



# Piedmont Parks & Recreation News

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

February 2013

## Blind Date with a Book

Tired of your same old relationships? Need something new, exciting and stimulating? Looking to heat up your Valentine's Day? How about having a blind date with a book at the Piedmont Public Library!

Stop by the book display by the circulation desk at the library and select a wrapped book to check out. Take it home, unwrap it, read, and enjoy. If you don't like the book, simply return it to the library - its feelings won't be hurt.

These books are specially chosen by library staff as being particularly deserving of a hook-up with a willing reader. Each contains a short dating classified ad on the front but is otherwise wrapped and barcoded so it really is a blind date with a book.

There will be a cheeky mixture of fiction and non-fiction with a nod toward the day that inspired the concept. There's bound to be some romance in there - it's Valentine's Day after all - but there will also be a real mixture of other genres as well.

Perhaps you'll discover something new to love when you go to the Piedmont Public Library!



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## Contests for Kids

OETA's PBS Kids Go! writer's contest is designed to promote the advancement of children's literacy skills through hands-on learning. Children in kindergarten through third grade are encouraged to enter their stories and illustrations. The deadline is April 1, 2013.



The 2013 Playground Safety Poster Contest is open to all first- through sixth-graders. The deadline is March 8, 2013. Winners will be announced April 12 and presented at the State Capitol on April 23 during National Playground Safety Week.

Links to rules and entry forms for both contests are on the Piedmont Parks & Rec website at <http://piedmontparksandrec.com/contests.html>

## New at the Library

### The Coffee Corner

For a small donation to help cover costs, Coffee Corner customers can enjoy a variety of hot drinks, from vanilla latte's and hot chocolate to herbal tea. Snacks are also available for anyone who might like a treat along with their beverage. The Coffee Corner is open from 11:00 am to 3:30 pm during library hours.

### Honk & Holler

Honk and Holler is the name of the library's new curbside service. Library card holders can call the library and request a specific book or a staff recommendation, notify the library about 30 minutes before they plan to pick it up, and then, when they arrive, simply honk and the book will be delivered to them in their vehicle.

### Text and Email Reminders

Library card holders can sign up for text and/or email reminders to let them know when books are due.

## Million Hearts

Cardiovascular disease is the leading cause of death in the United States. One in every three deaths is from heart disease or stroke.

Million Hearts is a national initiative co-led by CDC and the Center for Medicare and Medicaid Services (CMS) with a goal of preventing 1 million heart attacks and strokes by 2016.

A simple tool is available online at <http://millionhearts.hhs.gov/resources/tools.html> to assess the state of your heart, discover your 10-year risk of heart attack or dying from coronary heart disease, provide helpful advice and information, and help you track and manage your heart health.



## Forever. For Real.

Forever. For Real. is a fun, free, one-day workshop sponsored by the Oklahoma Marriage Initiative. Whether dating, engaged or married for years, this workshop teaches real-life skills you can use right now to strengthen your relationship.

Forever. For Real. will be held at the Marriott Hotel, 3233 Northwest Expressway in Oklahoma City on February 9, 2013, from 10:00 am to 4:30 pm.

Attendees will have a chance to win a beach vacation, and engaged couples can save \$45 on their Oklahoma marriage license.

For more information, or to register, go to [ForeverForReal.com](http://ForeverForReal.com), or call 877-435-8033.



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## T-Tapp Clinic

A T-Tapp clinic will be held at the Nazarene church on Saturday, February 23 from 10:00 am until noon. The cost is \$40 in advance, or \$45 at the door (if space is still available).

T-Tapp is a series of movements designed to put the body in proper functional alignment, increase strength and flexibility, increase metabolic rate, and deliver a challenging workout for all fitness levels.

Advance reservations must be made online. The registration link is available in the community calendar at <http://piedmontparksandrec.com>.

For additional information, call 823-9936.

## 100 Intentional Acts of Kindness to Yourself

\* Get up 15 minutes earlier. \* Prepare for the morning the night before. \* Don't rely on your memory - write things down. \* Do nothing you have to lie about later. \* Make copies of all keys. \* Practice preventive maintenance. \* Be prepared to wait. \* Don't procrastinate, do it now. \* Plan ahead. \* Repair or get rid of anything that doesn't work right. \* Allow 15 minutes of extra time to get to appointments. \* Reduce or eliminate the caffeine in your diet. \* Always set up a 'contingency plan' just in case. \* Relax your standards. \* Count 10 things you are grateful for everyday. \* Ask questions and repeat directions or instructions. \* Say "no" more often. \* Unplug your phone. \* Learn to meet your own needs. \* Simplify, simplify, simplify. \* Avoid negative people. \* Stand up and stretch. \* Remember you always have options. \* Get enough sleep. Set your alarm for bedtime. \* Organize! Losing things is stressful. \* Monitor your body for stress signs. \* Write your thoughts and feelings down on paper. \* Take deep breaths when you feel stressed. \* Visualize success before any experience you fear. \* Stop a bad habit. \* Talk out your problems with a friend. \* Quit trying to 'fix' other people. \* Learn to live one day at a time. \* Do something you really enjoy everyday. \* Add an ounce of love to everything you do. \* Take a bath or a shower when you feel tense. \* Focus on giving rather than receiving from others. \* Do something new. \* Accept the things that you can't change. \* Be flexible. Some things are not worth perfection. \* Stop negative self-talk: "I'm too fat, too old, etc." \* Change pace on the weekends. \* Pay attention to details in front of you. \* Do one thing at a time. \* Allow time everyday for privacy, quiet and thinking. \* Do unpleasant tasks first and enjoy the day. \* Delegate responsibilities to capable people. \* Go out to lunch and get away from your work. \* Don't say something that could make matters worse. \* Forgive people and events. The world is not a perfect place. \* Practice being more optimistic and cheerful. \* Identify the things that cause you stress. \* Smile. \* Believe in yourself. \* Keep in touch with friends and relatives. \* Give and received attention regularly. \* Exercise at least three times a week. \* Live within your budget. \* Have a network of friends and acquaintances. \* Do a favor for someone when you feel tense. \* Eat healthy foods and drink plenty of water. \* Look for the silver lining. \* Do something fun at least once a week. \* Use your time wisely. \* Get strength from your beliefs. \* Look at your problems as challenges. \* Think good thoughts. \* Take more breaks from your work. \* Talk less, listen more. \* Make your environment more comfortable. \* Don't sweat the small stuff. \* Seek the help and advice of the people you trust. \* Work on things that are important. \* Treat yourself and others with respect. \* Set daily goals. \* Be gentle with yourself. \* Avoid interruptions. \* Don't let other people's problems become yours. \* When you are feeling overwhelmed, say so. \* Trade in the upsetting nightly news for a comedy. \* Read 15 minutes daily from a book that you enjoy. \* Refuse to listen to or repeat gossip. \* Have fun. Plan silly breaks. \* Get out in nature, even if only for a few minutes. \* Music...listen, sing, dance, and turn off that TV!. \* Pray on a regular basis. \* Practice grace under pressure. \* Create a support group of people, places and things. \* Always tell the truth, it's easier to remember. \* Know your limitations and let others know them too. \* Ask for help when you need it. \* Know your values and priorities and be true to them. \* Listen to your dreams. \* Learn to give and accept compliments. \* Buy yourself flowers. \* Live in the 'here and now' as much as possible. \* Laugh as much as possible. \* Watch the world go by and let yourself do nothing. \* Indulge when you need it. \* Keep your life free of clutter. \*

Source: <http://haafii.org> Reprinted with permission from Healthy African American Families, a non-profit organization working to improve the health outcomes of the African American, Latino and Korean communities in Los Angeles County

## February Community Calendar

- (all month during regular library hours) - Blind Date with a Book at the library, for all ages, free, 373-9018
- 1, 8, 15, 22** (10:00 am) - Mother Goose on the Loose for ages birth to 3 years, at the library, free, 373-9018
- 2** (9:00-11:00 am) - Piedmont Recycling at the former co-op, 373-2905
- 2, 9, 16, 23** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 2** (1:00-3:00 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 5, 12, 19, 26** (10:00 am) - Preschool Story Time at the Library, ages 2 and up, free, 373-9018
- 5, 12, 19, 26** (3:30-5:00 pm) - After School Movies at the library, 5th grade and up, free, 373-9018
- 6** (10:00 am) - Preschool Music and Movement at the Library, children ages 2-5, free, 373-9018
- 6, 13, 20, 27** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 7, 14, 21, 28** (10:00 am) - Tutu Cute! at the library, pre-ballet for ages 2 and up, free, 373-9018
- 7** (noon) - Chamber of Commerce luncheon at civic center, Canadian County Treasurer Carolyn Leck and Assessor Matt Wehmuller will present "How the County Assessor and Treasurer Plan to Get Your Money," free, optional lunch \$8, 373-2234
- 7, 14, 21, 28** (3:30-5:00 pm) - Brainiacs at the library, problem-solving games for 5th grade and up, free, 373-9018
- 7** (6:30-8:00 pm) - 4th Annual Chocolate Festival at the library, all ages, create four chocolate candies and a gift box, free, 373-9018
- 7, 14, 21, 28** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 12** (6:30 pm) - CC Tuff Riders 4-H equine program for 9-18 year olds, don't have to own a horse, at the library, free, 373-1387
- 13, 20, 27** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 13** (6:30 pm) - Ash Wednesday Worship Service at Methodist church, 373-2298
- 16** (7:00-11:00 am) - Pancake Breakfast fundraiser for Piedmont Fastpitch Softball at Soldier Creek Church of Christ, \$5, 201-2600
- 21** (6:30 pm) - No Experience Necessary adult writers group, at the library, free, 373-3788
- 22** (6:30-9:00 pm) - Stampin' Up card class at civic center, \$9, bring your own supplies, RSVP 535-8849
- 23** (10:00-noon) - T-Tapp Clinic, sequential movements that provide a physical work out for the body, at Nazarene church, \$40 with advance registration / \$45 at the door, 823-9936

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)