



Piedmont Parks & Recreation News

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No Experience Necessary



Want to write? Don't know where to start? Does your mind go blank when you pick up the pen?

On Thursday, October 21, EJ Phillips will conduct a free writing class for adults based on a workbook called *No Experience Necessary*. Each chapter provides a list of intriguing prompts such as writing a piece that includes the phrase "Here You Go," when a woman hands you a bag then leaves before you can ask her about it, or a piece that includes what you discover as you browse through an old family photograph album. Incorporate these into a short story, and voila! you're a writer!

The first class will meet at the library from 6:30 - 8:00 pm. If you are interested but unable to attend the first class, call EJ at 373-3788 and let her know so you can be contacted about future writing classes.

Goodies in the Trick-or-Treat Bag

Physical and developmental factors put children at risk for choking. Children who choke run the risk of death, permanent brain damage caused by lack of oxygen, or other complications associated with airway blockage.

A study of choking episodes in 2000 found the following:

- 160 children ages 14 years or younger died from an obstruction of the respiratory tract due to inhaled or ingested foreign bodies. Of these, 41% were caused by food items.
- 17,537 children 14 years or younger were treated in emergency rooms for non-fatal choking episodes. Of these, 60% were associated with food items; 31% were associated with nonfood objects including coins, and in 9% the substance was unknown.
- 65% of the candy-related choking incidents were related to hard candy.

The contents of your child's trick-or-treat bag should be checked not only for signs of tampering, but to ensure that the goodies are safe and appropriate for your child's age and development.



What is Angel Food?

Angel Food Ministries is a non-profit, non-denominational organization which serves families in 44 states. In Piedmont, food orders and distribution are handled by the Baptist church.

Although the program began in 1944 to provide food relief and financial support to 34 families in a Georgia community, there are no qualifications, minimums, income restrictions, or applications. Everyone is encouraged to participate.

The menu varies each month, but always consists of fresh and frozen items at a cost of \$31 per unit. The average retail value is approximately \$60. There are no second-hand items, no damaged or outdated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe. It is the same quality food available at the grocery store.

One unit of food will generally feed a family of four for about one week, or a single senior citizen for almost a month. There is no limit to the number of units that can be purchased, and no limit to the number of specialty boxes.

The October menu consists of:

- 4 lb IQF leg quarters
- 1.5 lb hamburger patties
- 1.75 lb fully-cooked breaded party wings
- 20 oz steak fajitas
- 1 lb battered fish bites
- 1 lb lean ground beef
- 7 oz beef link sausage
- 1 lb fajita blend veggies
- 1 lb peas & carrots
- 1 lb whole kernel corn



- 20 oz shoestring fries
- 1 lb 16-bean soup mix
- 1 lb rice
- 7.25 oz mac & cheese
- 7.5 oz corn muffin mix
- 32 oz 2% shelf-stable milk
- dozen eggs
- one family dessert item

Options include a smaller box for \$21; a larger box for \$41; 10 nutritionally balanced, fully-cooked convenience meals for

\$28 that are great for seniors and people living with diabetes; a box of child-friendly snacks like mini corn dogs, pigs-in-a-blanket, PBJ on graham wafers and more for \$24; and a box of allergen free food for \$25.

October specials include a steak combo box of four 8 oz rib eye steaks and six 8 oz sirloin strip steaks for \$25; a six pound seafood variety box for \$35, and a premium fresh fruit and veggie box for \$23.

Orders can also be placed in October for a Thanksgiving box or a Christmas box for \$36 each.

Angel Food orders can be placed in person at the Baptist church during the first two weeks of October. Payment must be made by cash, money order or food stamps at the time the order is placed. Checks are not accepted. Orders can also be placed online at www.angelfoodministries.com Whether the order is placed in person or online, the food must be picked up at the Baptist church. The October distribution date is Saturday, October 23, 8:30 - 10:00 am.

For questions, call the First Baptist Church of Piedmont at 373-2420.

Fitness Opportunities

Between October 1 and January 1 there are four weight-gaining holidays.

This month there are two classes you can join to help keep off the excess weight and get your body in shape.

Zumba classes will be taught at city hall on Thursday nights from 7:30 to 8:30 through October. Zumba classes are set to Latin music. Beginners are welcome. The cost is \$3 per session. More information about Zumba is available online at www.zumba.com

Body and Soul Bootcamp meets from 6:00 to 7:00 Tuesday and Thursday mornings from October 12 through November 18. Body and Soul Bootcamps are set to Christian music. The cost is \$42 for the series. More information about Body and Soul Bootcamp is online at www.bodyandsoul.org



No Time for Fitness?

Free up some time by stopping some of the junk mail that arrives in your mailbox daily. Call 888-5-OPTOUT, to be removed from firm offers of credit or insurance. In addition to filling up your mailbox, these pre-approved credit offers are often used by identity thieves.

You can also have your phone numbers put on a Do Not Call list to prevent calls from telemarketers at www.oag.state.ok.us/oagweb.nsf/DoNotCall

Halloween Help at FamilyCorner.com



Pumpkins to carve, costumes to make, parties to attend, decorations to put up, and two more holidays looming around the corner make this a busy time of year.

You can find helpful Halloween information and ideas at www.familycorner.com/family/halloween.shtml

If your kids want an old fashioned Halloween party, you'll find invitation and decorating ideas, recipes, and games.

The website provides instructions for ten costumes made out of cardboard boxes, more than 20 traditional costumes, and recipes for homemade face make up.

FamilyCorner.com has Halloween crafts such as salt dough Halloween creatures, a twisted paper witch, and an edible haunted house.

If your child is bored this month, there are 32 Halloween pictures that can be printed out for coloring, and over 500 more coloring pages, activity sheets, mazes, connect the dots and color by number pages.

While on the FamilyCorner.com website, you can sign up for free newsletters with more tips and ideas.



October Community Calendar

- 1-31** (M-F 3:00-7:00 pm, Sat 9:00-7:00 pm, Sun 11:00-6:00 pm) - Service Center Pumpkin Patch selling pumpkins and fall decorations, 373-4022
- 2** (8:00-3:00 pm) - Free Sale at Soldier Creek Church of Christ, items include clothing, furniture, household items and more, 201-2600
- 2** (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, 373-2905
- 2, 9, 16, 23, 30** (10:00-2:00 pm) - Historical Society Museum is open, free, commemorative brick orders can be placed for \$25, 373-2905
- 2** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the Civic Center, free, 488-5999
- 4-8, 11-16** (M-F 9-4, Sat 10-12) - Angel Food orders can be placed in person at the Baptist Church (bring a large box), and picked up on Sat. Oct 23 (8:30-10:00 am), cash, money order, or food stamps, no checks, 373-2420
- 4** (5:00 pm—close) - Chicken & Chops is donating a percentage of the proceeds to Piedmont PTO, tell them you're from Piedmont, 760-1744
- 5, 12, 19, 26** (10:00 am) - Preschool Story Time at the Library, free, 373-9018
- 6** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the library, children ages 2-5, free, 373-9018
- 6, 13, 20, 27** (noon) - Senior Adults lunch and fellowship at the Methodist church, cost is \$3, for reservations call 373-2905
- 7** (6:30 pm) - Coupon Swap at the library, free, 373-9018
- 7, 14, 21, 28** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 8** (5:00 pm—close) - El Chico at Quail Springs is donating a percentage of the proceeds to Piedmont PTO, tell them you're from Piedmont, 760-1744
- 12 - Nov 18** (6:00-7:00 am Tuesdays & Thursdays) - Body & Soul Boot Camp at Baptist church, \$42, 373-2420
- 12** (5:00 pm - close) - Touchdown Tuesday at Chicken & Chops, a portion of the sales will go to support Piedmont football, 201-2600
- 12** (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
- 13, 20, 27** (10:00 am - noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 14** (6:30-8:30 pm) - Piedmont Parent Network communication workshop at the Methodist church, 514-9248
- 15** (5:00-8:00 pm) - Fall Carnival and Auction at all three elementary schools (Piedmont, Stoneridge, Northwood), \$5 arm bands for kids at the door, 760-1744
- 18** (5:00 pm—close) - Johnnie's on NW Expressway is donating a percentage of the proceeds to Piedmont PTO, includes take-out orders, tell them you're from Piedmont, 760-1744
- 19** (6:30-8:00 pm) - Windmill Poets at the library, for anyone who likes to read or write poetry, free, 728-7310
- 21** (2:00-6:00 pm) - Fall Break Crafts for all ages, at the Library, come & go, free, 373-9018
- 21** (6:30 pm) - The No-Experience-Necessary Writer's Course for adults, at the library, free, 373-3788
- 22** (10:00-2:00 pm) - Fall Break Crafts for all ages, at the Library, come & go, free, 373-9018
- 24** (2:00 pm) - Roundup Club Horse and Rider Costume Contest and year-end awards at Round Up Club Arena, don't have to be a member to participate, free, 627-7437
- 24** (4:00 pm - close) - Piedmont football fundraiser at Rib Crib, 4801 NW Expressway, a portion of the sales will be donated, 201-2600
- 30** (6:00-8:30 pm) - Fall Festival at Baptist church, free, 373-2420
- 30** (7:00 pm) - Bible Trail Treats at Nazarene church, free, 373-3566
- 31** (10:30-11:45 am) - Epic Kids Candy and Fun at Piedmont High School, free, 250-3702

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