

# CITY OF MOUNT VERNON

213 1<sup>st</sup> Street NW, Mount Vernon, IA 52314  
319-895-8742 [www.cityofmtvernon-ia.gov](http://www.cityofmtvernon-ia.gov)



## MARCH 2024 NEWSLETTER

### Upcoming City Services

#### Spring Cemetery Clean-Up

To facilitate Spring Clean-Up at the Mount Vernon Cemetery please remove all arrangements you wish to save before April 15, 2024. New arrangements can be placed on April 22, 2024.

#### Hydrant Flushing

The City will be flushing water mains through the fire hydrants during the week of April 15, 2024. The water may become rusty or discolored but will clear up shortly after the flushing process is over.

#### Brush Pick-Up

Brush collection will begin on the 4<sup>th</sup> Monday of each month beginning in March and ending in November. City crews will start brush collection in the NW quadrant on Monday of brush collection week. Crews will move to the NE quadrant on Tuesday, SW quadrant on Wednesday and will finish up with the SE quadrant on Thursday of collection week. Please have brush curbside by 7:00 am on the day that City crews will be in your quadrant for pick up.

#### Street Sweeping

Street sweeping will begin the week after the first brush collection. This year that date will be April 1, 2024. Street sweeping will follow the same quadrant map that brush collection follows but the days will be different. Monday, April 1st the city will start on the NW quadrant and spend two to three days in that quadrant, then move to the NE quadrant and spend the remainder of the first week there. The week of April 8<sup>th</sup> will be designated for the south side of town. Starting Monday April 8<sup>th</sup> sweeping will begin in the SW quadrant and take two to three days. Then sweeping will move to the SE quadrant for the remainder of the week.

#### Spring Leaf Pick Up

Beginning the week of April 15, 2024 the City will start its two week cycle of leaf pick up. Leaf collection routes are as follows: The leaf vacuum trailer will start Monday of each collection week in the southwest quadrant then move to the southeast, from there it will move to the northeast and finish in the northwest quadrant. It will take roughly 1-2 days per quadrant depending on leaf load that week. If the vacuum truck is ahead of schedule it will move to the next quadrant ahead of schedule.

#### Lead Line Survey

The city will be sending out a Lead Line Survey in the near future to some areas of Mount Vernon in order to try to identify if and where there may be lead service lines that will need to be addressed at later date.

### K9 Golf Outing Fundraiser – June 14 at Kernoustie Golf Club

The Mount Vernon – Lisbon Police Department is excited to kick off our annual fundraising campaign for 2024. This event provides the necessary funding to directly support our K-9 Program. Police K9 programs are a tremendous asset to public safety and officer safety in a community. Additionally, police K9's are a very positive public relations tool with the community and our youth. Visit our website for more

### Community Development Group-Upcoming Events

Easter Egg Dash,  
**March 30, 10:00 am**

Uptown Clean-Up Day  
Mt Vernon  
**April 27, 8:00 am to 1:00 pm**  
**Check in at City Hall**

 **MAY 4th & 5th**

Cornell Commencement  
**May 12**

Mt Vernon & Lisbon High School Graduations  
**May 19**

Memorial Day Parade and Ceremony  
**May 27**

Chocolate Stroll, Mt Vernon  
**June 1**

Mt Vernon/Lisbon Citywide Garage Sales  
**June 15**

Mt Vernon/Lisbon Day at the Kernels  
**June 23**

4<sup>th</sup> of July Antique Nitty Gritty  
**July 4, Annual antiques festival is on! 7:00 am to 4:00 pm**

Heritage Days  
**July 11-13**

For additional information on these events please contact Community Development Director, Joe Jennison, at 319-210-9935 or go to [www.visitmvl.com](http://www.visitmvl.com)

information on registering a team or being a sponsor - [cityofmtvernon-ia.gov/services/police-department](http://cityofmtvernon-ia.gov/services/police-department)

## **2024 Swim Lesson Sign Up Information**

Swim lessons sign up will begin online and in person on Monday, April 1st at 8am. Online registrations will be here: <https://mtvernon.recdesk.com/Community/Program?category=22> or you can sign up in person at the Lester Buresh Community Center during open hours.

## **Events at the LBC**

**Easter Egg Dash** - How fast can you hop towards fun treats and prizes? Find out at the Mount Vernon-Lisbon Easter Egg Dash, where children race to find more than 5,000 plastic eggs filled with candy and prizes. Kids of all ages can take part in this FREE event that takes place outside on the Mount Vernon Elementary School track. Participants will be divided into four age groups (0-3, 4-5, 6-7, and 8+)The event takes place on Saturday, March 30th starting at 10:00am.

**LBC Adult Volleyball League** - This is an adult, recreational, co-ed 6 v 6 league. Teams have a max of 12 players per roster and must have 3 females on the court at a time. All games will be played at the LBC on Sundays starting the end of March through early May. Regular league games will be played at 5:00pm, 6:00pm and 7:00pm with all matches ending within the 1-hour time limit. Register your team by 3/17 at theLBC.com.

**Weight Lifting for Seniors** - Learn how to safely perform a wide variety of exercises and to structure your own workouts for a sustainable exercise regimen. This class will give you the tools and confidence you need to manage your own exercise program to make long-term progress and experience the benefits of weight training, including enhanced muscular strength and joint stability, balance, bone density maintenance, blood pressure regulation, improved energy levels and stress management. Register by 3/20 at theLBC.com or in person at the LBC.

**Tai Chi for Arthritis** - Tai chi is one of the most effective exercises for health of mind and body. Numerous studies have shown tai chi improves muscular strength, flexibility, fitness, immunity, pain relief an overall quality of life. Tai chi movements emphasize weight transference to improve balance and prevent falls. Regular practice can improve posture, relaxation and concentration. Free and open to everyone. Must preregister by 4/1 at theLBC.com or in person at the LBC.

**Messy Art** - Bring your toddler to create, experiment and get messy! Messy Art is child-directed and allows your child to learn and explore different materials and art processes. A new activity will be introduced each week. Enjoy time creating with your toddler and leave the mess with us! Register by 3/19 at theLBC.com or in person at the LBC.

## **2024 SWIM LESSON DATES** **SWIM LESSON SIGN UP**

Swim lessons sign up will begin online and in person April 1.

### **GROUP LESSONS**

- #1 May 27-June 7  
5:05 p.m. to 5:50 p.m.
- #2 June 3-June 14  
11:00 a.m. to 11:45 a.m.
- #3 June 17-June 28  
10:00 a.m. and 11:00 a.m.
- #4 July 8-July 19  
10:00 a.m. and 11:00 a.m.
- #5 July 15-July 26  
5:05 p.m. to 5:50 p.m.
- #6 July 22-August 2  
10:00 a.m. and 11:00 a.m.

**45 minutes in length and for children 6 yrs and up**

### **TADPOLES**

- #1 May 27- May 31  
6:00-6:30 p.m.
- #2 June 3-June 7  
6:00-6:30 p.m.
- #3 June 10-June 14  
5:30-6:00 p.m.
- #4 June 24- June 28  
5:30-6:00 p.m.
- #5 July 8-July 12  
12:00 – 12:30 p.m.
- #6 July 22-July 26  
6:00 – 6:30 p.m.

**30 Minutes in length and for ages 3-5 yrs**

### **PARENT/INFANT**

- June 17-June 21  
6:00-6:30 p.m.
- July 15-July 19  
6:00-6:30 p.m.
- July 29- August 2  
5:30-6:00 pm

**For children 6 months to 3 yrs- one parent must be in water with child during this session**

### **SATURDAY MORNING LESSONS**

- May 25-June 29  
10:30-11:15 a.m. Group Lessons  
10:30-11:00 a.m. Tadpoles

**(Make up day will be July 15<sup>th</sup> if any lessons are missed)**

### **ADULT LESSONS (14 and Older)**

- Monday, Wednesday and Friday evening 5:00- 5:45 p.m. beginning June 17 and ending June 28

For a complete list of programs at the LBC, please visit their website at [www.theLBC.com](http://www.theLBC.com)

## Train to be A Life Saver



Did you know that  
**1 in 5** teens and young adults  
live with a mental health condition?

You can support a person in crisis by knowing what to do. To help you be prepared, the Wellness Coalition is offering mental health trainings **at no cost to you.**



**Choose from:**

- Youth Mental Health First Aid
- Adult Mental Health First Aid
- Question Persuade Refer (QPR)
- Signs of Suicide (SOS)
- Substance use Prevention

To learn more scan the code or email: [Krice@mvcsd.org](mailto:Krice@mvcsd.org)



**Wellness Coalition  
of Rural Linn County**

Healthy Communities. Healthy Futures.

[www.wellnesscoalitioninn.org](http://www.wellnesscoalitioninn.org)

1. Source: National Alliance for Mental Illness