

"A LITTLE BIT OF COUNTRY" CITY NEWSLETTER

AUGUST 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



August 1st - 6th

Come and check out all of the fun Lindon Days events! A **BIG** thank you to all of our Sponsors, Volunteers, Chairmen and City Staff for their hard work in making this celebration happen!

Hope to see you at the fair!!

Hot Weather Safety: August 2016

We all know that Utah is famous for having the "Greatest Snow on Earth" but we actually live in the high desert. In the summer, we also experience what can sometimes be dangerous heat. The past week has seen temperatures each day in excess of 100 degrees here in the valley. With that heat, we have responded each day to calls of heat illnesses. Often the victims of heat exposure, or hyperthermia, have only been in the sun for a short time and thought that they were all right. Right up until the time that they went down.

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses.

Heat Exhaustion = Heavy sweating, Weakness, Cold Pale and Clammy skin, Fast, Weak Pulse, Nausea or Vomiting and Fainting. If you experience these symptoms here's what you should do: Move to a cooler location, Lie down and loosen clothing, Apply cool wet cloths over as much of your body as you can. Sip water.

Heat Stroke = High Body Temperature, over 103 degrees, Hot Red Dry or Moist skin, Rapid and Strong Pulse, Possible Unconsciousness. In this case you should: Call 911 immediately! This is a Medical emergency. Move the person to a cooler location, Apply cool wet cloths and Do Not give fluids!

Each year, dozens of children and untold numbers of pets left in parked vehicles die from hyperthermia. Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The effects can be more severe on children because their bodies have not developed the ability to efficiently regulate its internal temperature. **Never Leave Children, Elderly or Disabled Adults or Pets in Parked Vehicles.**

How Fast Can the Sun Heat a Car? The sun's shortwave radiation heats objects that it strikes. A dark dashboard or seat can easily reach temperatures in the range of 180 to over 200°F. These objects heat the adjacent air trapped inside a vehicle. In a test on a 90 degree day, in just over 2 minutes the car went from a safe temperature to an unsafe temperature of 94.3°F. This demonstration shows just how quickly a vehicle can become a death trap for a child.

Hopefully we all enjoy being active and outdoors. Use common sense. Plan your strenuous activities, work or exercise early in the morning or in the cooler evening hours. Drink plenty of water. Dress in lightweight and light-colored clothing. Wear sunglasses, a hat and sunscreen. Sunscreen the kids and watch out for the elderly, they and children are the most likely victims of the heat. Remember to provide plenty of water and shade shelter for your pets and try to take it easy in the heat of the day!

Winter will be here before we know it and we'll all be trading our shorts and flip-flops for down coats and boots. Until then, have a safe and happy summer enjoying all that we have here in Utah!

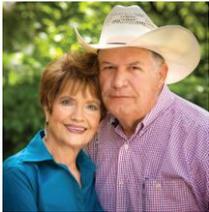
Cody Cullimore, Chief of Police



The annual Lindon Days celebration for 2016 will be held August 1st through August 6th. This year the Lindon Days theme is "Red, White & Blue" America's flag of freedom waives brightly over Lindon City. Join us as we celebrate a great country, great freedom and our great Lindon Community!

This traditional Lindon event has something for everyone! [Click here](#) to view the Lindon Days Booklet.

Lindon Days Grand Marshals



Don and Marcia Peterson have been chosen as Grand Marshals of the 2016 Lindon Days celebration. Thanks for all your service to the Lindon Community Don & Marcia! Enjoy the festivities!

Monday, August 1st

FAMOUS LINDON DAYS CAR SHOW



Chaired by Kim and Shauna Tomlinson
4 PM to 9 PM
[Information Flyer](#)
FREE REGISTRATION

All makes and models are welcome! Pre-registered participants will receive a free event T-shirt while supplies last. Lindon City Park: 200 North State Street

Tuesday, August 2nd NIGHT OUT AGAINST CRIME



Pioneer Park – 150 South 500 East
7:30 PM

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods a safer, better place to live. Together, we are making that happen. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community and provides a great opportunity to bring police and neighbors together under positive circumstances. Come down to Pioneer Park at 7:30 PM to meet with the Lindon Police Department. They will be training and demonstrating how to keep Lindon safe!

ICE CREAM SOCIAL



Directly following the police department's presentation Mayor Acerson and the Lindon City Council will be providing the community with delicious FREE Ice Cream. Meadow Gold's ice cream will surely satisfy your sweet tooth. This is a great opportunity to visit and mingle with your local elected officials!

HARRIS PIONEER HOME TOURS



7:30 PM, Pioneer Park
150 s. 500 E

Mingle with Lindon City's Historical Preservation Commission and take a tour of the Harris Pioneer Home. Learn some fun facts about the home and preserved items inside. This is a great opportunity to expand your knowledge of Lindon!

MOVIE IN THE PARK Kung Fu Panda 3



Kick back and enjoy an evening under the stars with our showing of Kung Fu Panda 3. Bring lawn chairs, blankets and pillows and get cozy for this fun, animated family film. Bring your friends and family to this FREE event. The movie will begin right at dusk. Pioneer Park, 150 South 500 East. Sponsored by AmBank on the outdoor screen! Be there early to get the best Spot!

Wednesday, August 3rd

HUCK FINN FISHING

6:30 PM



A favorite Lindon Days event, Huck Finn Fishing will be sure to delight. Come enjoy an old fashioned evening. Grab your kids, your poles

and head down to Creekside Park for a fun evening of fishing. Creekside Park 100 S 600 W (6:30 pm to 7:00 pm Fishing Poles only; 7:00 pm to 7:30 pm Huck Finn Style). Don't forget to snag a free shaved ice from Lani's Hawaiian Shaved Ice booth at the event from 6:30 to 7:30 pm.



Thursday, August 4th

2nd ANNUAL CARDBOARD BOAT REGATTA



Come and participate in our 2nd Annual Cardboard Boat Regatta! Participation is free. Pre-registration for this event is highly recommended as we will only be taking the first 100 entries. Express

your creativity and build a two man boat or raft solely out of cardboard and duct tape. Entry for spectators is free! We welcome everyone to come be involved at this entertaining event!

Thursday, August 4th

Check-in at 7:00 AM

Racing begins at 8:00 AM

Lindon Aquatics Center Lap Pool

60 N 60 W Lindon

Sign up [HERE](#)

Participation is **FREE**. Just bring a boat, life jackets and oars to participate. (2 person boats only)

Awards for Fastest Boat, Team Spirit, Best Boat Name, Titanic Award, Last Boat Floating, etc.

[Flyer for Rules & Details](#)

FREE SWIM DAY



Come swim at the Lindon Aquatics Center for free. 12:30-2:30 PM LINDON RESIDENTS ONLY (bring proof of residency). 2:30-6:00 PM Residents and Non-Residents welcome. The pool is limited to the maximum occupancy. The "free admission" coupon from the [Lindon Days booklet](#) must be presented for entrance into the pool. Coupon is only good for Thursday, August 4th.

LAZY RIVER DUCK RACE



3:00 PM - Aquatics Center Pools

Register at the booth at the pool for a numbered duck. The ducks will race around the Lazy River and the first 25 ducks will receive prizes. Participation is **Free** but ducks are limited.



AM BANK DIME DIVE



3:30 PM, Aquatics Center Pools

4 Divisions:

0-3 year old (toys and trinkets)

4-6 year old

7-10 year old

11-14 year old

FLAG RETIREMENT CEREMONY

6:00 PM

Lindon City Center Park - 200 N State Street

Come and join us along with the members of FA145 C Btry and VFW in honoring our Country's flag. You can drop off flags ready for retirement at the Community Center at any time. All Scouts in uniform are encouraged to participate in the Service (scouts please arrive at 5:30).

OPEN HORSE SHOW

10:00 AM

City Center Park Horse Arena, 200 North Main

Entry fee is \$3 per event excluding team events, which are \$2 per team event entry. Team events include the 4-Man Team Relay Race, the Rescue



Race, the Dress Change Race and the Hide Pull Race. Same-day registration will begin at 9 a.m. for Show #1, with the show beginning at 10 a.m. Same-day registration will begin at 3 p.m. for Show #2, with the show beginning at 4 p.m. or at the conclusion of Show #1. Questions, contact Shylee Sweeten at 435-754-5049 or lindonmyrc@gmail.com. Hope to see you there!

[Sign up here](#)

Friday, August 5th

VIDEO GAME TOURNAMENT



Test your gamer skills in Lindon Days video game tournament! Battle to the top of the bracket on the BIG SCREEN for prizes!

9:00 AM to 3:00 PM

Lindon Community Center, 25 N. Main St.

LINDON DAYS JR. RODEO



Lindon Horse Arena, 200 N. Main

5:00 PM

One of the most popular events in the Lindon Days Celebration! Sign up and bring the whole family to our family arena events:

- Mutton Bustin'**
- Calf Riding**
- Steer Riding**
- Team Roping**
- Old Time Barrel Racing**
- Chicken Chase 12 & Under**
- Ribbon Chase 15 & Under**
- Mayor's Candy Scramble**
- Boot Race**

Sign up for individual events or purchase a family pass for events [HERE](#)

MAYOR'S CANDY SCRAMBLE



During the Family Arena Events, send your kiddos out to scramble for candy! Lindon Horse Arena, 5:00 pm

Saturday, August 6th

FAMILY FUN RUN & 5k



Sign your family up for our Lindon Days 5K or 1 Mile Fun Run!

Lindon Community Center (25 N Main)

7:00 AM Start time. [Click here](#) to register

6:00 to 6:30 AM Late Registration

FLAG RAISING CEREMONY



Show your patriotism by joining Lindon City Police Department for an early morning flag raising ceremony.

Lindon Community Center (25 N Main)

7:15 AM

MAYOR'S PANCAKE BREAKFAST



Lindon Community Center
Immediately following the Flag Raising Ceremony: From 7:30 until 9:30 a.m.

Join Mayor Acerson and the Lindon City Council while they cook their traditional breakfast for the community.

Come fill your plate with pancakes, eggs and all the fixings. [Click here](#) to buy meal tickets online.

Adult \$5.00 each (12 years and up)

Child \$2.00 each (0-11 years old)

Family of 5: \$15.00

LINDON DAYS GRAND PARADE



Red, White & Blue is the theme for the 2016 Lindon Days Grand Parade. The public is encouraged to attend and welcome bands, floats, animals, performing groups and local businesses as they parade down Lindon's Center Street. The parade route is as follows: **Center Street from 900 E. to Main Street, 10:00 am.**

FREE FAMILY FAIR IN THE PARK & FOOD TRUCK ROUND UP



This event cannot be missed! Bring the whole family to our Family Fair and Food Truck Round-Up. All games, crafts and activities are **FREE!** That's right, **FREE!** Bring a white shirt to tie-dye or purchase one at the booth. Try to dunk our city staff and elected officials at our dunk tank. Create and design your own rocket and launch it! We'll have a rock wall, DIY projects with Home Depot, trackless train, bounce houses galore and so much more! Come have a fun filled afternoon. Don't forget to swing by the food trucks when you get hungry!

**Pheasant Brook Park
(800 W 400 N)
3:00 PM to 7:00 PM**



PRE-SHOW: Scales & Tails

Come, bring the kids and enjoy a lesson on reptiles. Scales & Tails of Utah will be presenting an educational reptile show before the concert and fireworks on Saturday, August 6. The kids are

sure to have a fantastic time learning about lizards, snakes and many other animals.

Pheasant Brook Park, 800 W. 400 N., 7:00 PM

CONCERT & FIREWORKS IN THE PARK!



This year the Lindon Days staff members are excited to announce that the Salamanders are back...Live in concert! This Party band will

provide a performance of their energetic music on Saturday, Aug. 6, at 8:30 p.m. in Pheasant Brook Park, 800 W. 400 North. Fireworks show will start at approximately 10:00! Hope to see you all there!



LINDON SENIOR CENTER NEWS



This Month's Events

- ✚ Lindon Days August 1st-6th
- ✚ Movie in the Park, August 2nd
- ✚ Picnic in the Park, August 9th
- ✚ Chalk the Block, August 24th
- ✚ Chair Fitness Classes: Every Tuesday and Thursday at 10:30am
- ✚ Pickle Ball: Every Tuesday from 10:00-12:00
- ✚ TOPS: Every Wednesday at 10:30
- ✚ BINGO: Every Friday at 12:30

- Senior Center August Newsletter
- Senior Center August Lunch Menu

**Senior Picnic at the Park!
August, 9th**



The weather is beautiful and it's that time of year to get outdoors and enjoy a lunch and some live music in Lindon City Park. In case of inclement weather we will eat at the Community Center.



Senior Field Trip! Chalk the Block!

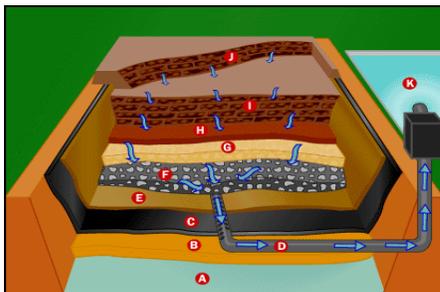
August 24 12:30-2:00

Put on a good pair of walking shoes and come see amazing artistic talent the valley has to offer. This is in Provo at the Riverwoods and an event you don't want to miss.

MONTHLY RECYCLING FACTS

August: 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 as 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



©2000 How Stuff Works

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. Call to sign up today!

EMPLOYEE RECOGNITION



The City is pleased to recognize **Dona Haacke**, Lindon City Treasurer, for her outstanding employee efforts with our Employee Recognition Award for this quarter. Congratulations Dona and thanks for always doing a great job for the city! We

appreciate you!

Lindon City thanks **PROFIRE ENERGY** located in Lindon, for donating and supporting the Employee Recognition Program.



Lindon Police Wives Service Project!

The wives of our Lindon City Police Department are planning a service project, and are inviting the community to participate! During the course of their jobs, police officers are routinely faced with the sad reality of seeing children removed from unsafe circumstances in homes for a variety of reasons. Children are typically placed in foster care homes, often with nothing more than the clothes they are wearing. With back to school time just around the corner, the service project will focus on providing new backpacks filled with school supplies to children in Utah Valley entering foster care. You can help with your donation of any of the following:

- Backpacks
 - Pencils
 - Pens
 - Notebooks
 - Pocket folders
 - Crayons
 - Markers
 - Colored Pencils
 - Glue sticks
 - Pencil Boxes/pouches
 - Hair accessories (bows, pony tail holders, etc.)
 - Lip balm/lip gloss
 - Small hand sanitizer
 - Socks for boys and girls
 - Safety Scissors
- **Cash for us to fill in the blanks!**

These 40 backpacks (shown below) were provided to children in the community during the last service project. Help us put a smile on the face of these little ones!



Donations can be dropped off at the City Center front desk or at the Police Department in the lower level of the City Center. Thanks in advance for your help and support! Together we can bring a little love into the world!

HOW I CAME TO LINDON....



One day our family was attending our young son's soccer game in Orem. A real estate agent who had sold us a building lot in Orem was also there. He told us about a large parcel of land that had just become available in Lindon. We hadn't built in Orem yet, so decided to take a look. We fell in love with the oak brush-covered hills and the beautiful view of the valley. The only problem was that we couldn't take part of the land -- it was all or nothing. We felt strongly that this was where we needed to raise our children, so we made the purchase knowing others would want to live in this beautiful place.

We built our home on the edge of the property because we could connect to the existing services without developing all the property. We then spent a bit of time developing almost half of the land. There was a lot of dirt that had to be removed, pipes to be buried, and water runoff to take care of. But all the work paid off because we are now surrounded by wonderful friends who now live in the homes that were built on that land!

Some of our earliest memories of Lindon were attending Lindon Days. We signed our young ones up for the sheep riding experience and I offered to help Don Peterson with the sheep. He took one look at my sandals I was wearing and said, "Not in those, you're not! Get some boots on and then you can help." At the time, I wondered if boots were required to live in Lindon! But after running home to change into tennis shoes, he let me help and a wonderful friendship started. The next year they put us in charge of Lindon Days and we haven't missed attending them since.

My wife and I come from small towns (Moab and Green River, Utah) and we love the small-town feel of Lindon. We love the open fields, the horses, the friendly people, and the beautiful sunsets. We are so grateful to have the Lindon parks available for family picnics, Easter egg hunts, and family softball games. We have hiked in our mountains and I have enjoyed coaching and having all our children participate in Lindon's little league program. We love the history that is here and I enjoy talking to the long-time residents about "how it used to be." It has been a pleasure to serve in public office and do what I can to improve the city's services while keeping Lindon's country feel.

See you at Lindon Days, because yes, as always, we will be there!

Article written by: Mayor Jeff Acerson

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 Lindon City Mayor Jeff Acerson. 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 Commission*