded dates and a larger selection). Online orders will be delivered to Lindon Elementary front office toward the end of October. For more information or to volunteer, contact Cheri Hardman at 801-836-2598 or Stefanie Banner at 801-372-8583.



Healthy Lindon

"TAKE THE TIME FOR YOUR
HEALTH" CHALLENGE!

All of our lives can get busy with even just the basics of daily life, and it is easy to put off daily exercise, having yearly health screenings and regular health checkups. But these are the very things that can help us to live a long, healthy, happy life. If we DON'T take the time to take care of ourselves it will catch up to us later.

So take the "TAKE THE TIME FOR YOUR HEALTH" Challenge

Get the following Health screenings during the months of October or November 2015 and when you are finished, go pick up your "Red Apple Pin" from the Lindon City Community Center.

- Basic Health Checkup
- Blood Pressure Check
- Cholesterol Lipid Test
- Glucose Test

Any questions contact Valarie Diehl at 801-785-3540 or webefit@byu.edu



The American Red Cross is excited to introduce [RapidPass](#), a new tool that allows blood donors to help save lives in less time. [RapidPass](#) offers donors a way to complete their pre-reading and donation questions online from the comfort and privacy of their home or office; reducing the time they spend at

the blood drive by up to 15 minutes. That means happier donors! [RapidPass](#) will be available in your area on October 26th. Donors will be asked to try [RapidPass](#) in their appointment reminders and through other Red Cross contacts. It's simple just visit redcrossblood.org/RapidPass for more information.



Lindon City Pet of the Week

The North Utah Valley Animal Shelter has many pets up for adoption! Every Third Friday of the month, NUVAS will be at Petco in Orem, 85 S State St. from 11am – 2pm to promote these animals for adoption. Also, they will be selling licenses (proof of current rabies vaccination required). Next Petco Day is: October 16, 2015. [Click here](#) for information about Jax (pictured)!



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.

HOW I CAME TO LINDON.....



Darrell and Beth Frampton have lived in Lindon, Utah for 76 years! When they were younger, Beth remembers picking cherries and raspberries along with playing games with her friends. Darrell talked about building the horse arena and the baseball diamonds down at Lindon Park. Darrell's father was a butcher, and Beth's father work at the UNI sugar company. Their three children live in Lindon on the same street as them, on the land they inherited from Beth's parents, Mim and Joe Ash. Even though living in the same house, they have been a part of four different wards, the 1st, 2nd, 6th, and now the Lindon 3rd ward.

Darrell and Beth have admired many ward members such as Judge Joe Wadley and his daughter Dorothy, Myrle Jarvis, Bishop Tyler Rogers and Gordon Taylor, their next door neighbor. Darrell was a machinist and Beth was a teller at the bank until she had her three kids Bret, JoLynn and Darin. They like the people they grew up with and like that Lindon is a "little bit of country". They would like to tell people who are new to Lindon that they should get to know their neighbors and be friendly and kind.

Article written by: BJ Frampton

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 by BJ Frampton. 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*