



# Piedmont Parks & Recreation News

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

March 2012

## Register to Vote by March 9th

If you want to vote in the City Council election on April 3, but are not registered to vote in Piedmont, your voter registration application must be postmarked by March 9, 2012. After your voter registration application is approved, a new voter identification card will be sent to you in the mail.

Voter registration application forms are available at Piedmont Tag Agency, and online at [www.ok.gov/elections/Voter\\_Registration/Voter\\_Registration\\_Application\\_Form](http://www.ok.gov/elections/Voter_Registration/Voter_Registration_Application_Form). Whether you pick up your form from the tag agency, or download it online, if you drop off your completed application form at Piedmont Tag Agency, they will mail it to the county election board for you for free.

If you already have a card but need to change your name, your address, or your political affiliation, you must fill out a new voter registration application form. Because 2012 is an even year, if you want to change your political affiliation this year, it must be done before April 1 or after August 31.

You must be at least 18 to vote. However, you do not need to wait until your 18th birthday to register. If you will be 18 by election day, you can register up to 60 days before your birthday, but no less than 25 days before the election.

City Council seats that will be filled in the election on April 3, 2012, are for Ward 2, Ward 3 and Ward 4. Only residents in those wards will be eligible to vote.

For more information, call the Canadian County Election Board at 422-2422.

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## Pass It On

If you discover that your child has outgrown their bicycle over the winter, Piedmont Parks & Recreation can put it to good use.



Your used bicycle donation will make it possible for a child without one to participate in bicycle rides and other events sponsored by parks & recreation and the Safe Routes to School program.

To donate a bicycle, call 202-3984.



## DUCK WEEK

(Doing Unselfish Charities for Kids)

DUCK Week is a program that encourages the participation of students and the community to make a difference in the life of a child with a great medical need. This is done through fundraising events during the week of March 10th through March 16th.

The DUCK Week recipient this year is Trevor Ethridge, a 5-year-old kindergarten student at Piedmont Elementary. Trevor was born five weeks premature and with only one kidney, and his entire life has revolved around dialysis and hospital visits. Late in 2011, Trevor received a kidney transplant, but since then he has been in and out of the hospital and had complications with the transplant medication.

By participating in these events, you can help raise funds for Trevor:

**Saturday, March 10**, 7:00 am - 1:00 pm - Kiwanis Pancake Breakfast at Piedmont Elementary

**Monday, March 12**, all day - Los Sabinos will donate a portion of their proceeds

**Tuesday, March 13**, all day - Dr Tamara States will donate all proceeds from client visits

**Tuesday, March 13**, all day - Subway at Piedmont and Surrey Hills locations will donate a portion of their proceeds

**Tuesday, March 13**, 6:00 pm at Collett Fieldhouse - Middle School and High School Dodgeball Tournament, admission is \$3 for students, \$5 for adults

**Wednesday, March 14**, 4:00 pm - 9:00 pm - Sonic car hops will be teachers and principals from all Piedmont schools, and all tips will be donated

**Thursday, March 15**, 5:30 pm at Collett Fieldhouse - Indian Taco Dinner and Silent Auction, \$5 for adults, \$3 for 12 and under

**Thursday, March 15**, 7:00 pm at Collett Fieldhouse - Talent Show, admission is \$3 for students, \$5 for adults

**Friday, March 16**, all day - Lefty's will donate the proceeds and sell chances in a drawing for tickets to a Thunder game.

### You're Invited!

What: *a cookout*

When: *Friday, March 9, 2012, 3:00 pm*

Where: *HPC parking lot  
1841 Piedmont Rd N, Suite C*

Why: *an opportunity to meet former  
DUCK Week recipients*

Cost: *a donation*

All donations will go toward the 2012  
DUCK Week recipient, Trevor Ethridge

### Annual Egg Hunt

Piedmont Parks & Recreation's annual egg hunt for children 2 through 11 years old will be held on March 31 from 10:30 to 2:30 p.m. at city hall.

The event includes face painting, inflatables, and photo opportunities with the Easter bunny. Food will be available for purchase.

Questions? Call 202-3984.



## Health by the Minute

Studies have shown that. . .

In just **10 minutes** of biking, energy was boosted and mood improved.

In **15 minutes** of exercising at least three times a week, adults 65 and older reduced the risk of dementia by up to one third.

In **30 minutes** of brisk walking five times a week, the risk of stroke was lowered by up to 30 percent, and the risk of breast cancer was decreased by 18 percent.

In **40 minutes** of working out four times a week, the good HDL levels were raised and the risk of cardiovascular disease was reduced.

In **50 minutes** on the treadmill three times a week, postmenopausal women dropped an average of 23 pounds in 20 weeks.

In **60 minutes** of aerobic activity and weight lifting, older women increased bone density in important areas such as the spine and hips.

Adapted from "One Hour to a Healthier You" by Elizabeth Barker, *Body+Soul*, October 2008

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Piedmont Parks and Rec

**FAST  
FACT**

If all physically inactive Americans became active, it would save \$77 billion in medical costs annually.

## Tornado Safety

On March 3 from 10:00 to noon, KOCO meteorologist Danielle Dozier, Fire Chief Andy Logan, and other speakers will present on tornado safety. The program will take place at the Piedmont First United Methodist Church at 2525 Piedmont Road N.

The event is a project of Girl Scout Troop 567. For more information, call 514-9248, or email [gs\\_troop567@yahoo.com](mailto:gs_troop567@yahoo.com).



## National Day of Quilting

March 17th is the National Day of Quilting. The National Quilting Association has chosen the Ohio Star pattern to commemorate the day in 2012, and directions for making an Ohio Star quilt block can be found on their website at [nqaquilts.org](http://nqaquilts.org).

If you need help putting the quilt square together, assistance can be found at the library from 10:00 to noon any Wednesday morning except the first Wednesday of the month.

The Library Quilters welcome anyone interested in quilting, from beginners to experienced quilters. Some quilters bring sewing machines or needle and thread and work on their projects, while others share patterns, seek advice, or just come for the camaraderie, conversation, and fun.

For more information, call Judy at 373-1662.



# March Community Calendar

- 1 (noon) - Chamber of Commerce luncheon at city hall, speaker is Channel 5 meteorologist Rick Mitchell, free, optional lunch is \$8, 373-2234
- 1 (2:00 pm) - TRIAD meeting at the police department, speaker is Stephanie Troy from Red Cross on preparedness, free, 373-1334
- 1 (6:30 pm) - Ladies Night at the library, for adults, craft is altered books, free, 373-9018
- 1, 8, 15, 22, 29 (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 2, 9, 16, 23, 30 (10:00 am) - Mother Goose on the Loose for ages birth to 2 years, at the library, free, 373-9018
- 3 (9:00-11:00 am) - Piedmont Recycling at former co-op, free, 373-2905
- 3 (10:00-noon) - Tornado Safety Event at Methodist church, speakers include meteorologist Danielle Dozier, fire chief Andy Logan, and Canadian County Red Cross, free, 514-9248
- 3 (1:00-3:00 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 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, 28 (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905 (no meeting during spring break)
- 8 (6:30-8:30 pm) - Piedmont Parent Network communication workshop at the Methodist church, free, 514-9248
- 9 (3:00 pm) - Cookout in Human Performance Center parking lot, (1841 Piedmont Rd N) cost is a donation, opportunity to meet former DUCK Week recipients, all donations will go to DUCK Week
- 9 (6:00-10:00 pm) - Stampin' Up card & paper crafting camp at civic center, \$5, bring your own supplies and paper, RSVP 535-8849
- 10 (7:00-1:00 pm) - Kiwanis Pancake Breakfast at Piedmont Elementary, DUCK Week fundraiser
- 12 (all day) - Los Sabinos will donate a portion of the proceeds to DUCK Week
- 13 (all day) - Subway at Piedmont and Surrey Hills locations will donate a portion of the proceeds to DUCK Week
- 13 (all day) - Dr Tamara States will donate all proceeds from client visits to DUCK Week
- 13 (6:00 pm) - Middle School and High School Dodgeball Tournament at Collett Fieldhouse, \$3 for students, \$5 for adults, DUCK Week fundraiser
- 13 (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
- 14, 21, 28 (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 14 (4:00-9:00 pm) - Sonic car hops will be teachers and principals from all Piedmont schools, all tips will be donated to DUCK Week
- 15 (5:30 pm) - Indian Taco Dinner and Silent Auction at Collett Fieldhouse, \$3 for students, \$5 for adults, DUCK Week fundraiser
- 15 (6:30 pm) - No-Experience-Necessary Writer's Group for adults, at the library, free, 373-3788
- 15 (7:00 pm) - Talent Show at Collett Fieldhouse, \$3 for students, \$5 for adults, DUCK Week fundraiser
- 16 (all day) - Lefty's will donate the proceeds and sell chances for tickets to a Thunder game for DUCK Week
- 21 (1:00-4:00 pm) - Come & Go Spring Crafts at the library, all ages, free, 373-9018
- 22 (3:30-5:30 pm) - Spring Break Hunger Games Party at the library, 5th grade & up, free, 373-9018
- 22 (6:30 pm) - KidCo Theater performance at the library, free, 373-9018
- 31 (10:30-2:30 pm) - Egg Hunt sponsored by Piedmont Parks & Rec at city hall, inflatables, Easter bunny, food available for purchase, 202-3984

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