

Lehi Community Council Newsletter



May 2008

The Lehi Community Council is made up of community leaders with the purpose of supporting each other and working together to strengthen families in the Lehi area.

Integrity

Asset # 28

***Kids act on their convictions and stand up for their beliefs.
Parents are the foundation of a child's belief system***

in·teg·ri·ty *n.*

1. Steadfast adherence to a strict moral or ethical code.
2. The state of being unimpaired; soundness.
3. The quality or condition of being whole or undivided; completeness.

Parents can model integrity in daily life. Talk about what you believe and value, then act on what you say. When it comes to building positive values, you are your child's most important teacher.

Have family discussions about the meaning of integrity. Define it in simple ways for example "being true to your beliefs in family, country, friends and religion is integrity." "Talk the talk and walk the walk." Comment on others when they have or have not acted with integrity as learning time not gossip time.

Ask your children to help you write a list of things that you will stand up for, things that are important to you, and list the things you believe in. Post the list in your home. Celebrate and support your children when they act with integrity.

Lifeguard Training

Date: May 7, 2008

Time: Begins at 3:00PM Ends at 7:00PM

Event Description:

Do you want to become a lifeguard? Come sign up to take the course. Course requirements include: individuals must be 15 years old by the last date of class; swim 300 yards continuously using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick; 100 yards breaststroke; 100 yards of front crawl using rhythmic breathing and /or breaststroke. The last 100 yards may be a mixture of front crawl or breaststroke, dive a depth of 7-10 feet, retrieve a 10 pound object and return it to the surface, and swim 20 yards back to the starting point, must be done with in 1 min and 40 seconds. Certification of First Aid, AED and CPR included in course.

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Here in Lehi we love purple... Living Green in Lehi Can be a beautiful shade of purple.

Look for a new article each month about Living Green in Lehi . We will represent the many aspects of "GREEN" . We'll cover recycling, technology, home and garden, food and health, transportation & our positive impact on the world in which we all live.

Living Green in Lehi *Spring is the time to be thinking about... Composting*



You don't actually need a designated bin if you want to make compost; often, a well-tended, simple pile in your backyard will be sufficient. However, **indoor and outdoor compost bins** help conceal waste piles and the odors they may emit and keep animals from rummaging through your food scraps. **Compost carriers** may be kept clean with **compostable, starch-based liners** and some come equipped with carbon filters to reduce odors. **Compost tea makers** allow you to convert the organic material in compost to a liquid that's more easily and rapidly digested by soil organisms, providing results a little faster than using plain compost. **Catalysts** contain beneficial microbes used in brewing to speed up the process.

Vermicomposting uses earthworms to break down organic solid waste into nutrient-rich worm castings that can be used as a soil conditioner and fertilizer. Quicker than standard composting, vermicomposting can break down 6 to 8 pounds of organic material each day. Avoid feeding the worms animal products and oily foods, which can cause odors and attract pests. Since earthworms are an invasive species in the United States and can harm some delicate eco-

systems, such as Minnesota's hardwood forests, eliminate the worms and their eggs by freezing the compost for one month before spreading it outdoors.

Size Before you buy a composter, determine what you'll be composting food scraps only or lawn and garden clippings as well. The more you compost, the larger the composter should be. If you plan on composting leaves and lawn clippings, composters should be at least 3 cubic feet, which will give you enough finished compost to cover 324 sq. ft. with 1 inch.

Material The most common material for composters and compost bins is plastic. Therefore, look for the highest percentage of recycled content you can find. Avoid those made with polyvinyl chloride (PVC), which releases carcinogenic dioxin into the atmosphere when it's manufactured and incinerated. Ceramic compost pots blend in nicely with your personal decor if you need a small, unsightly container to gather compostable materials indoors.

What to Compost

In addition to your lawn and garden clippings, a large supply of your household waste can be composted, including bread, eggshells and fruit and vegetable rinds. Basically any plant-based kitchen leftovers may be added, as can paper products, including cardboard rolls, tissues, paper towels, coffee filters and newer biodegradable, starch-based plastics.

Do not compost animal or meat byproducts, such as dairy, grease, lard, oils and fish waste, which can create odor problems and attract rodents and other pests. Compost

containing meat byproducts can also make dogs and other pets sick if eaten.

You can compost pet fur, but don't compost pet wastes such as feces and litter, which may contain parasites, bacteria, pathogens and viruses that are harmful to humans.

While wood ash can be composted in modest amounts, excessive amounts can raise alkalinity and result in nitrogen loss in your soil. Some barbecue charcoal and briquettes contain substances such as borax that can be harmful to plants.

Don't compost any yard trimmings that have been treated with chemical pesticides, since residues could kill beneficial composting organisms.

For a thorough list of what you should and should not compost, visit the EPA's composting fact sheet at www.epa.gov/compost.

What You Do Counts

Preserving our planet isn't really all that complicated. All it takes is for each of us to do our part. It can be as simple as recycling or changing a light bulb. Or using your car less and walking or cycling more. No matter what you do, when you reduce carbon emissions, you are making a big difference in the health of our planet.



For more info go to: http://www.thegreenguide.com/products/Lawn_&_Garden/Compost_Tools/2

BSA Merit Badges Offered by Lehi Police Dept.

Lehi Police Dept will offer 5 merit badges.

Please sign up for the following classes by calling 766-5800.



Classes	Dates	Time
Citizen in Community (part 1)	April 23	7:00 pm
Citizen in Community (part 2)	May 7	7:00 pm
Crime Prevention	May 14	7:00 pm
Criminal Law	Sept. 17	7:00 pm
Traffic Safety	Oct. 15	7:00 pm
First Aid	Nov. 19	7:00 pm

All classes are held at Police Department
Location: 580 West State St. Lehi, UTAH
After Hours: (801) 343-4100.

UTAH COUNTY HEALTH

Tuesday May 6th 4:30pm-7pm

Utah County Health Dept.

151 South University Ave. Provo

Sign up for Medicaid, CHIP,
PCN, UPP

Screenings, Physicals, Immunizations for
uninsured children (\$5), Information and Re-
sources for the Uninsured



Hutchings Museum

May 3rd Pre History Week (Knapping, Ice Age Show, crafts)

FREE ADMISSION Pre-History Saturday Silly Dinosaur and Pre-History Puppet Shows at 11:00 and 3:00 Live Animal Ice Age Shows at 12:00 and 2:00 Both shows great for all ages. The Utah Valley Knappers will also be on hand to demonstrate making arrowheads and other weapons. Petro glyph Appreciation and Making Station (What do those symbol mean?) www.hutchingsmuseum.org Where learning is fun!

And did we mention...ADMISSION IS FREE

June 23rd to the 28th Round Up Week
(Free Admission and activities)

June History Quest (the Davinci Code of Lehi)

July Nature and Native American Summer Camps

October 6th Magical Wizard Museum

November 11th Veteran's Day Commemoration

December 13th Gifts of Nature at the Community Christmas Celebration.



Scouts may earn their Hutchings Museum Scout Patch through a self-guided tour, "The Treasure Hunt for Scouts." Tours are available Tuesday through Friday. Latest tour begins at 4 pm each day. Call 768-7180 or go to the website for more info.

www.hutchingsmuseum.org

May 2008

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Pre-Historic Week @ Hutching's Museum See Pg.3
4	5 Cinco de Mayo	6 UT Co. Health Fair See pg. 3	7 Merit Badge Part 2 See pg. 3	8	9	10
11 MOTHER'S DAY	12	13	14	15	16	17 ARMED FORCES DAY
18	19	20	21	22	23 LAST DAY OF SCHOOL	24 Outdoor Pool will open @ 1:00 See Pg.5
25	26 MEMORIAL DAY Service 9 am See pg. 6	27	28	29	30	31 Lehi Round-Up Grand Parade Applications Due Tomorrow!

Adult and Youth Volunteer Service Opportunities

- * Hutching's Museum has some projects that would work well for Eagle Scout projects. Contact Susan Whittaker 768-7180 or swhittaker@lehi-ut.gov
- * Lehi Round-up has several projects that could possibly be Eagle Scout projects. Contact Mike Southwick @ 768-8360
- * Lehi Family Week will meet the 4th Thursday of every month. Those looking to help in big or small ways are welcome to attend. Contact Connie Packer at 766-4029.

UTAH ADVANCE HEALTH CARE DIRECTIVE [Living Will]

Part I: Allows you to name another person to make health care decisions for you when you cannot make decisions or speak for yourself.

Part II: Allows you to record your wishes about health care in writing.

Part III: Tells you how to revoke or change this directive.

Part IV: Makes your directive legal.

Download forms: <https://kr.ihc.com/ext/Dcmnt?ncid=520444045>

More info at: www.ihc.com

Everyone age 18 and up is encouraged to fill one out.



The Curbside Green Waste Program

See City Flyer: <http://www.lehi-ut.gov/files/Curbside%20Green%20Waste.pdf>

Containers will be picked up **once a week on** your regular garbage day, and should be on the curb no later than 7:00am. The program will run from April 1st through November 30th each year. This is a voluntary subscription curbside program. A monthly service fee of \$5.00 will be charged and a seasonal commitment will be required. Residents are responsible for signing up through the City's utility department. Simply contact the **City Office** located at **153 North 100 East** or **Call 768-7100**

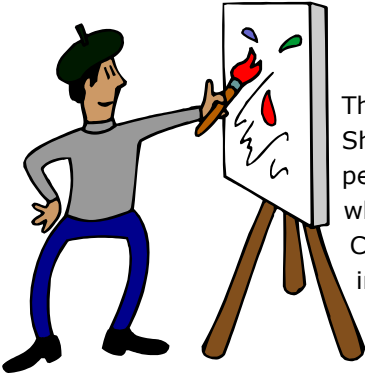


Lehi Arts Council

Roundup Days Fine Arts Show June 21 - 28, 2008

Lehi Arts Center 685 North Center Street

["http://www.lehicityarts.org/Round_up.pdf"](http://www.lehicityarts.org/Round_up.pdf)



The Lehi Arts Council announces a call for entries for the 2008 Round-up Days Fine Art Show. All media except photography, installation, and video may be entered in the competition. **Entries** must be received by June 4, 2008, and artists will then be notified which pieces have been accepted for the show, to be held June 21st-28th at the Lehi Arts Center. **Participants** are encouraged to read the competition guidelines prior to preparing and submitting an entry. Competition guidelines and entry forms will be available in early March at the Lehi Arts Center or online at www.lehicityarts.org. Please contact Linnie Brown at 766-2234 or "mailto:lb@linniebrown.com" information

The Lehi Arts Council Saturday School of Puppetry will present **Alice in Wonderland** on May 16, 17, 23, and 24 at the Glen M Smith Family Theatre. Watch for more information on our website at www.lehicityarts.org

Summer workshops will begin the week of June 9th. Registration will be available online on May 1st. Summer classes will include Cooking 4 Kids, Arts and Crafts, Sculpture, Acting Basics, Stage Lighting Design, Ballroom Dancing, Cake Decorating, Kidz Musical Theatre (How Does Your Garden Grow?) , Jr. Musical Theatre (Seussical Jr.), Youth Choir, Youth Orchestra, Guitar, and much, much more. Watch our website for registration information, www.lehicityarts.org

The Lehi City Arts Council announces a joint venture between LAC and Thanksgiving Point to present Oklahoma! at The Barn at Thanksgiving Point August 25th through Sept. 6th 2008. Open auditions are being held on April 29th and 30th at The Barn from 7-10 PM. All parts are open. Callbacks by invitation will be Saturday, May 3rd from 10 AM to 1 PM. Rehearsals begin in late May.

Come prepared to sing 16 bars of a musical theater number. Bring your own sheet music. An accompanist will be available, as well as CD player for minus tracks. Bring a photo and resume if you have one. You will not be turned away if you do not. Please bring a list of all rehearsal conflicts you may have so we can plan to work around them if you are cast. There are no children in the cast of Oklahoma!, but mature teens may audition, especially if you can dance!

Our director is Chadwick Taylor. Our musical director is Sandra Harris and choreographer is Jeanna Cunningham. As a joint venture with Thanksgiving Point, the show will be promoted by both organizations. We have some unique pre-show activities we are planning at T-Point. This will be a very professional and well produced show. Be part of a great production! For more information call Glen at (801) 259-3232 or Jean at (801) 369-8806.

Memorial Day Service

Date:

- May 26, 2008

Time:

- Begins at 9:00AM
- Ends at 11:00AM

Event Description:

A special Memorial Day Service, sponsored by the Lehi American Legion, Post 19 & VFW Post 4918, is scheduled at the Lehi Cemetery on Monday, May 26 at 9 a.m.

Don't miss this opportunity to show your support and respect to those who are serving or have served our country in the military.

In the event of inclement weather, the ceremony will be held at the Legacy Center North Gym.



Other Information

Lehi Round-Up Grand Parade
Applications Due!!

Lehi Marriage Conference
Date June 20th.
More information to come later.

The Lehi Community Council
Is looking for volunteers for the
following committees...

- * Family week *
- * Lehi Easter & Christmas Community Events *
- * Marriage Conference *

Contact Rick and Linda Turner 768-1102
for more info.

Lehi Outdoor Pool

Opening on
Memorial Day Weekend
May 24th & 26th.
1:00 to 7:50pm
\$4.00

Pool officially opens
May 31st.

More info:

Call the Lehi Outdoor Pool
768-7190



Fox Hollow Elementary

3200 N 1450 N Lehi, UT
is performing

The Music Man Junior

on May 9 & 10 at 7PM

and

May 12 at 6PM.

This will be performed by
2nd-6th graders.

Doors will open 15 minutes
early.

Reserved Rodeo Tickets

Go on Sale at [Ream's Western
Outfitters \(36 S 200 W\)](#)

June 2nd.

All Seats are Reserved



- **Thursday**—Adults \$11.00 /
Children 12 and under \$4.00
with paying adult.
- **Friday**—All Seats \$11
- **Saturday**—All Seats \$11

To submit articles or information for this newsletter contact:

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Visit www.lehicity.com for an online copy of this newsletter.