



Piedmont Parks & Recreation News

piedmontparksandrec.com

January 2013

Public Hearing

Saturday, January 5, 2013, 9:00 a.m.
Canadian Valley Vo-Tech, 6505 E Hwy 66, El Reno, OK



The Canadian County Commissioners will hold a public hearing to receive comments about whether or not to put on a ballot the issue of creating a Planning & Zoning Commission for areas of the county that fall outside any other city's limits. Currently the County Commissioners have no authority to pass zoning ordinances.

This is an issue that affects Piedmont residents because several square miles of unincorporated land lie within what is typically considered the boundaries of Piedmont, and because more than 25 linear miles of Piedmont's city limits border unincorporated land in Canadian county. Lack of zoning became an issue when industrial wind energy companies were able to erect turbines in the county without requirements that would help protect the health, safety and property values of surrounding landowners.

What happens on unincorporated land within Piedmont, and what happens across the road from Piedmont's city limits - such as a prison, land fill, or a large wind farm - can negatively impact our community's growth and development, and potentially limit the enjoyment of outdoor recreational activities. Let your Commissioners hear from you.

FAST FACT	According to a recent study, kids who do 20 minutes of walking or other moderate-intensity exercises before starting on their schoolwork are more likely to perform well in spelling, math and reading.
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National Blood Donor Month

One in seven people entering the hospital will need blood. You can help meet this need and celebrate National Blood Donor Month in January by making a blood donation.

All types of blood are needed, but it is especially important to donate if you have O-negative blood because it can be used in emergencies when a patient's blood type has not yet been identified. Only 9 percent of the population has O-negative blood.

All healthy adults ages 16 and older that meet the following requirements are encouraged to give blood:

- 16-year-olds that weigh at least 125 pounds and have signed parental permission
- 17-year-olds that weigh at least 125 pounds (signed parental permission is not necessary unless specifically required by an organization sponsoring a blood drive)
- 18-year-olds and older that weigh at least 110 pounds

There is no upper age limit.

Tips for donating blood:

1. Eat iron-rich foods such as spinach, eggs, fish and beef for a couple weeks before you donate to help ensure your iron level is high enough to donate. Consuming an iron-rich food with a

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source of vitamin C such as a tomato or a citrus fruit will increase your body's absorption of iron.

2. If you are donating platelets, avoid taking aspirin for two days prior to donating.

3. Eat well and drink plenty of water and non-caffeinated fluids. The primary cause of faintness or dizziness is a drop in blood pressure, and getting enough fluid helps keep your blood pressure up.

4. Wear sleeves that can be raised above your elbow.

5. Take your blood donor card, if you have one, a photo ID, and a list of medications you are currently taking.

6. Take advantage of the snacks and drinks offered to you after donating, avoid heavy lifting or strenuous exercise for the rest of the day, and increase your non-caffeinated fluids for the next couple of days.

You can donate blood every 56 days, or double red cells every 112 days. You can donate platelets as often as every 7 days, but no more than 24 times a year.

Donation centers are typically the least busy on Mondays. Making an appointment online or by phone will help you get in and out in the least amount of time on any day.

If you donate through the Oklahoma Blood Institute, you can create an account online that will provide access to your donation history, your confidential test results, information about donation centers and mobile blood drive locations, the opportunity to schedule an appointment online for your next blood donation, access to the donor store, and a summary of your points earned through blood donations. For more information, go to <http://obi.net>.

Although Oklahoma Blood Institute supplies the blood given by all hospitals and facilities in Oklahoma, Red Cross also has donation centers and blood drives. More information is available on their website at www.redcrossblood.org.

Let's see which Piedmont resident will make the most donations in 2013!



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Piedmont Parks and Rec

First Day Hikes

Thirteen Oklahoma state parks will offer free guided hikes on January 1 in conjunction with the annual America's State Parks First Day Hikes initiative taking place in all 50 states.

The participating Oklahoma state parks are Arrowhead, Beavers Bend, Grand Lake State Park-Bernice, Foss, Greenleaf, Lake Murray, Lake Thunderbird, Lake Wister, Osage Hills, Robbers Cave, Roman Nose, Sequoyah, and Tenkiller State Park.

For specific information, go online to www.travelok.com/maps/view_parks and click on the pine tree icon of the park you want to visit. In the index on the right side of the page, click on First Day Hike under the heading "See Related Listings."



Learning to Ride a Bicycle Without Training Wheels

You likely learned to ride a bike after months of training wheels, or with a parent holding on to the back of the bike seat and running along behind you. Both of these methods require that a child learn all the skills of bicycling - pedaling, steering, balancing - at the same time.

If your child received a new bicycle for Christmas, there's a method of teaching him how to ride it that works faster and without the use of training wheels. It involves teaching him how to balance first.

Begin by lowering the bike seat so your child can straddle the bike seat and put both feet flat on the ground. If the bike was bought a little big so he can grow into it, and he can't quite touch the ground flat-footed, borrow or buy a used bike with a seat low enough that his feet reach the

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ground. Don't invest a lot of money—he won't be using the smaller bike for long.

Inflate the tires to the correct tire pressure so the bike will roll and coast more easily. The recommended tire pressure is printed on the sidewall.

Remove the pedals. Pedals are threaded so they tend to tighten under normal pedaling motion. Therefore, one of the pedals is threaded 'backwards.' Turn the pedals forward a few times until you figure out the correct loosening direction for each one. Removing the pedals is optional, but for many kids it makes the next step easier.

With the pedals off of the bike, have your child use his feet to propel himself forward on a flat, paved surface away from traffic. As he gets comfortable scooting on the bicycle, encourage him to pick up his feet and coast as much as possible. It will be easier to balance and he won't swerve as much if he keeps his knees and feet close to the bicycle, and this is one benefit of removing the pedals.

As your child's skill improves, find a paved or grassy area that is slightly raised, with enough area straight in front of it that your child can coast down and come to a stop without running into anything. As he coasts down the small hill, make it a game by counting to 10 and seeing if he can coast the full 10 seconds. Add seconds as his ability increases.

When your child is able to maintain his balance while coasting, help him increase his steering skills by placing wet sponges on the ground and having him steer between them. The weight of the water helps keep the sponges in place, and the bike easily rolls over the sponges. You can also place a sponge on the ground approximately 10 feet in front of him as a target for him to hit. Both of these activities teach him to focus his attention ahead of the bicycle rather than looking down at it. As he masters keeping the bike on a straight path, use the sponges to create a slightly curved path.

When your child can do the following, he is ready for the pedals to be put back on the bicycle:

- Keep his feet up while coasting on the bike, waiting to put his feet down until the bike has almost come to a stop
- Make turns on the bicycle while coasting
- Look where he is going rather than looking down at the bicycle

• Have fun while doing all of the above
Many children are ready for the pedals to be put back on the bike after just a few days of coasting.

Once the pedals are back on the bike, find a large level area away from traffic and other obstacles. Teach your child how to:

- Start moving smoothly from a stopped position by pushing down on a pedal raised to the 2 o'clock position and using the other foot to scoot the bike forward
- Steer initially in large circles and figure 8's, and then make tighter corners
- Stop the bike by using the brakes, practicing until he can stop the bike without much wobbling.

As your child becomes more competent on the bike, gradually raise the seat to its correct height. The seat will be at the correct height for your child when there is only a slight bend in his knee when the pedal is at the bottom of the pedal stroke.

When you teach your child to ride a bike, you should also teach him the importance of wearing a helmet every time he's on his bike, including when he is just learning to ride.

Although many children, some as young as three, will learn to ride a bicycle in just a few days by learning first to balance and then to pedal, it takes much longer for them to know, understand and put into practice the safety rules associated with biking.

A good place for young children to bike is the track around the ball fields at city hall, or the 0.6 mile sidewalk from the library to the middle school which only crosses two streets.



January Community Calendar

- 2, 9, 16, 23, 30** (10:00-noon) - Library Quilters at the library, for anyone interested in quilting, free, 373-1662
- 2, 9, 16, 23, 30** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 2** (1:00-4:00 pm) - Song & Dance Party at the library, 5th grade and up, free, 373-9018
- 3** (1:00-4:00 pm) - Mini-Golf in the library, all ages, free, 373-9018
- 3, 10, 17, 24, 31** (7:30-8:30 pm) - Zumba class at city hall, \$3, beginners welcome, \$3, 650-0229
- 4, 11, 18, 25** (10:00 am) - Mother Goose on the Loose for ages birth to 3 years, at the library, free, 373-9018
- 4** (1:00-4:00 pm) - Board Games at the library, all ages, free, 373-9018
- 5** (9:00-11:00 am) - Piedmont Recycling at the former co-op, 373-2905
- 5, 12, 19, 26** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 5** (1:00-3:00 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 8, 15, 22, 29** (10:00 am) - Preschool Story Time at the library, age 2 and up, free, 373-9018
- 8, 15, 22, 29** (3:30-5:00 pm) - Cult Classic Movies at the library, 5th grade and up, free, 373-9018
- 8** (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
- 10** (7:00-8:00 am) - Legislative Breakfast at city hall, State Auditor and Inspector Gary Jones and other elected officials will speak, hot breakfast, free, 373-2234
- 10, 17, 24, 31** (10:00 am) - Tutu Cute! at the library, pre-ballet for ages 2 and up, free, 373-9018
- 10, 17, 24, 31** (3:30-5:00 pm) - Brainiacs (problem-solving games) at the library, 5th grade and up, free, 373-9018
- 10** (6:00 pm) - Ladies Night Trivia Contest at the library, for adults, free, 373-9018
- 17** (6:30 pm) - The No-Experience-Necessary Writing Group for adults, at the library, free, 373-3788
- 18** (6:30-9:00 pm) - Stampin' Up Valentine Class at civic center, \$9, bring your own supplies, RSVP 535-8849
- 19** (7:00 am-noon) - Kiwanis Annual Pancake Day at Piedmont Elementary School cafeteria, adults \$6 / children under 12 yrs \$3, 863-3234
- 19** (7:00 pm) - Annual Chamber Awards Banquet & Auction at Baptist church, speaker is Sen. David Holt, author of *Big League City: Oklahoma City's Rise to the NBA*, entertainment is Piedmont Percussion Project, \$25 in advance / \$30 at the door, 373-2234

An expanded version of the calendar is online at PiedmontParksAndRec.com
A Piedmont map of community events is online at PiedmontParksAndRec.com/map.pdf