



# Piedmont Parks & Recreation News

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

October 2012

## Round-Up Club Fundraiser

The Round-Up Club will be having a special 5D barrel race and 3D pole bending event on October 27th to raise money for the club. Exhibitions begin at 11:00 am and cost \$4.00. Novice and junior barrels begin at 1:00 pm, followed by 3D poles, and then 5D open barrels. Novice and junior barrels and 3D poles are \$15, and 5D open barrels are \$25. Boots and jeans are required. The Round-Up Club Arena is located at Piedmont Road and Madison. There is no charge to come and watch.



For more information, contact Jill Evans at 820-6728, or Leslie Doyle at 615-7575.

The Piedmont Round-Up Club meets the first Monday of every month. Dues are \$50 for a single or family membership. For more information, call Kurt Mayabb, club president, at 630-4009.

## Touchdown Club Fundraiser

The Piedmont Touchdown Club is selling pansies as a fundraiser for the football program. They will be taking orders through October 5th, and the pansies will be available for pickup on October 15th. The pansies are \$18 per flat and there are 18 plants per flat. The order form is online at [PiedmontWildcatFootball.com](http://PiedmontWildcatFootball.com).

If you have questions or need more information, contact Kathy Brown by email at [KLBrown5879@sbcglobal.net](mailto:KLBrown5879@sbcglobal.net), or by phone at 373-9004.

Pansies are known for the “monkey face” on their blooms. They are great for containers, borders and ground covers. They grow to about 6 or 9 inches tall and spread 9 to 12 inches. Pansies prefer rich soil and good drainage, but will tolerate a wide range of soil conditions. Dead flowers should be removed from the plants to encourage more blooming. Pansies are hardy annuals that like full sun, but they will tolerate partial shade. In warm states like Oklahoma, fall is a great time to plant pansies.





## FUN, FREE, FAMILY EVENT!

October 7, 2012  
12 pm - 4 pm  
Myriad Gardens in Oklahoma City

**5210** are the numbers to live by:

- 5** or more servings of fruits & vegetables daily
- 2** hours or less per day of screen time
- 1** hour or more of physical activity each day
- 0** sugary drinks.

### Activities at the 5210 event include:

- field of fun (outdoor games & activities)
- plant giveaways
- learn to pack a healthy lunch
- rethink your drink
- young artists corner (face painting & mural)
- musicians
- MyPlate Match Up
- baby food made easy
- kids make healthy parfaits
- coloring contest

### Giveaways include:

- t-shirts
- kites
- bookmarks
- water bottles
- Frisbees
- tote bags
- silly bands

For more information, visit [www.ymcaokc.org](http://www.ymcaokc.org)

## Like us on Facebook!

Piedmont Parks and Rec



[www.familyeducation.com](http://www.familyeducation.com)

- 15 not-so-scary Halloween movies
- 13 best books about autumn and Halloween
- 12 pumpkin activities and crafts
- 8 freakishly fun Halloween games
- and more!

[www.familycorner.com](http://www.familycorner.com)

- crafts
- coloring pages
- costume ideas for grown ups & kids
- tips on taking Halloween pictures
- plus articles for parents on issues such as fears, safety, manners & pets

[www.familyfun.com](http://www.familyfun.com)

- Halloween decorations
- haunted house ideas
- treats and recipes
- pumpkin-carving templates
- and more

## Pumpkin Patch

Monday thru Friday - 3:00 pm until dark  
Saturday - 9:00 am until dark  
Sunday - 11:00 am - 5:00 pm

Located at the corner of Monroe and Piedmont Road.

Train Rides, Pumpkins, and More!



Answers to Crossword Puzzle on page 3

Across: 2. text messaging, 4. primary, 5. inexperience, 6. seatbelt, 7. GDL (graduated driver's license),  
Down: 1. unlicensed, 3. passengers, 4. parents

What a pitiable thing it is that our civilization can do no better for us than to make us slaves to indoor life, so that we have to go and take artificial exercise in order to preserve our health.

George Wharton James, journalist, author, and speaker (1858-1923)

## 10 Ways to Add More

Oklahoma ranks dead last among all states in our consumption of fruits and vegetables, and that ranking impacts our quality of life, our ability to enjoy many forms of recreation, and the state's overall health ranking.

Here are 10 ways to add fruits and vegetables to your diet:

1. fire up the grill - Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.
2. expand the flavor of your casseroles - Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.
3. planning something Italian? - Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.
4. get creative with your salad - Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.
5. salad bars aren't just for salads - Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.
6. get in on the stir-frying fun - Try something new! Stir-fry your veggies - like broccoli, carrots, sugar snap peas, mushrooms, or green beans - for a quick-and-easy addition to any meal.
7. add them to your sandwiches - Whether it is a sandwich or wrap, vegetable make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.
8. be creative with your baked goods - Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.
9. make a tasty fruit smoothie - For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.
10. liven up an omelet - Boost the color and flavor of your morning omelet with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

United States Department of Agriculture

## National Teen Driver Safety Week

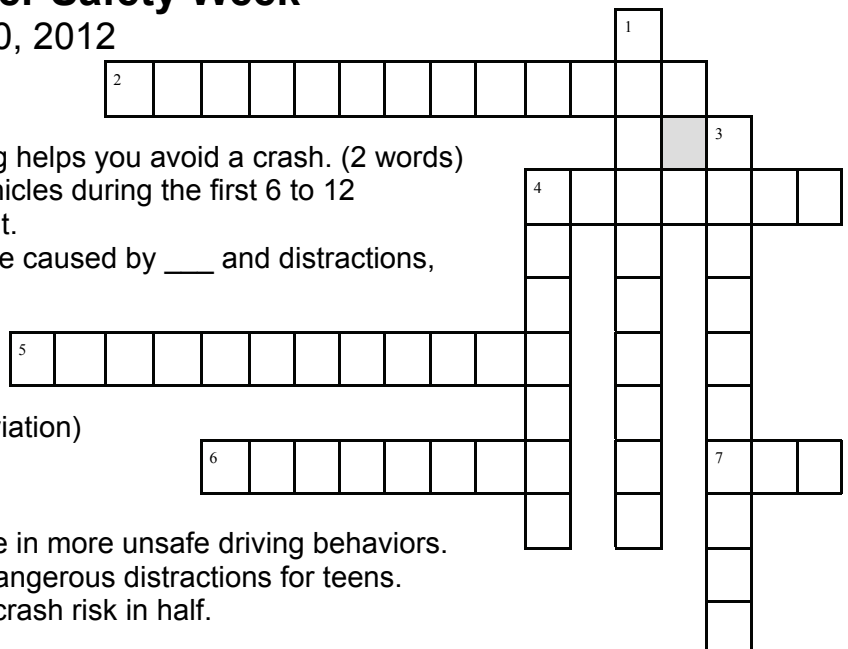
October 14-20, 2012

Across

2. Not doing this while driving helps you avoid a crash. (2 words)
4. Limiting \_\_\_ access to vehicles during the first 6 to 12 months of driving is important.
5. The majority of crashes are caused by \_\_\_ and distractions, not deliberate risk-taking.
6. Teens have the lowest \_\_\_ use of any age group.
7. A 3-phased program of laws for new drivers. (abbreviation)

Down

1. These teen drivers engage in more unsafe driving behaviors.
3. \_\_\_ are one of the most dangerous distractions for teens.
4. Involved \_\_\_ cut a teen's crash risk in half.



Answers on page 2

from <http://teendriversource.org>

# October Community Calendar

- 1-31** (M-F 3 until dark, Sat 9 until dark, Sun 11-5 pm, groups by appointment) - Service Center Pumpkin Patch, train rides, fall decorations and pumpkins for sale, corner of Monroe & Piedmont Rd, 373-4022
- 2, 9, 16, 23, 30** (10:00 am) - Preschool Story Time at the library, ages 2-5, free, 373-9018
- 3, 10, 17, 24, 31** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 4** (noon) - Chamber of Commerce luncheon at city hall, presenter is Jerrod Shouse, Oklahoma State Director of the National Federation of Independent Business, free, optional lunch \$8, 373-2234
- 4, 11, 18, 25** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 5, 12, 19, 26** (10:00 am) - Mother Goose on the Loose for ages birth to 2 years, at the library, free, 373-9018
- 6** (9:00-11:00 am) - Piedmont Recycling at former co-op, 373-2905
- 6** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 6** (6:00 pm, 5:00 pm books open) - Oklahoma Arabian Horse Club All Breed Open Horse Show at Round-Up Club Arena, entry fees \$5 / class, \$10 / championship, free to watch, 826-4987
- 7** (5:00 pm, 3:30 pm exhibitions) - Playday at Round-Up Club Arena, \$5 office fee, \$2 events, \$5 open barrels, free to watch, 627-7437
- 10, 17, 24, 31** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 11** (7:00-8:00 am) - Legislative Breakfast at civic center, Oklahoma Treasurer Ken Miller will give an economic update, elected officials will give a legislative update, co-sponsored by Chamber and School Board, free, 373-2234
- 11** (noon) - Brown Bag Luncheon at the Chamber office, bring your own lunch, Kevin Khoury of Salerno Health will present "Navigating Today's Health Care Environment," free, 373-2234
- 11** (6:30 pm) - Ladies Night at the library, fall craft project, snacks, and conversation, for adults, free, 373-9018
- 12** (6:30-9:00 pm) - Stampin' Up card class at civic center, \$7, bring double-sided tape and your own supplies, RSVP 535-8849
- 13** (8:00-3:00 pm) - Free Sale at Soldier Creek Church of Christ, like a garage sale but all items are free, 373-3550
- 17** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the library, children ages 2-5, free, 373-9018
- 18** (2:00-6:00 pm) - Fall Break Crafts for all ages, come & go, at the library, free, 373-9018
- 19** (9-3:00 pm) - Zombie Day, create zombie movie scripts, costumes, makeup and video with KidCo Theatre, video will be screened on Oct. 25, for 4th grade and up, at the library, free, 373-9018
- 25** (7:00 pm) - Zombie Day Video for all ages, at the library, free, 373-9018
- 31** (6:00-8:00 pm) - Fall Festival at Baptist church, games, activities, prizes & candy, free, food available for purchase, 373-2420
- 31** (6:00-8:30 pm) - Bible Trail Treats in Nazarene church parking lot, free, 373-2308

An expanded version of the calendar is online at [PiedmontParksAndRec.com](http://PiedmontParksAndRec.com)  
A Piedmont map of community events is online at [PiedmontParksAndRec.com/map.pdf](http://PiedmontParksAndRec.com/map.pdf)