



# Piedmont Parks & Recreation News

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

February 2012

## CPR Class

The Piedmont fire department is offering a CPR class on Thursday, February 23rd, from 6:30 to 7:30 p.m. at the fire station for people that want to learn CPR but do not need certification.

CPR has changed in the last couple of years. If you have not gone through a CPR class recently, chances are the technique you learned is more complicated and less effective than the new one.

Studies have shown that the new CPR saves 22% more lives than the older conventional method. In addition, the new method for adults no longer requires mouth-to-mouth ventilation.

There is no charge for the class.

For more information, contact fire chief Andy Logan at 373-5210.

FAST  
FACT

After decades of getting longer every year, the life expectancy of women in Oklahoma, for the first time in history, has begun to get shorter.

## On the Road to Good Health

Want to start your day with a short health tip and an inspirational quote? You can sign up to receive a daily email with tips and quotes like the ones below at [www.truckersnews.com/fit-for-the-road](http://www.truckersnews.com/fit-for-the-road).



### Health Tip of the Day

Dark chocolate (60 percent cacao or higher) can improve heart health, lower blood pressure, and boost serotonin and endorphin levels. White chocolate lacks any nutritional value and is made up of mostly fats and sugars.

### Daily Inspiration

“Don’t ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.” - Harold Whitman

## Could You? (lose 10% of your weight) Would You? (for \$100)

If your New Year's resolution was to lose weight and get in shape but you lack some motivation, you might be interested in options at [www.healthywage.com](http://www.healthywage.com). This program recognizes and builds on the fact that money is the biggest motivator for most people. The program is for people that are at least 10% over their recommended weight and believe they can lose those pounds within six months. Participants in the program pay \$100 when they sign up, log their weight at least once every seven days, and receive a check for \$200 if they have lost at least 10% of their weight at the end of six months. The initial and final weight, which must be taken at a doctor's office or gym, can be done locally in Piedmont at no cost.

As with any program that concerns your health, check with your doctor first. As with anything mentioned in a Parks & Rec newsletter, it's for your information only and should not be considered as an endorsement.



**Like us on Facebook!**

Piedmont Parks and Rec

### No-Experience-Necessary Writer's Group

Several short, fun writing activities take place at the monthly meetings of the No-Experience-Necessary Writer's Group. Many of the activities are based on the book *No Experience Necessary Writer's Course*, but the book is not required.

Participants leave each month with an activity to complete at home and bring back the following month. The January take-home activity was for each person to write 10 or 12 'I am' or 'I was' statements such as "I am a sister," "I am a musician," "I was a teacher," and "I am a positive thinker," and then to take one of the 'I am' statements and write a page about it. Participants are looking forward to hearing each other's 'I am' statements and sharing the "I am" they chose to write about themselves.



This group doesn't strive for perfection, but for creativity and fun. It meets at 7:00 on the third Thursday of each month at the library. Homework is optional, and there is no cost to participate.

For more information, call E.J. Phillips at 373-3788.

### Valentine's Day Crafts

[www.allcrafts.net/valentines.htm](http://www.allcrafts.net/valentines.htm)

<http://crafts.kaboose.com/valentines-day-crafts.html>

<http://familyfun.go.com/valentines-day/valentines-day-crafts-cards-gifts-decorations/>



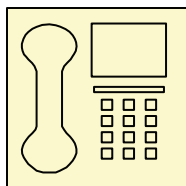
## 48th, 48th & 48th

In the United Health Foundation's annual report on states' health, where the healthiest state on each measure rates a 1 and the worst rates a 50, Oklahoma is rated 48th on smoking and 48th in cardiovascular deaths. Oklahoma's overall health also ranks 48th - down 2 places from 46th the year before. Only people in Louisiana (49th) and Mississippi (50th) are more unhealthy than Oklahomans.

It will take many people in Oklahoma improving their personal health to bring Oklahoma up in the ratings, but it only takes you to improve your own health.

**Piedmont Public Library has a new web address:**

[www.piedmont.okpls.org](http://www.piedmont.okpls.org)



### You've Got a Message!

Piedmont subscribes to a service through Connect CTY that can automatically call Piedmont residents. This service allows the city to notify residents of such things as street closures, interruptions in utility services, and local emergencies.

Listed phone numbers of residents are added to the system automatically, but you can add additional phone numbers such as a work number or a cell phone number by going to the city web page at [piedmont-ok.gov](http://piedmont-ok.gov) and clicking on this Connect CTY icon.



From the same Connect CTY page, business owners can also add, delete, or edit their business phone numbers.



### Chronicling America

More than 4.1 million newspaper pages from many of America's historic newspapers published between 1836 and 1922 can be searched and viewed on the Chronicling America website at [chroniclingamerica.loc.gov](http://chroniclingamerica.loc.gov). More newspapers continue to be added as part of this long-term project.

The search bar is helpful for genealogists searching for ancestor's names, people looking for design examples from certain years, historians looking for information on specific topics or events, or the curious just wanting to know what happened 100 years ago today.

## February Community Calendar

- 1, 8, 15, 22, 29** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 2** (noon) - Chamber of Commerce luncheon at city hall, speaker is Darnell Zook, Piedmont band director, on creating a culture of excellence, free, optional lunch \$8, 373-2234
- 2, 9, 16, 23** (3:30-5:00 pm) - Wii, Craft & Snacks for 5th grade & up, at the library, free, 373-9018
- 2** (6:30 pm) - Ladies Night at the library, valentine wreath craft, snacks, and conversation, for adults, free, 373-9018
- 2, 9, 16, 23** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 3, 10, 17, 24** (10:00 am) - Mother Goose on the Loose for ages birth to 2 years, at the library, free, 373-9018
- 4** (9:00-11:00 am) - Piedmont Recycling at the former co-op, Boy Scout Troop #734 will be there to help, 373-2905
- 4, 11, 18, 25** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 4** (1:00-3:00 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 7, 14, 21, 28** (10:00 am) - Preschool Story Time at the library, free, 373-9018
- 8, 15, 22, 29** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 9** (4:00-7:00 pm) - Chocolate Festival for all ages, create chocolate treats and a box to give your true love, come and go, at the library, free, 373-9018
- 9** (6:30 pm) - Piedmont Parent Network is having a communication workshop at the Methodist church, free, 514-9248
- 10** (6:00-11:00 pm) - Stampin' Up card & paper crafting camp at civic center, \$5, bring your own supplies, RSVP 535-8849
- 10** (6:30 pm) - PTO Talent Show at Stone Ridge Elementary, \$5 per person, 373-4227
- 14** (6:30 pm) - Canadian County Tuff Riders 4-H equine program for 9-18 year olds, no horse required, at the library, free, 373-1387
- 15** (5:30-6:30 pm) - Indian Taco Dinner by youth at the Methodist church, adults \$6, corndogs available for ages 12 & under for \$3, 373-2298
- 16** (6:30 pm) - The No-Experience-Necessary Writer's Group for adults, at the library, free, 373-3788
- 23** (6:30 pm) - CPR class at the fire department, free, 373-5210