



# Piedmont Parks & Recreation News

[piedmontparksandrec.com](http://piedmontparksandrec.com)

April 2011

## 2030 is . . . .

the year Piedmont is preparing for with a comprehensive plan.

The comprehensive plan will not contain details for a specific project. It's not a zoning plan for the city. It's not a code enforcement regulation. It's not a strategy to stop growth.

The comprehensive plan is based on our citizen's long-term goals for the community. It will be adopted by the Planning Commission and accepted by City Council and will provide the framework for decisions made that affect Piedmont's future.

There is an online survey that that will only take a few minutes of your time. The survey is at <https://www.surveymonkey.com/s/PiedmontSurvey> and is designed to discover such things as why people move to our community, how they rate Piedmont compared to other communities, what activities and facilities they feel are most needed in Piedmont, and their vision for Piedmont's future growth. In order to have your input included in the results, please take the survey as soon as possible.

The community is encouraged to attend visioning meetings held on Tuesday, April 12, and Thursday, April 14 at 5:30 pm at the high school cafeteria.

Take the survey! Share your vision!

## 5320 is . . . .

the number of people that die in Oklahoma each year due to behaviors that are less healthy than that of the average American. If Oklahomans practiced the healthy behaviors of average Americans there would be 5320 fewer deaths in Oklahoma each year.

5320 lives lost each year is the equivalent of losing the entire population of Alva one year, the entire population of Choctaw the next year, Purcell the next year, Piedmont the next, etc.

We can help reverse this trend simply by quitting smoking, eating better, and moving more.

## April 22 is Earth Day

Americans throw away approximately 380 billion plastic bags a year.

You could drive your car one mile on the amount of petroleum it takes to make just 14 plastic grocery bags.

Celebrate Earth Day by making the change to earth-friendly reusable grocery bags.





## Rethink Your Drink

As summer approaches, many people try to lose weight by cutting calories. What you drink makes more difference than you think!

Type of Beverage	Calories in 12 ounces	Calories in 20 ounces
Fruit punch	192	320
100% apple juice	192	300
100% orange juice	168	280
Lemonade	168	280
Regular lemon/lime soda	148	247
Regular cola	136	227
Sweetened lemon iced tea (bottled)	135	225
Tonic water	124	207
Regular ginger ale	124	207
Sports drink	99	165
Fitness water	18	36
Unsweetened iced tea	2	3
Diet soda (with aspartame)	0	0
Carbonated water (unsweetened)	0	0
water	0	0

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake.

Milk contains vitamins and other nutrients that contribute to good health, but it also contains calories. Choosing low-fat or fat-free milk is a good way to reduce your calorie intake and still get the nutrients that milk contains.



Type of Milk	Calories per cup (8 oz)
Chocolate milk (whole)	208
Chocolate milk (2% reduced-fat)	190
Chocolate milk (1% low-fat)	158
Whole milk (unflavored)	150
2% reduced-fat milk (unflavored)	120
1% low-fat milk (unflavored)	105
Fat-free milk (unflavored)	90

The Nutrition Facts label on beverage containers might give the calories for only part of the contents. The label might indicate 100 calories in an 8-oz serving, even though the bottle contains 2.5 servings, so it's important to check not only the number of calories in the container, but also the number of servings.

Here are some ways to make smart beverage choices:

- Choose water or low-calorie beverages instead of sugar-sweetened beverages
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.



# What To Do In An Approaching Wildfire

## Before the Fire Approaches Your House:

- **Evacuate.** Evacuate your pets and all family members who are not essential to preparing the home. Anyone with medical or physical limitations and the young and the elderly should be evacuated immediately.
- **Wear Protective Clothing.**
- **Remove Combustibles.** Clear items that will burn from around the house, including wood piles, lawn furniture, barbecue grills, tarp coverings, etc. Move them outside of your defensible space.
- **Close/Protect Openings.** Close outside attic, eaves and basement vents, windows, doors, pet doors, etc. Remove flammable drapes and curtains. Close all shutters, blinds or heavy non-combustible window coverings to reduce radiant heat.
- **Close Inside Doors/Open Damper.** Close all doors inside the house to prevent draft. Open the damper on your fireplace, but close the fireplace screen.
- **Shut Off Gas.** Shut off any natural gas, propane or fuel oil supplies at the source.
- **Water.** Connect garden hoses. Fill any pools, hot tubs, garbage cans, tubs or other large containers with water.
- **Pumps.** If you have gas-powered pumps for water, make sure they are fueled and ready.
- **Ladder.** Place a ladder against the house in clear view.
- **Car.** Back your car into the driveway and roll up the windows.
- **Garage Doors.** Disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out. Close all garage doors.
- **Valuables.** Place valuable papers, mementos and anything “you can’t live without” inside the car in the garage, ready for quick departure. Any pets still with you should also be put in the car.



## Preparing to Leave:

- **Lights.** Turn on outside lights and leave a light on in every room to make the house more visible in heavy smoke.
- **Don't Lock Up.** Leave doors and windows closed but unlocked. It may be necessary for firefighters to gain quick entry into your home to fight fire. The entire area will be isolated and patrolled.

[www.fema.gov](http://www.fema.gov)



## Remember to wear your bicycle helmet

- when you're riding your bicycle
- when you're taking shelter from a tornado

# April Community Calendar

**Piedmont Service Center's food pantry and clothing closet** is open to Piedmont residents needing assistance, 9:00 am to 4:00 pm on Mondays, Tuesdays and Thursdays, 373-4022

- 1, 4-8, 11** (9:00-4:00 pm) - Angel Food orders can be placed at the Baptist church, pick-up day is Saturday, April 16 from 8:30-10 am, 373-2420
- 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, 823-1345
- 2** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 3** (5:00 pm, exhibitions at 4:00 pm) - Play Day at Round-Up Club Arena , \$5 office charge, \$2 per class, \$4 exhibition charge, 615-7575
- 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, \$3, for reservations call 373-2905
- 6** (5:30-6:30 pm) - Potato Bar and Dessert Auction for youth camp fundraiser, adults \$6.00/12 & under \$3, Methodist church, 615-9411
- 7** (noon) - Chamber of Commerce meeting at city hall, speaker is Bryan Gonterman, State Pres. for AT&T, optional lunch \$8, 373-2234
- 8** (5:30-11:00 pm) - Stamp It at the civic center, \$5, RSVP 535-8849
- 9** (7:00 pm) - Ultimate Date Night, comedy celebrating ups & downs of marriage, at Baptist church, \$10 in advance, \$12 at door, \$36 for 4, 373-2420
- 12, 14** (5:30 pm) - 2030 Comprehensive Plan Community Visioning Meeting at high school cafeteria, 373-2621
- 12** (6:30 pm) - Canadian County Tuff Riders 4-H equine program for 9-18 year olds, at the library, free, 820-6728
- 12** (7:00 pm) - Sit. Stay. Read. (kids read to dogs) at the library, all ages, free, 373-9018
- 13, 20, 27** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 14** (7:00-8:00 am) - Chamber of Commerce Legislative Breakfast at the civic center, free, 476-3257
- 15-23, 25-30** (M-Sat 9:00-7:00 pm, Sun noon-6:00 pm) - Huge Flower and Tree Sale, including bedding plants, pots, and potting soil, at the Service Center, 373-4022
- 16** (2:00-5:00 pm) - Eggstravaganza by Parks & Rec at city hall, ages 2-11, egg scramble, inflatables, snow cones, free, 368-6443
- 21** (4:00-6:00 pm) - Easter Egg Coloring at the library, all ages, free, 373-2308
- 21** (6:30 pm) - No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788
- 21** (6:30 pm) - Maundy Thursday Seder Meal at Nazarene church, 373-2308
- 21** (7:00 pm) - Holy Thursday Worship Service at Methodist church, 373-2298
- 22** (7:00 pm) - Good Friday Tenebrae Gathering at Nazarene church, 373-2308
- 22** (7:00 pm) - Good Friday Worship Service at Methodist church, 373-2298
- 23** (2:00 pm) - Easter Egg Hunt at Windmill Park pavilion, sponsored by Nazarene church, free, 373-2308
- 23** (5:30 pm) - Children's Easter Egg Hunt at Methodist church, free, 373-2298
- 23** (7:30 pm) - 4th & 5th Grade Flashlight Egg Hunt at Methodist church, free, 373-2298
- 24** (6:45 am) - Easter Sunrise Service at Methodist church, 373-2298
- 24** (7:30 am) - Easter Breakfast at Methodist church, free, 373-2298
- 24** (8:00 and 10:30 am) - Easter Service at Baptist church, 373-2420
- 24** (8:30 and 11:00 am) - Easter Worship at Methodist church, 373-2298
- 24** (10:45 am) - Easter Worship Gathering at Nazarene church, 373-2308
- 28** (2:00 pm & 6:30 pm) - Kid Co. Theatre at the library, all ages, free, 373-2308
- 29** (5:00-9:00 pm) - El Chico Night inside Quail Spring Mall donating part of the night's proceeds to Piedmont Primary School for playground equipment, tell them you're with Piedmont Primary, 373-4848

An expanded version of the calendar is online at  
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