



# Piedmont Parks & Recreation News

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

April 2012

## Screen-Free Week

April 30-May 6

*38.5 - the number of minutes per week that typical parents spend in meaningful conversation with their children*

*1,680 - the number of minutes per week that the average child watches television*

During screen-free week, children, families, schools and communities are encouraged to turn off screens and 'turn on life.'

See "101 Screen-Free Activities" on page 3 from [www.screenfree.org](http://www.screenfree.org)



## Mile of Quarters

The Kiwanis will be at the intersection of Piedmont Road & Monroe on April 14th collecting money for scholarships.

It will take 66,311 quarters to make a mile, but they'll also accept other coins, bills of any denomination, and checks.

## Keep America Beautiful Month

Piedmont Parks & Recreation has signed up to participate in the Great American Cleanup through Keep Oklahoma Beautiful.

If you know of an area or a roadway that needs some volunteers to pick up litter, or if you'd like to participate in picking up trash with other community volunteers, email [parksandrec@piedmont-ok.gov](mailto:parksandrec@piedmont-ok.gov), or call 202-3984.

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## Safe and Well

The American Red Cross' Safe and Well web site is a tool that lets people in a disaster-affected area register themselves as "safe and well." Concerned family and friends who know the person's phone number or address can search for messages posted by those who self-register. People without internet access can call 866-GET-INFO to register.

The Safe and Well web address is <https://safeandwell.communityos.org/cms/index.php>

FAST  
FACT

You have to walk 3 miles to burn off the calories of one 20 oz. soda.

# April is . . .

## National Public Health Week

April 2-8

Over 1 million Americans die each year from diseases that could have been prevented. Even small changes can have a big impact on health. Below are five simple things you can do that will impact your health. Pick one, make it a habit, and then add another.

1. Check the package label of everything you eat in a day to determine the recommended size of one serving, and then cut back on your serving sizes accordingly.
2. Reduce the number of carbonated and sugary drinks you consume.
3. Increase the amount of vegetables and fruits you eat each day until they fill half of your plate at every meal.
4. Engage in 30 minutes of physical activity daily.
5. Make an appointment to get at least one immunization or health screening recommended for your age. Find charts for both women and men at [www.womenshealth.gov/screening-tests-and-vaccines](http://www.womenshealth.gov/screening-tests-and-vaccines)

## Earth Day

April 22, 2012

You can sign up to receive a green tip daily through the month of April on the website of the Environmental Protection Agency's website at [www.epa.gov/earthday](http://www.epa.gov/earthday).

Go to [www.wildlifedepartment.com/wildlifemgmt/101.pdf](http://www.wildlifedepartment.com/wildlifemgmt/101.pdf) for a list of 101 things you can do to help save animals and animal habitats



## National Humor Month

Celebrate National Humor Month by renting a DVD of a comedy on the American Film Institute's list of America's 100 greatest comedies at [www.afi.com/100Years/laughs.aspx](http://www.afi.com/100Years/laughs.aspx), or on Bravo's list of the 100 funniest movies of all time at [www.boston.com/ae/movies/gallery/bravos\\_funniest](http://www.boston.com/ae/movies/gallery/bravos_funniest).

Or celebrate National Humor Month by signing up to receive a clean joke daily at [www.AJokeADay.com](http://www.AJokeADay.com).

## National Walking Day

April 4

There are two great places to walk in Piedmont. One is the 1/3 mile walking track around the PSA ball fields just south of city hall. The other is the 6/10 mile sidewalk from the library, west along Taylor, to the middle school.



## Stress Awareness Month

According to a survey done in 1938 and again in 2007, anxiety and mental health issues are five times more common now among high school and college students.

One-third of children ages 8 to 17 say they worry about their family's finances. Homework and teasing are two other major sources of stress. Their top methods of coping are listening to music (44%), eating (26%), and talking to their parents (22%).

## 101 Screen-Free Activities

**At Home** //listen to the radio//write an article or story//paint a picture, a mural or a room//write to the President, your Representative, or Senators//read a book, read to someone else//learn to change the oil or tire on a car, fix something//write a letter to a friend or relative//make cookies, bread or jam and share with a neighbor//read magazines or newspapers, swap them with friends//go through your closets and donate items or have a garage sale//start a journal//play cards//make crafts to give as gifts or try a new craft//do a crossword puzzle or play Sudoku//save money: cancel your cable TV!//learn about a different culture or have an international dinner//teach a child some of your favorite childhood games//study sign language//write a letter to your favorite author//cook dinner with friends or family//make cards for holidays or birthdays//play chess, bridge, or checkers//play charades//have a cup of coffee and a conversation//repair or refinish a piece of furniture//make a wooden flower box//wake up early and make pancakes//read a favorite poem or read poems by poets new to you//**Outdoors** //learn about native trees and flowers in your area//plan a picnic or barbecue//go bird watching, learn the names of local birds//walk the dog, wash the dog//plant a garden, work in your garden//take a nature hike//feed fish or birds//watch the night sky through binoculars and identify different constellations, observe the moon//learn to use a compass//take photographs and then organize them into an album//do yard work//go camping//take an early morning walk//climb a tree//watch a sunset, watch the sunrise with a friend//**Around Town** //attend a community concert, listen to a local band//visit the library, borrow some books//visit a local bookstore//visit the zoo//visit the countryside or town, travel by bus or train//attend a religious service//walk to work or school//attend a live sports event//look for treasures at a yard sale//try out for a play, attend a play//collect recycling and drop it off at a recycling center//learn to play a musical instrument//go to a museum//**On the Move** //go roller skating or ice skating//go swimming//start a community group that walks, runs or bikes//organize a game of touch football, baseball, or softball in the local park//go for a bicycle ride//learn yoga//play soccer, softball or volleyball//play Frisbee//workout//go dancing, take a dance class//**In Your Community** //organize a community clean-up or volunteer for charity//become a tutor//join a choir, sing!//start a bowling team//visit and get to know your neighbors//start a fiction or public policy book group//**With the Kids** //make paper bag costumes and have a parade//design a poster for Screen-Free Week//discover your community center or local park activities//blow bubbles//draw family portraits//build a fort in the living room and camp out//research your family history, make a family tree//invent a new game and teach it to your friends//make a sign to tape across the TV during Screen-Free Week//play hopscotch, hide & seek, or freeze-tag//organize a neighborhood scavenger hunt//play board games with family and friends//clean up or re-decorate your room//make puppets out of old socks and have a puppet show//write a play with friends, perform it at a nursing home//construct a kite, fly it//go on a family trip or historical excursion//if it's snowing, go sledding or make a snowman//create a collage out of old magazine pictures//shoot hoops with friends, play a round of H.O.R.S.E.//make a friendship bracelet//create a cookbook with all your favorite recipes//tell stories around a campfire//plan a slumber party//bake cakes or cookies and invite friends for a tea party//construct a miniature boat and float it on water//write a letter to your grandparents, make a special card//create sidewalk art with chalk//Everyone! Have a huge party to celebrate a Screen-Free Week!

# April Community Calendar

- 3, 10, 17, 24** (10:00 am) - Preschool Story Time at the library, free, 373-9018
- 4** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the library, children ages 2-5, free, 373-9018
- 4, 11, 18, 25** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 5** (noon) - Chamber of Commerce luncheon at city hall, city manager Jim Crosby will speak on the 2013 city budget, free, optional lunch \$8, 373-2234
- 5** (2:00 pm) - Triad meeting at the police department, speaker is Marge Jantzen on senior stress relief and maintaining an independent lifestyle, free, 373-1334
- 5, 12, 19, 26** (6:30 pm) - Made to Crave, a Bible Study to help adults with a healthy lifestyle, at The Well Youth Center (100 Monroe Ave NW, Ste C), \$3 per week, 808-7547
- 5, 12, 19, 26** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 6-28** except Sundays (9:00-6:00 pm) - Piedmont Service Center Flower and Tree Sale, including bedding plants, pots, and potting soil, at the old co-op building, 373-4022
- 6, 13, 20, 27** (10:00 am) - Mother Goose on the Loose for ages birth to 2 years, at the library, free, 373-9018
- 7** (9:00-11:00 am) - Piedmont Recycling at the former co-op, Boy Scout Troop 734 will be there to help, 373-2905
- 7, 14, 21, 28** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 7** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 7** (2:00 pm) - Community Easter Egg Hunt at Windmill Park pavilion, sponsored by Nazarene church, free, 373-2308
- 8** (8:00 & 10:30 am) - Easter Worship Services at Baptist church, 373-2420
- 10** (6:30 pm) - Canadian County Tuff Riders 4-H equine program for 9-18 year olds, at the library, no horse required, free, 373-1387
- 11, 18, 25** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 12** (7:00-8:00 am) - Chamber of Commerce Legislative Breakfast at the civic center, free, 373-2234
- 12** (6:30 pm) - Ladies Night at the library, for adults, craft is beaded bracelets, conversation & snacks, free, 373-9018
- 14** (8:00-noon) - Mile of Quarters - Kiwanis collecting donations at the 4-way stop at Piedmont Rd & Monroe for scholarships, 943-1715
- 19** (3:30 pm) - Teen Create-a-Play by Kid Co Theatre for 5th grade & up, at the library, free, 373-9018
- 19** (6:30 pm) - No-Experience-Necessary Writer's Group for adults, at the library, free, 373-3788
- 20** (6:30-8:00 pm) - Stampin' Up card class at civic center, \$7, bring your own supplies and paper, RSVP 535-8849

An expanded version of the calendar is online at  
[PiedmontParksAndRec.com](http://PiedmontParksAndRec.com)