



Piedmont Parks & Recreation News

piedmontparksandrec.com

September 2011



Put Your Walking Shoes On

Construction has (finally!) begun on a sidewalk from behind the library, along Taylor, and then south to Piedmont Middle School and Piedmont Elementary. The sidewalk should be completed by the end of October.

Funding for the sidewalk is from a Safe Routes to School grant. The Safe Routes to School program is committed to activities that enable and encourage students in kindergarten through 8th grade to safely walk and bike to school.

**FAST
FACT**

It's time to get kids walking and biking. In just one generation, the percentage of kids who walk or bike to school has dropped from 50% to 15%, and childhood obesity has tripled.

The Circus is Coming!

The Culpepper-Merriweather Circus will be in Piedmont for two performances on Monday, September 26 at 5:00 and 7:30 pm at the old co-op site.

Tickets at the door will cost \$12 for adults and \$7 for children. Tickets purchased in advance cost \$9 for an adult ticket and \$6 for a child's ticket. Advance tickets can be purchased at the Chamber of Commerce office, City Stop, Surrey Salon, Piedmont Tag Agency, F & M Bank in Piedmont and at Surrey Hills, and at Piedmont Cleaners and Florist.

The Culpepper-Merriweather Circus has a website at www.cmcircus.com



For more information, contact the Piedmont Chamber of Commerce at 373-2234.



Heads Up

A free, online course about concussions in youth sports is available on the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/concussion/headsup/online_training.html. It features interviews with leading experts, dynamic graphics, interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think your athlete (or anyone else) might have one.

Each year, an estimated 1.7 million people sustain a traumatic brain injury (TBI). Of them, 52,000 die, 275,000 are hospitalized, and 1.365 million (nearly 80%) are treated and released from an emergency department. About 75% of TBIs that occur each year are concussions or other forms of mild TBI.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Most people with a concussion recover quickly and fully, but for some people, symptoms can last for days, weeks, or longer. Those who have had a concussion in the past may find that it takes longer to recover if they have another concussion.

Symptoms of concussion usually fall into four categories:

- thinking / remembering - difficulty thinking clearly, feeling slowed down, difficulty concentrating, difficulty remembering new information
- physical - headache, fuzzy or blurry vision, nausea or vomiting (early on), dizziness, sensitivity to noise or light, balance problems, feeling tired, having no energy
- emotional / mood - irritability, sadness, more emotional, nervousness or anxiety
- sleep - sleeping more than usual, sleeping less than usual, trouble falling asleep

Some of these symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them.

Rest is very important after a concussion because it helps the brain to heal. Ignoring symptoms and trying to “tough it out” often makes symptoms worse. If symptoms subside but then come back, or new symptoms appear with increased activity, it is a sign that the person is pushing himself too hard.

For a child following a concussion:

- Get plenty of rest. Keep a regular sleep schedule, including no late nights and no sleepovers.
- Avoid high-risk / high-speed activities such as riding a bicycle, playing sports, or climbing playground equipment, roller coasters, or rides that could result in another bump, blow, or jolt to the head or body until the health care provider says they are well enough to do the activity.
- Take only drugs that are approved by the health care provider.

A list of 15 tips can be found online at www.cdc.gov/concussion/feel_better.html for adults recovering from a concussion.

BLAST OFF!



Remember when you were a child and watched your first launch of a model rocket? What excitement! - the launch, watching it ascend high into the air, watching it fall back down under parachute, and hoping that you would be able to launch it again right away!

Kids and parents that want to build a simple rocket from scratch can find several sites online with instructions that use objects such as Alka-Seltzer, water, and cardboard tubes.

However, to launch a rocket that reaches greater heights, you will probably need to purchase a kit. There are many vendors online that sell rocket kits, but one of the easiest ways to purchase a kit is from a hobby store. The starter kit and three motors will cost approximately \$20 to \$25.

Whether or not you actually have a model rocket, or just want to learn more, you are welcome to attend the Piedmont Area Rocketry Club which meets the first Saturday of the month from 1:00 to 3:30 p.m. at the Piedmont civic center.



The Piedmont Area Rocketry Club (PARC) draws both youth and adults from cities as far away as Lawton and Norman. One of the goals of the club is to inspire young people to pursue careers in science, technology, aerospace, engineering and math. The club has a scholarship fund for a high school student headed toward a career in aerospace engineering.

PARC is a chartered section of the National Association of Rocketry (NAR). Both PARC and NAR follow the regulations created jointly by the National Fire Protection Association and the Federal Aviation Administration. Adherence to these regulations has resulted in hobby rocketry becoming the safest outdoor activity since its inception in 1957.



Regulations dictate where rockets can and can not be launched. Rockets up to 3.3 pounds, and up to and including small "H" motors, must be launched at least 1500 feet from any inhabitable building such as a home or trailer. More distance is needed for larger rockets. Barns and sheds are not considered an inhabitable building.

PARC is needing a large section of land on which to launch their rockets. Cattle are not bothered by the launching of rockets, so fallow fields or land that is used for grazing cattle are perfect for rockets. Land used for wheat also works for the rockets because the club does not launch when the wheat is up in the fields. The club is covered by a 2 million dollar insurance policy and site insurance.

If you think you have property that would be appropriate for the rocketry club to use for a monthly launch of rockets, call Rags Fehrenbach at 488-5999 or email him at ragsrocket@sbcglobal.net

PARC has two programs; one for children and one for adults. If you enjoy building and launching model rockets, or want to introduce your child to the thrill, or just want to learn more, contact Rags, visit the website at <http://piedmontrocketry.org>, or attend a meeting. There is no charge to attend or to participate, and the club even has free starter rocket kits for kids that can't afford one.



September Community Calendar

- 1-2, 6-9, 12-16** (9:00-4:00 pm) - Angel Food orders at the Baptist church, pick-up day is Saturday, September 24 from 8:30-10 am, 373-2420
- 1, 8, 15, 22, 29** (7:30-8:30 pm) - Zumba at city hall, \$3, 650-0229
- 2** (9:30-3:30 pm) - Kid Co Play-in-a-Day at the library, grades 1-4, \$35, registration required, 373-9018
- 3** (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, Girl Scout Troop 567 will be there to help, 373-2905
- 3, 10, 17, 24** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 6, 13, 20, 27** (10:00 am) - Preschool Story Time at the library, free, 373-9018
- 7** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the library, children ages 2-5, free, 373-9018
- 7, 14, 21, 28** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 8** (noon) - Chamber of Commerce meeting at city hall, *The Oklahoman* business writer Steve Lackmeyer will speak on city dynamics, optional lunch \$8, 373-2234
- 8** (6:30-8:30 pm) - Piedmont Parent Network at the Methodist church, IEP workshop presented by Oklahoma Parents Center, free, 514-9248
- 10** (10:00 am parade, 10:00-2:00 pm activities) - Founders Day - arts & crafts, pie shop, quilt raffle, entertainment, and more, 373-0072
- 11** (4:00 pm, exhibitions at 3:00 pm) - Play Day at Round-Up Club Arena , \$5 office charge, \$2 per event, \$4 exhibition charge, 630-4009
- 11** (6:00 pm) - 7 Mile Road Concert at the Nazarene church, free, 373-2308
- 13** (6:30 pm) - Canadian County Tuff Riders 4-H equine meeting for 9-18 year olds, no horse required, at the library, free, 820-6728
- 14, 21, 28** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 15** (6:30 pm) - No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788
- 22** (6:30 pm) - Kid Co Theatre for all ages, at the library, 373-9018
- 23** (6:00-11:00 pm) - Stamp It at the civic center, \$5, RSVP 535-8849
- 24** (5:30 pm dinner, 6:30 pm show) - He Haw at Express Ranches Show Barn, 2202 N 11th in Yukon, dinner tickets \$10 in advance from Piedmont Tag Agency or Service Center, no dinner tickets at the door, show is free, 373-4022
- 26** (5:00 and 7:30 pm) - Culpepper-Merriweather Circus at old co-op, \$12 adults / \$7 kids, advance tickets \$9 adults / \$6 kids from F&M Bank, City Stop & other locations, 373-2234
- 30** (11:00-1:00 pm) - Pulled Pork Sandwiches fundraiser for Boy Scout Troop 374, at Soldier Creek church, cost is donation, 570-1957