SEPTEMBER 2025

LINDON CITY NEWSLETTER

"A LITTLE BIT OF COUNTRY"

Mayor

Carolyn Lundberg

City Center Offices

100 N. State St./Upper Level 801-785-5043

Community Development

100 N. State St./Lower Level 801-785-7687

Public Works

946 West Center Street 801-796-7954

Justice Court

100 N. State St./Upper Level 785-1971

Police Department

90 North State Street Emergency - 911 Non-emergency Dispatch 801-229-7070

Fire/EMS

90 North State Street Emergency - 911 Non-emergency Dispatch 801-229-7070 Other Fire Services 801-229-7327

Aquatics Center

60 West 60 North 801-610-4160

Community/Senior Center

25 North Main 801-769-8637/769-8625

City Website

www.lindoncity.gov www.facebook.com/lindoncity

lotification System

Lindon City EVERBRIDGE Notification System. Click Here to sign up for the service!

Fraud and Extortion Prevention

Criminal organizations are actively attempting to access your finances through fraud and/or extortion. Fraud can affect individuals, businesses, and governments. Fraud may involve financial theft, identity theft, cybercrime and deception for personal or financial gain. **Extortion** is a criminal offense where someone unlawfully demands money, goods, services, or favors from another by threatening harm, damage, or the release of sensitive information.

Common scams include:

- Individuals falsely claiming to be law enforcement officers, informing victims they have outstanding warrants due to missed court or jury duty, and threatening arrest unless payment is made.
- Claims that a relative is in trouble and needs immediate financial assistance.
- Fraudulent investment opportunities.
- Online romance scams or sextortion.
- Callers posing as utility or public service providers demanding payment for supposedly unpaid bills.
- Unsolicited calls offering to fix non-existent or sudden computer issues.
- Claims of winning a large prize requesting funds to receive it.

Police Dept. Offices 769-8600 These crimes are often committed by transnational criminal organizations, making them difficult to identify, prosecute, and recover financial losses from. Requests to send gift cards, wire transfers, or other untrusted methods are common with criminal organizations. With fraud and extortion on the rise, here are a few steps we can take to protect ourselves:

✓ General Safety and Actions:

- Protect personal information Shred documents, use secure passwords and two-factor authentication, and avoid oversharing online (don't share compromising photos, videos, or messages).
- Be skeptical If it sounds too good to be true, it probably is.
- Verify contacts Don't trust unsolicited emails or calls. Contact companies/organizations directly using official numbers.
- Monitor accounts Check bank and credit statements regularly for suspicious activity.
- Report suspicious activity To your local police department and banking institutions.

✓ If You're Being Extorted:

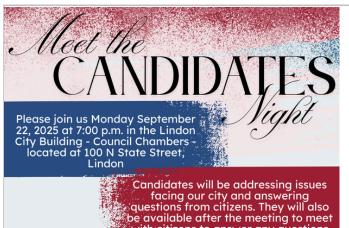
- Do not pay. Paying may encourage more demands and does not guarantee the threat will stop.
- Document everything: Keep records of all messages, emails, or demands.
- Report it to local law enforcement. Lindon Police dispatch (801) 852-6210.
- Seek legal and emotional support if needed.

Our community is not immune to these crimes which can lead to financial loss along with emotional and psychological harm. By staying informed, vigilant, and prepared, we can reduce the risk of falling victim to these crimes. Remember to protect your personal information, question suspicious communications, and report any unusual activity.

Together, through awareness and action, we can safeguard ourselves and community.

Chief Brower

Happening Now



Meet the Candidates Night

Please join us for the Meet the Candidates Night on September 22nd at 7:00 PM.

The following candidates will be present to address issues facing Lindon and answering questions from citizens:

- Carolyn Lundberg (Running unopposed for Mayor)
- Van Broderick (Running for City Council)
- Desiree Green (Running for City Council)
- Jacob Hoyt (Running for City Council)

We want your input!

with citizens to answer any questions

you may have

Do you love Lindon City Parks and Amenities?
We're asking all residents in Lindon to take a quick survey to share your ideas to help plan three important future park areas of our city. This includes the East Bench, City Center Main Park and the Thorton Family land. Do you dream of more trails? Playgrounds? Sports courts? Quiet spaces?

Do you have an idea for something new or something you have experienced somewhere else? Now's your chance to speak up and let us know.

Take the survey by scanning this QR code or by going to <u>www.lindonrecreation.org</u> today and help design the future of these Lindon city owned future parks properties.

Together, let's keep Lindon "A Little Bit of Country" and a whole lot of community fun!





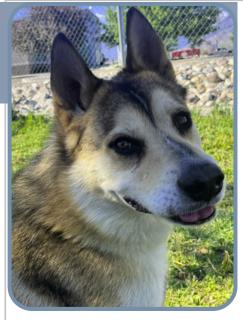
A Community of Care

The Food and Care Coalition is a nonprofit organization based in Provo, dedicated to alleviating poverty and homelessness in Utah County through compassionate service and a holistic approach to care. Over 90% of our funding comes from public donations, and we rely heavily on volunteers to help carry out our mission. Lindon residents, churches, businesses, and schools can play an important role in supporting our work.

We are always looking for new friends to join the cause.

We need you! Whether you'd like to volunteer, donate, or host a collection drive, your support makes a real impact. Together, we can offer hope, healing, and a fresh start to those in need. foodandcare.org Questions? volunteer@foodandcare.org or 801-373-1825





Pet of the Month

Rumble (#907)

Breed: Husky

Age: About 3 years old

Gender: Male Size: Large

Adoption Fee: \$145

Available for Rescue: Yes



Rumble is about 3 years old. He has been available for adoption since 05/05/2025. Rumble is a handsome boy! He is a big sweetheart! Rumble loves to be outdoors and would love a yard to play in. Rumble enjoys belly rubs and scratches behind his ears. Rumble is a very smart dog and knows "sit", "shake" and "lay down" and is always eager to do what he can to please you.

The adoption fee includes a 1-year Utah County Animal License, a 1-year rabies vaccination, up-to-date vaccination records, and a spay/neuter voucher.

Justice Court "Ticket Talks"!

To help keep the citizens (and streets) of Lindon safe, the Lindon Justice Court staff will share "good to know" information about a local law, a common violation, or an important update - each month.

Did You Know?

When a school bus displays flashing red lights, it's signaling that passengers are (or will be) loading or unloading.



So, to avoid a Ticket -

Under **Utah Code 41-6a-1302**, all drivers must stop when a school bus is flashing red lights and may not proceed until lights have turned off.

Or, It Could Cost You:



For failing to stop when school bus lights are flashing red;

- Level: Class C Misdemeanor
- Fine: \$1,410
- Other Penalties: 10 hours of Mandatory Community Service.

Enhanceable Offense: If cited for the same violation again - penalties can increase with each additional offense.



Aquatrax

Lindon City is partnering with AquaTrax to bring our water customers a free, easy and convenient way to monitor the CULINARY and SECONDARY (IRRIGATION) water usage online, anywhere at any time! When Customers use the City's free AquaTrax online took customers will be able to:

For more information:
Use QR Code
Call: 801-796-7954
Email: meter@lindoncity.org
www.lindon.gov/public-works---water-division.htm



Parks & Recreation programs

Head to our office website for all of our program information and online registration. http://www.lindonrecreation.org/recreation



Visit <u>LindonRecreation.org/sports</u> to register today!

Jr. Jazz Basketball

Compete in Junior Jazz Basketball this winter with Lindon City. This coed league will focus on passing, dribbling, shooting, and man-to-man defense (with colored wristbands) in a fun, low-pressure environment. Participants will be notified if there is a change in facility. All leagues are recreation, scores and standings will not be kept. Junior Jazz jersey provided.

COED PRE-K/Kindergarten & COED 1st/2nd:

20 minute team practices will be held prior to 30 minute games. The league will be played on Tuesdays and/or Thursdays at 4:30 PM, 5:30 PM and 6:30 PM. Games held at the Lindon Elementary School Gyms & Lindon Community Center Gym.

COED 3rd/4th & COED 5th/6th:

There will be no games played President's Day weekend (Feb 17). All games will be held at Oak Canyon Junior High. Practices will be decided by coaches. Games held on Saturday mornings at Oak Canvon Middle School Gym.

This sport has limited space and fills up fast. Sign up ASAP to guarantee your child's participation. Team jersey provided.

REGISTRATION:

• Aug 1 – Nov 30 at noon

COED 3rd/4th & COED 5th/6th:

SEASON: January 21 – Mar 7

FEE: \$55

COED PRE-K/Kindergarten & COED 1st/2nd:

SEASON: January 21 - February 29th

FEE: \$50

Chess Club

The Lindon Community Chess Club will be held every Wednesday evening from 6:00-9:00 PM at the Lindon Community Center and is FREE! The club has a unique "Chess Wizard" program to move players to chess mastery. Players demonstrate knowledge of chess basics and advance in their chess knowledge and experience. Come join the fun. All ages are welcome. Bring your friends and come enjoy and evening of chess!

> **Date:** Every Wednesday **Time:** 6:00-9:00 PM **Ages:** ALL ages Fee: FREE

Location: Lindon Community Center (25 N Main Street)



Find out more information at LindonRecreation.org/chess.



Fall/Winter Programs
All of the fall and winter programs are live and ready for registration. These are after school programs held at the Community Center. The programs are a great way to get kids out of the house and engaging in fun and creative programs.

Programs include Halloween Crafts, Switch Battles, Kids Theater, Lego Masters, Fear Factor, and MUCH more!!

> Find out more information and register today at LindonRecreation.org/classes.

PARKS & REC TEXTING SERVICE

Lindon Parks & Recreation has many fun and engaging programs and events to offer to the community! If you are interested in getting text notifications, please join our texting service. This is a great way to stay connected to all the programs, events, and activities Lindon has to offer!



To opt-in, please text 801-769-8625 with a keyword from the list below.

- Text **ALL** to be placed in all text groups
- Text **EVENT** for event information
- Text **POOL** for Aquatics Center info
- Text **REC** for rec programming
- Text **SPORTS** for sports info



Jr. Rodeo Halloween Playday

The Lindon Days Jr Rodeo Royalty is holding a Playday fundraiser! The events will take place on Oct 11 and is open to all! Registrations starts at 9:00 AM and the events start at 10:00 AM Sharp! The cost is \$20 for full day. Register today and help be a part of our Little Bit of Country!

Open Events:

- Costume Class
- Toilet Paper Race
- Musical Carpets

Divisional Events:

- Barrels
- Speed Barrels
- Poles
- Single Poles
- Keyhole

Ages for divisional events are youth (17 & under), and adult (18+). Register early online at <u>LindonRecreation.org/rodeo</u>. For more information, contact Shawnee Rasmussen at (385) 535-7719.

Movies in the Park

Who is ready for another great summer of Movies in the Park sponsored by Bank of Utah and the Lindon Cares Coalition! All movies are free and will start at dusk unless otherwise specified! A small treat and drink will be provided. Make sure to bring your chair, blanked, and get ready for summer of fun!!

Head to <u>LindonRecreation.org/events</u> for see a full lineup of movies.





Halloween Spooktacular

The HALLOWEEN SPOOKTACULAR is around the corner!! Mark your calendars, get your costume, clean out your candy bag, charge your flashlight, and get ready for a SPOOKTACULAR night!

The event will be held down at the City Center Park (200 N State Street) starting at 6:00 PM. Park your vehicles at the Community Center or the Aquatics Center and walk down the HAUNTED HERITAGE TRAIL to the park for the event.

The Flashlight Candy Search will start at 8:15 PM in the City Park.

TRUNKS NEEDED

Want to show off your business or just want to support the community? Be a part of this event by providing a trunk for the trunk-or-treat or becoming a sponsor! This is a great opportunity to support the community!

Head to LindonRecreation.org/events to sign up for a trunk today!



Public Works Pointers

Storm Drain Reminder

Fall is on its way, which is 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 to keep our storm drains cleared by cleaning up any leaves in the gutters. Clean storm drains mean less likelihood of flooding. Thanks for all your help.



Storm Water Pollution Prevention:

Motor oil and antifreeze

Taking care of our cars takes a toll on our environment. Motor oil, filters, anti-freeze, and other toxic fluids from our cars leak, spill, or are dumped into the street, flowing untreated through the storm drain system to our streams, creeks, and lakes. Following a few environmentally-friendly tips is all it takes to prevent pollution.

Work area

- Never work on a vehicle in the street or near a storm drain. Work on a flat concrete surface where you can easily clean up accidental spills.
- Never hose down your work area unless the resulting wash water is contained and disposed of properly.
- Keep storage and work areas clean and dry.



Changing your oil and oil filter

Recycle used motor oil (for free) by taking it to an auto parts store, hazardous waste collection site, or by using curbside recycling pickup. When changing your car's oil, prevent spills by placing cardboard under the oil pan. Use absorbent material such as kitty litter to clean up spills. Never pour used motor oil down storm drains, on the ground, or driveways.

Draining your radiator:

- Antifreeze, made from the chemical ethylene glycol, is extremely toxic. Drain your radiator into a drip pan to avoid spills, and never drain antifreeze directly onto the ground or street.
- Recycle your car's antifreeze, or take the old antifreeze in a sealed container to a household hazardous waste collection site.
- Try a less toxic alternative. Antifreeze made from propylene glycol, manufacturers claim, has a lower freezing point, a higher boiling point and lasts longer.

Replacing brakes and brake parts.

- Don't hose downbrake pads, rotors or drums. Remember, brake pads contain copper, which can erode as the pads wear, and contribute to storm water pollution.
- Use shop cloths to wipe as much brake dust as possible from rotors and drums before using brake cleaner fluid.
- Never discharge cleaning solutions from cleaning into the storm water system. You can recycle cleaner fluid collected in a drip pan.



Senior Center Newsletter

LINDON ACTIVE **AGERS**

September 2025

Important Dates

Thurs Cardio Drumming @ 11:15am *not the 18th

Fri Bingo *26th Only

2nd Music in Motion Class 12:30pm

5th Story Telling Festival

9th Senior Resource Fair 11am-1pm

15-19 Holy Cow Boutique

Bring your families to gather resources and education about active aging! We all need support, resources, and solid plans for aging so bring your friends and neighbors too!

Aging is so Cool...



The Center will be closed **Monday September 1st**





Come along to the Timpanogos Storytelling Festival with us! Friday September 5th 8:45 am

All attendees will (SENIOR: receive a \$10 gift card to Walmart RESOURC

We understand the unique needs of our seniors, and we're here to provide support and resources for healthy and active aging.

Come gather information about finances, healthcare, nutrition, estate planning, transportation services and more!

Tuesday, September 9th

11 am -1pm **Lindon Community Center** 25 N Main St, Lindon



Recipe's to Try

Breakfast Omelet

Ingredients:

- -3 large eggs (or substitute one for egg white only
- -2 Tablespoons of milk
- -2 Tablespoons cottage cheese (promise you won't even taste it but it will increase your protein and make them fluffier)
- -1/4 cup shredded cheese
- -1/4 cup diced vegetables (peppers, spinach, mushrooms, onions)
 - -1 Tablespoon butter or olive oil
 - -salt and pepper to taste



Instructions:

Whisk eggs thoroughly to incorporate air and make the omelet light and fluffy Sauté veggies first then put in a bowl to add to

eggs once they are mostly cooked through.

Use a nonstick skillet and cook over medium heat

Birthdays

6th Greg Lewis 6th Kelli Costanza 12th Zuli Haslam 22nd Terri Gersbach 25th Ron Walker 28th Leon Bishop



Contact Info

Jamie Jensen-Senior Coordinator jjensen@lindon.gov 801-769-8625 www.lindonrecreation.org/senior-center

Laughter is the Best Medicine





New Class!

Music in Motion

Repertory Dance Theatre (RDT) is excited to offer <u>FREE</u> weekly classes for seniors. No need to register – just show up!

Music in Motion is a movement, music appreciation, and exercise class wrapped into one! Each class provides a social, communal, and wellness-based experience using exercise, movement, music, and creative input.



Join us for our new class!
Tuesday September 2nd @ 12:**30 pm**FREE! Just show up and try
something new



September 2025



PLEASE call 24 hours in advance 801-769-8625 Number in parentheses represent carbohydrate count Low fat milk (12) is provided with each meal

\$4/meal

Suggested donation \$4/m	Menu subject to change
nt	

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO MEAL	2 Beef Hot Dog with Fresh Bun (17) Country Baked Beans (32) Cookie (23) Applesauce (14)	3 Chicken (10) Chicken (10) Steamed Quinoa (21) Carrots (06) Sliced Pears (19) Cookie Bar (18)	4 BBQ Pulled Pork (03) Au Gratin Potatoes (15) Mandarin Oranges (19) Coleslaw (07) Fresh Baked Roll (16)	5 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)
8 Cheesy Italian Sausage Pasta Bake (50) Broccoli (04) Fresh Garlic Bread Rolls (15) Apple Sauce (14) Garden Green Salad (2)	ge 9 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (26) Diced Beets (06) Fresh Baked Roll (15) Pears (19)	10 Kalua Pork (00) Hawaiian Rice (25) Coleslaw (07) Pineapple Tidbits (07) Fresh Baked Rolls (15)	11 Ham and Turkey on Hoagie Bun (46) Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit Cocktail (13)	12 Teriyaki Beef Bowl (8) Steamed Rice (21) Steamed Broccoli (04) Pineapple (15) Fresh Baked Roll (15)
15 Swedish Meatballs (39) Rice (21) Peas (12) Orange (22) Fresh Baked Roll (16) Cookie Bar (18)	Salad Wrap (18) Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	17 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Roll (16)	18 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	19 Biscuit (25) and Sausage Gravy (14) Scrambled Eggs (01) Tater Tots (18) Cottage Cheese & Pears (28)
22 BBQ Chicken (03) Rice (21) Green Beans (02) Diced Peaches (19) Corn Bread (33)	23 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Applesauce (14) Corn (14) Roll (16) Green Salad (2)	24 Oven Roasted Pork (00) Rice (21) Diced Beets (06) Jell-O with Fruit (09) Fresh Baked Roll (16) Cookie Bar (18)	25 Grilled Hamburgers with Fresh Baked Bun (17) Hot Potato Salad (19) Pork and Beans (25) Applesauce (14)	26 Orange Chicken (42) Brown Rice (21) Roll (16) Stir Fried Vegetables (12) Tropical Fruit (14) Fortune Cookie (10)
29 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	(08) Fresh Baked Bun (15) 2) Pork and Beans (25) Mustard Potato Salad (19) Applesauce (14)	Alternate Meal Schedule (Senior Center Lunches Only) Turkey Sandwich with Soup: Sep 8-9 Cream of Potato Sep 10-12 Vegetable Beef Sep 24-26 Cream of Broc	or Center Lunches Only) Sep 22-23 Chicken Noodle Sep 24-26 Cream of Broccoli	<u>Salad:</u> Sep 1-5 Sep 15-19 Sep 29-30



New Class!

Music in Motion

Repertory Dance Theatre (RDT) is excited to offer <u>FREE</u> weekly classes for seniors. No need to register – just show up!

Music in Motion is a movement, music appreciation, and exercise class wrapped into one! Each class provides a social, communal, and wellness-based experience using exercise, movement, music, and creative input.



Lindon Senior Center

Tuesday, September 2nd at 12:30 PM

For more information,contact Tami Knubel at tami@rdtutah.org



CERT helps you build skills and knowledge. What is a Community Emergency Response Team?

- ✓ CERT is a city deployable asset, but taking a CERT class does not require you to deploy.
- You choose how and when or if you want to participate once you graduate.
- ✓ CERT training is an investment in your own preparedness, anywhere & everywhere, anytime & all the time.
- ✓ Through a hybrid approach of an on-line course and hands-on classes CERT teaches—fire extinguisher use, utilities shut-off, life-saving rapid assessment & first-aid, field triage, team-based disaster medical operations, search and rescue, carries, & cribbing, debris removal, scene size-up, damage assessment, psychological first-aid, ... and more!



LINDON CITY DRILL

Neighbors Helping Neighbors

Check in with your Block Captain at 6PM. If you can, donate to our food drive.

Monday, September 15 at 6:00PM

2025 GOALS

10,000 drill participants 10,000 lbs of food in 2 hours or less

SENIOR: All attendees will receive a \$10 gift card to Walmart RESOURCE FAIR

We understand the unique needs of our seniors, and we're here to provide support and resources for healthy and active aging.

Come gather information about finances, healthcare, nutrition, estate planning, transportation services and more!

Tuesday, September 9th

11 am -1pm Lindon Community Center

25 N Main St, Lindon



CREATING CHANGE

Kintsugi teaches that the value of an object is not in its perfection but in its history, resilience, and character. Participate in this experiential activity and learn more about healing, connection, and resilience. September 12th .:00 pm

MONDAYS 6PM-8PM

LINDON COMMUNITY CENTER

25 N Main St Lindon

October 3rd 7:00 pm Friday

Lindon Community Center Powell Auditorium

Sign up novi

accompanied by an adult 13+ *youth must be

Click HERE or scan

Questions? Contact Jamie 801-755-7286

to Register or click Scan the OR code

jjensen@lindoncity.org



nique art piece while learning about the beauty, strength, and power of

healing broken things.

Participants will create their own

rengthen Your Relationships

FREE WORKSHOP

for parents of kids aged 9-14



Dinner for the whole family



*\$50 gift basket

GUIDING SECHOICES

*Must be able to

attend all 5 sessions

ages 8 and under Childcare for

Oct 27

Oct 13

Oct 6

Nov 10

Nov 3

ages 9 and up **Activities for**

and tools that work to protect preteens and teens connected to their families have better health and Guiding Good Choices gives families information from the inevitable risks they encounter as they ways to build or maintain lasting relationships, become more independent. Families will learn because teenagers who are more closely educational outcomes.





TIMPANOGOSHIGHSCHOOLANDLINDON CARES

TABLE TALKS







WEDNESDAY SEPTEMBER 24TH





12:15PM MONTANAINSTITUTE
MEDIA CENTER

GRIEF SUPPORT

In Utah, 1 in 15 children will experience the death of a parent or sibling by age 18. This class offers an essential look at how children process grief at different developmental stages, and why specialized grief support is critical. Attendees will gain insights into ageappropriate grief responses and learn practical ways to support young people through loss.



Please RSVP using the QR code or click <u>HERE</u> for food count

THE SCIENCE OF THE POSITIVE

What if The Positive in childhood has a lasting protective and healing impact similar to the lasting harmful impact of trauma? The science of health outcomes from positive experiences is ongoing and includes strong evidence that Positive Childhood Experiences (PCEs) have a lifelong protective and healing effect that can mitigate the negative effects of Adverse Childhood Experiences (ACEs).







Lindon City BLOOD DRIVE

Tuesday, September 23, 2025 10:00 am – 4:00 pm 25 N. Main Street, Lindon - Gym

Scan for an appointment



Each presenting donor will receive a \$10 Amazon e-gift card. For additional information contact Anita Kay @ (801) 367-2331.

Giving blood isn't just a donation, it is a lifeline!



National Day of Service

Saturday 9 / 13 2025 9:00am - 12:00pm

Service Projects

At Pleasant Grove High School:

- Assemble School Kits
- Sew Comfort Hearts
- Make sleeping mats
- Tie Quilts
- Diaper Drive
- . School Pantry Food Drive
- . Blanket Drive for Homeless
- Blood Drive
- Bone Marrow Registry

Other Locations:

Lindon Swimming Pool

G Trail

Murdock Trail

Valley Vista Trail

Various Parks

Scan QR code for

details:

How to join the event

Step1

Register or sign-in to JustServe.org

Step2

Search ¹

https://www.justserve.org/PGLindon911DayofService

OR

use the QR code to sign up!









