



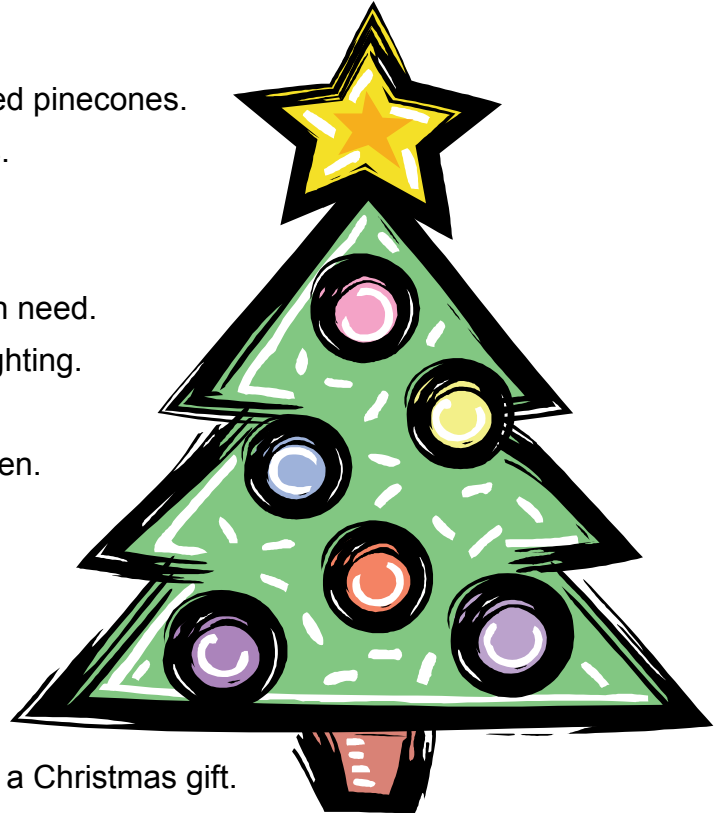
Piedmont Parks & Recreation News

piedmontparksandrec.com

December 2010

15 Ways to Celebrate the Holidays in Piedmont

1. Adopt a family.
2. Make pine bough wreaths and scented pinecones.
3. Attend a Christmas musical by adults.
4. Make a scrapbook.
5. Make cookie cutter candles.
6. Purchase Angel Food for someone in need.
7. Attend the Mayor's Christmas tree lighting.
8. Make Santa cookies.
9. Attend a Christmas musical by children.
10. Make Christmas tree pencils.
11. Attend a candlelight service.
12. Do some stamping.
13. Make a Christmas ornament.
14. Attend a Christmas eve service.
15. Purchase a commemorative brick as a Christmas gift.



For more information on these and other events, see the community calendar on page 4.

Gifts That Increase Preparedness

The Federal Emergency Management Agency (FEMA) recommends gifts that help keep your family and friends prepared for emergencies. Suggestions include:

- NOAA weather radios with extra batteries
- Enrollment in a CPR or first-aid class
- Smoke alarm or carbon monoxide detector
- Fire extinguishers for kitchen, garage, car, etc
- Foldable ladders for second-story escape in a fire
- Battery powered lamps
- Pet disaster kits (food, water, leashes, dishes and carrying case or crate)
- Car kits (emergency flares, sand and small shovel, ice scrapers, flashlight, jumper cables, fluorescent distress flags, blankets)
- Disaster kits for the home, office or dorm (first aid kit, bottled water, non-perishable food, blankets, flashlight, batteries)



Wind Chill

The wind chill temperature is how cold people and animals feel when outside. If the temperature is 0° and the wind is blowing at 15 mph, the wind chill is -19°. At this wind chill temperature, exposed skin can freeze in 30 minutes.

You have frostbite when your body tissue freezes. The most susceptible parts of your body are fingers, toes, ear lobes, and the tip of the nose. Symptoms include a loss of feeling in the extremity and a white or pale appearance. Get medical attention immediately for frostbite. The area should be slowly re-warmed.

Hypothermia occurs when body temperature falls below 95° and can be determined by taking your temperature. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and exhaustion. Get medical attention immediately. If you can't get help quickly, begin warming the body slowly, beginning with the core first. Warming the extremities first drives the cold blood to the heart and can cause the body temperature to drop further, which may lead to heart failure. Get into dry clothing and wrap in a warm blanket covering the head and neck. Do not take alcohol, drugs, coffee, or any hot beverage or food. Children under the age of two and adults over the age of 60 are most susceptible to hypothermia.

The best way to avoid hypothermia and frostbite when you must go outside is to dress appropriately. Wear several layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Remove layers to avoid sweating and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry and out of the wind.

Your heart is already working overtime in cold weather. The strain from the cold and the hard labor of shoveling heavy snow, walking through drifts, or pushing a car may cause a heart attack. Sweating from overexertion could lead to a chill and hypothermia.

The tests that were done on wind chill were conducted on adult subjects. Use the chart below as a starting point and be even more cautious with children, seniors and persons with compromised health.

Calm	40°	35°	30°	25°	20°	15°	10°	5°	0°	-5°	-10°	-15°	-20°	
5 mph	36°	31°	25°	19°	13°	7°	1°	-5°	-11°	-16°	-22°	-28°	-34°	
10 mph	34°	27°	21°	15°	9°	3°	-4°	-10°	-16°	-22°	-28°	-35°	-41°	
15 mph	32°	25°	19°	13°	6°	0°	-7°	-13°	-19°	-26°	-32°	-39°	-45°	
20 mph	30°	24°	17°	11°	4°	-2°	-9°	-15°	-22°	-29°	-35°	-42°	-48°	
25 mph	29°	23°	16°	9°	3°	-4°	-11°	-17°	-24°	-31°	-37°	-44°	-51°	
30 mph	28°	22°	15°	8°	1°	-5°	-12°	-19°	-26°	-33°	-39°	-46°	-53°	
35 mph	28°	21°	14°	7°	0°	-7°	-14°	-21°	-27°	-34°	-41°	-48°	-55°	
40 mph	27°	20°	13°	6°	-1°	-8°	-15°	-22°	-29°	-36°	-43°	-50°	-57°	
45 mph	26°	19°	12°	5°	-2°	-9°	-16°	-23°	-30°	-37°	-44°	-51°	-58°	
50 mph	26°	19°	12°	4°	-3°	-10°	-17°	-24°	-31°	-38°	-45°	-52°	-60°	
55 mph	25°	18°	11°	4°	-3°	-11°	-18°	-25°	-32°	-39°	-46°	-54°	-61°	
60 mph	25°	17°	10°	3°	-4°	-11°	-19°	-26°	-33°	-40°	-48°	-55°	-62°	
Frostbite Times								30 minutes			10 minutes		5 minutes	

Gift Cards - New Rules

Gift card sold on or after August 22, 2010, must comply with new regulations.

The rule applies to retail gift cards which can be used to buy goods or services at a single merchant or affiliated group of merchants, and network-branded gift cards such as Visa or MasterCard prepaid cards which are redeemable at any merchant that accepts the card brand.

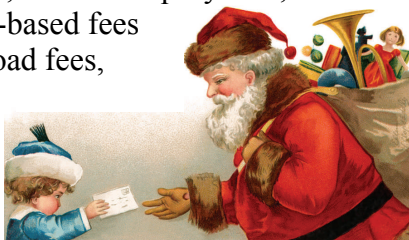
The rule does not apply to other types of prepaid cards, including reloadable prepaid cards that are not marketed or labeled as a gift card or gift certificate, prepaid cards received through a loyalty, award or promotional program, and telephone cards.

The rule prohibits the sale or issuance of a gift certificate, store gift card, or general-use prepaid card that has an expiration date of less than five years after the date a certificate or card is issued. Money added or loaded on to the card must also be good for at least five years. The expiration date must be disclosed upfront.

If your gift card expires and there is unspent money, you can request a replacement card at no charge.

Dormancy, inactivity, and service fees may only be assessed for a certificate or card if there has been at least one year of inactivity, and the consumer is given clear and conspicuous disclosures about the fees in advance. After a year, only one fee can apply each month. Fees subject to the restrictions include monthly maintenance or service fees, balance inquiry fees, and transaction-based fees such as reload fees, ATM

fees, and point-of-sale fees.



Over the River and Through the Woods

If your holiday plans include traveling with children, there's helpful information at fun.familyeducation.com

This site includes rules for the car games I Spy, License Plate Bingo, What If, Camping Trip, and Who Am I.

The web site also includes coloring pages, printables that build skills, games and puzzles, activities for children by age group, winter activities, arts and crafts projects, toy recommendations, a movie database, and homemade gifts for the holidays.



FAST FACT	Working more than 41 hour a week can increase your risk of hypertension by 15%.
------------------	---

Resolutions - Make Them SMART

Specific - identify exactly what you want to do

Measurable - identify how you will measure your success

Actionable - your resolution should start with a verb ("quit," "reduce," etc.)

Realistic - your resolution should be challenging but achievable

Time-bound - your resolution needs a deadline



December Community Calendar

through Dec 9 - Christmas assistance sign-up for qualifying families, at the Service Center, 373-4022

through Dec 16 - Adopt a Family for Christmas, donations of gifts or money also accepted, at the Service Center, 373-4022

1-3, 6-8 (M-F 9-4) - Angel Food orders can be placed in person at Baptist Church, pick up on Sat. Dec 18 (8:30-10:00 am), cash, money order, or food stamps, no checks, 373-2420

1 (10:00 am) - Preschool Music and Movement with Miss Bonnie at the library, children ages 2-5, free, 373-9018

1, 9, 15 (noon) - Senior Adults lunch and fellowship at the Methodist church, cost is \$3, for reservations call 373-2905

2 (12:00 pm) - Chamber meeting at city hall, speaker is Canadian County Assessor Matt Wehmuller, free, lunch for \$8, 373-2234

2 (6:30 pm) - Ladies Night at library, make pine bough wreaths and scented pinecones, free, 373-9018

2, 9, 16, 23, 30 (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229

4 (9:00-11:00 am) - Piedmont Recycling at the former co-op, Boy Scout Troop #734 will be there to help, 373-2905

4, 11, 18 (10:00-2:00 pm) - Saturday Christmas Crafts at the library (12/4 cookie cutter candles; 12/11 Santa cookies to give; 12/18 Christmas tree pencils), all ages, come and go, free, 373-9018

4, 11, 18 (10:00-2:00 pm) - Historical Society Museum is open, free, commemorative brick orders can be placed for \$25, 373-2905

4 (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at city hall, free, 488-5999

4 (1:00 pm-midnight) - Piedmont Scrapbooking at Dance & Cheer Xtreme Dance Studio, \$5, pre-registration required, 205-2528

7, 14 (10:00 am) - Preschool Story Time at the library, free, 373-9018

7 (6:30 pm) - Sit. Stay. Read (kids read to dogs) at the library, all ages, free, 373-9018

8, 15, 29 (10:00 am - noon) - Library Quilters at the library, free, 373-1662

10 (6:00 pm) - Stampin Up Stamp Camp at city hall, \$5, RSVP 535-8849

10 (7:00 pm) - Mayor's Christmas Tree Lighting at the Baptist church, 373-2621

12 (10:30 am) - Adult Christmas Musical at Baptist church, 373-2420

12 (6:30 pm) - Children's Christmas Musical at Baptist church, 373-2420

14 (6:30 pm) - Canadian County Tuff Riders 4-H equine program for 9-18 year olds, don't have to own a horse, at the library, free, 820-6728

16 (6:30 pm) - The No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788

19 (8:30 am and 11:00 am) - Christmas Cantata at Methodist church, 373-2298

19 (6:30 pm) - Candlelight Service at Baptist church, 373-2420

21 (10:00-2:00 pm) - Sweet Christmas Ornament crafts at the library, all ages, come and go, free, 373-9018

22 (1:00-3:00 pm) - Wii Dance Party at the library, all ages, come and go, free, 373-9018

24 (5:30 pm) - Carols & Candles: A Christmas Eve Worship Gathering at the Nazarene church, 373-2308

24 (7:00 pm and 11:00 pm) - Christmas Eve Candlelight Service at the Methodist church, 373-2298

30 (2:00-4:00 pm) - Warrior Party based on Erin Hunter series, 3rd grade and up, at the library, free, 373-9018

An expanded version of the calendar is online at
piedmontparksandrec.com