



Piedmont Parks & Recreation News

piedmontparksandrec.com

February 2011

Go Red for Women

Friday, February 4, is the day the American Heart Association has designated as National Wear Red Day.

Despite the attention given to breast cancer, 1 in 3 women die of heart disease, making it the number one killer of women.

The American Heart Association has set a goal of improving the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent by the year 2020.

According to the American Heart Association, 39% of Americans think they are in ideal health, but in reality less than 1 percent have an ideal health profile.

The American Heart Association's Go Red for Women website has information you can use to improve your cardiovascular health.

Go to www.goredforwomen.org/heart_healthy_at_any_age.aspx for advice on eating well, being active, watching your weight, visiting your doctor, and for prevention tips specifically for women in their 20s, 30s, 40s, 50s, and 60s and over.

The BetterU Program is a free 12-week online nutrition and fitness program that can help you improve your health. Each week focuses on different areas of your health, provides step-by-step guidance, and includes daily expert tips, an online journal, and a downloadable coaching tool. The BetterU Program is online at www.goredforwomen.org/BetterU/index.aspx



Oklahoma's (not so good) Health

Each year the United Health Foundation publishes the ranking of all 50 states on multiple health issues. In the 2010 report, Oklahoma ranks near the bottom on the following health measures, making us one of the most unhealthy states in the nation.

Cancer deaths	40th	Smoking	48th
High blood pressure	44th	Physical activity	48th
Diabetes	45th	Cardiovascular deaths	48th
High cholesterol	45th	Stroke	49th
Heart attack	46th	Dental visits	50th
Obesity	46th	Daily fruit & veg. intake	50th

Eight Ways To Simplify Your Life And Have More Fun

1. Find work that you love

Nothing complicates your life more than forcing yourself to go to work every morning when your heart tells you that you should be doing something else. Find work that is fun and uses your natural gifts. Wise people spend their days on pursuits that engage the fullness of their natural strengths. In doing so, they always meet with success.

2. Go on a "news fast"

One of the universal laws of the mind says that "as you sow, so shall you reap." What goes into the mind determines what comes out. Break your addiction to the news. The killings, the violence and the calamity do nothing to add to your inner peace. To simplify your life, spend the next seven days away from the news. Read great literature or listen to soothing music instead.

3. Learn to say no

The person who tries to do everything ultimately achieves nothing. What separates the peak performers from weak performers is that the first group says "no" to anything that is not important while the second group says "yes" to everything. Have the inner courage to say "no" to all those things you really don't want to do. As if by magic, you will begin to have time for the activities you truly value.

4. Connect with nature

Nature has healing properties. It reminds us of what life is really about and connects us to the simple gifts that we all, too often, overlook. If you are feeling the stresses and strains of modern life, just imagine what a daily walk through the woods or a weekly hour spent watching the sun set would do for you. Even growing a simple garden in your backyard will bring a wealth of benefits.

5. Laugh daily

Daily laughter will renew your perspective and rekindle the childlike enthusiasm that you may have lost. Most of us are too busy to laugh and too serious to smile. We have become caught up in our own sense of importance. We have forgotten to nourish the child within all of us who is just waiting to get out and have some fun. Never forget that children come to us more highly evolved than adults to teach us the lessons we need to learn. Study children. Learn from their natural wisdom. They will remind you that if you haven't laughed today, you haven't lived today.

6. Sell your TV

Do you have anything to show for all the time you have given to the box sitting in your living room? When you deeply reflect on all the hours, days, weeks and months you have given to your television, has it done anything to raise the quality of your life? While TV has some excellent programs, don't be a slave to it. Don't lose the best years of your life spending every evening on the couch.

7. Be silent

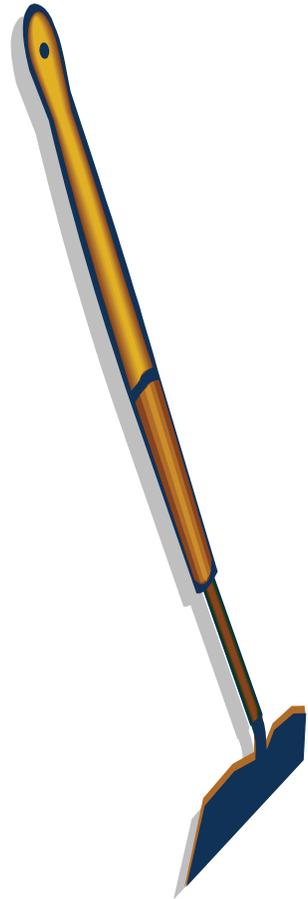
Silence is golden. In this crazy age we live in, the average person doesn't spend even an hour a month in silence. Yet silence renews us, it relaxes us, and it allows us to reflect on how we are living and make necessary corrections before it is too late. Get in the habit of taking daily "silence breaks." At the office, shut your door for 10 minutes, close your eyes and simply be still. It will be hard at first, but after a few days, you will find yourself feeling calmer and happier than you have felt in a long time.

8. Eat less

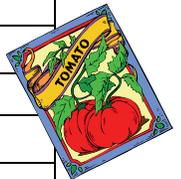
Benjamin Franklin once said, "to lengthen thy life, lessen thy meals." Yet in this age of over-consumption, we seem to have forgotten this simple piece of advice. Eating less will allow you to become healthier, more energetic and live longer. It is also one of the best ways to build self-discipline because you are not giving in to the weaker impulses telling you to eat more. Instead, you are flexing your willpower and doing what you promised yourself you would do.

Spring Garden Planting Guide

Cool Season Vegetables	When to Plant	Days from Planting to Harvest
Asparagus	Fall or Spring	-
Beet	March	50-70
Broccoli	March	80-90
Cabbage	Feb 15 to March 10	60-90
Carrot	Feb 15 to March 10	70-90
Cauliflower	Feb 15 to March 10	70-90
Chard, Swiss	Feb 15 to March 10	40-60
Kohlrabi	Feb 15 to March 10	50-70
Lettuce, head	Feb 15 to March 10	60-90
Lettuce, Leaf	Feb 15 to March 10	40-70
Onion (sets)	Feb 15 to March 10	60-120
Onion (plants)	Feb 15 to March 10	60-120
Peas, Green	Feb 15 to March 10	60-90
Potato, Irish	Feb 15 to March 10	90-120
Radish	March 1 to April 15	25-40
Rhubarb	Fall or Spring	-
Spinach	Feb 15 to March 10	50-70
Turnip	Feb 15 to March 10	50-60



Warm Season Vegetables	When to Plant	Day from Planting to Harvest
Bean, Lima	April 15-30	90-120
Beans, Green or Wax	April 10-30	50-60
Beans, Pole	April 10-30	60-90
Cantaloupe	May 1-20	80-100
Cucumber	April 10-30 or later	50-70
Eggplant	April 10-30	80-90
Okra	April 10-30 or later	60-70
Pepper	April 10-30 or later	90-110
Pumpkin	April 10-30 or later	90-120
Southern Pea	May to June 10	85-100
Squash, Summer	April 10-30 or later	40-60
Squash, Winter	May 15 to June 15	110-125
Sweet Corn	March 25 to April 30	80-100
Sweet Potato	May 1 to June 10	100-120
Tomato	April 10-30	70-90
Watermelon	May 1-20	90-120



February Community Calendar

Piedmont Service Center Food Pantry & Clothing Closet, 415 Piedmont Road N, open Mondays, Tuesdays and Thursdays, 9:00 am - 4:00 pm, 373-4022

1-4, 7-11, 14 (9:00-4:00 pm) - Angel Food orders can be placed at the Baptist church and picked up on Saturday, February 19 from 8:30-10 am, 373-2420

1, 8, 15, 22 (10:00 am) - Preschool Story Time at the Library, free, 373-9018

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

2, 9, 16, 23 (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905

3 (noon) - Chamber of Commerce meeting will have a candidate forum for school board elections, at city hall, optional lunch for \$8, 373-2234

3 (2:00 pm) - Triad meeting at the police department, for anyone interested in preventing the criminal victimization of seniors, speaker is Piedmont librarian Rhonda Turley, free, 373-1334

3, 10, 17, 24 (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229

5 (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, 373-2905

5, 12, 19, 26 (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345

5 (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999

8 (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

8 (7:00 pm) - Sit. Stay. Read. (kids read to dogs) at the library, all ages, free, 373-9018

9, 16, 23 (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662

9 (5:30-7:30 pm) - Pasta Night and Bake Sale (Lasagna, Chicken Alfredo, Baked Spaghetti, Seafood Alfredo) sponsored by Boy Scout Troop 374 at Methodist church, cost is a donation, 570-1957

10 (4:00-7:00 pm) - Chocolate Festival for all ages, create chocolates to give your true love, come and go, at the library, free, 373-3788

10 (6:30-8:30 pm) - Piedmont Parent Network at Methodist church, free, 514-9248

11 (6:00-10:00 pm) - Stamp Camp at the civic center, \$7, RSVP 535-8849

12 (7:00-11:00 am) - Pancake Breakfast fundraiser for middle school and high school girls softball team, at Soldier Creek Church of Christ (4th & Monroe), \$5 / \$4 for 12 yrs & under, 201-2600

17 (6:30 pm) - No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788

20 (6:00 pm) - NewFire concert at Nazarene church, free, 373-2308

21 (6:30 pm) - Piedmont Parks & Recreation Board Meeting at city hall, visitors are welcome to share their ideas and suggestions for Piedmont, 202-3984

24 (2:00 pm & 6:30 pm) - Kid Co. Theatre—Little Red Riding Hood at library, all ages, free, 373-2308

25 (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
PiedmontParksAndRec.com