

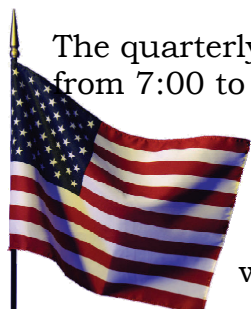


Piedmont Parks & Recreation News

piedmontparksandrec.com

January 2014

Quarterly Legislative Breakfast



The quarterly legislative breakfast will be held on Thursday, January 9, from 7:00 to 8:00 a.m. at city hall.

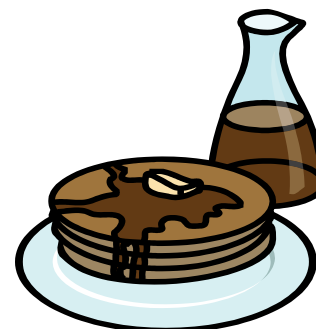
The guest speaker will be State Insurance Commissioner John Doak. His topic will be "Insurance and Oklahoma: Affordable Care Act and Worker's Comp." Elected officials will also be present and will give legislative updates

The legislative breakfast is co-hosted by the Chamber of Commerce and the Piedmont Public School Board. A hot breakfast will be provided. The event is free and everyone is invited to attend.

Kiwanis Annual Pancake Day

Saturday, January 25
7:00 a.m. to 11:00 a.m.

Piedmont Elementary School Cafeteria
\$6 for adults, \$3 for children under 12

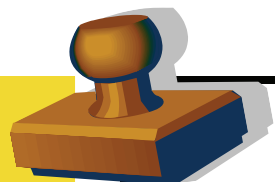


Chamber Awards Banquet and Auction

The Annual Chamber Awards Banquet and Auction will be held at Piedmont Intermediate School, 977 Washington Ave., on Saturday, January 25, 2014, at 6:30 p.m.

The guest speaker will be Retired Major General Rita Aragon. Entertainment will be the Piedmont Percussion Project.

You do not have to be a Chamber member to attend the Awards Banquet and Auction. Tickets are \$30 in advance or \$35 at the door. To purchase tickets in advance, or for more information, call Lisa at 373-2234.



**NEEDS
IMMEDIATE
ACTION!**

The High Costs of Poor Health

\$147 billion

Annual cost of the U.S. obesity epidemic

75%

Percentage of U.S. health expenditures attributed to treating chronic disease

19.2%

Projected percentage of U.S. GDP that will be spent on health care by 2020
(up from 7.2% in 1970)

\$5.6 billion

Annual U.S. health care costs related to obesity that could be saved
if one in ten adults started a walking program

Sources: U.S. Centers for Disease Control and Prevention, U.S. Centers for Medicare & Medicaid Services, Alliance for Biking and Walking

stop smoking?

lose weight?

control blood pressure?

This will motivate you !

(plus, it's entertaining to watch!)

lower cholesterol?

good social networks?

walk?

cancer screenings?

eat more fiber?

Go to www.youtube.com and search for:

23 1/2 hours: What is the single best thing we can do for our health?

Slim and Sassy Competition

January 14 is the kick off date for a competition to help you meet your New Year's goal of eating better and losing weight. The group will meet at the library at 6:00 p.m. every Tuesday night through the months of January and February. Recipes, support, and nutritional information will be provided. The classes are free. For more information, call Janine at 397-9211.

Sidewalk Under Construction (Almost)

Piedmont has received a second Safe Routes to School (SRTS) grant which will build a sidewalk from the intersection of Stout and Monroe NW, east along Monroe to Second Street, and then north along Second Street to Piedmont Middle School.

The first sidewalk built with SRTS funds begins at the Piedmont library, goes east along Taylor, and south to the Piedmont Middle School.

The second sidewalk is expected to be completed before fall, 2014.



Oklahoma City Zoo Free Admission!

Although the Oklahoma City Zoo is closed on New Year's Day, it is open daily the rest of the month from 9 a.m. to 5 p.m. Admission is \$8 for ages 12-64, \$5 for ages 3-11 and for adults 65 and older, and free for children 2 and under. Admission to the zoo is free for everyone on Mondays in January and February.

On Monday, January 20, and Monday, February 17, from 8 a.m. to 3 p.m., the zoo is holding School's Out Safari Day Camps for kids 4-12 years of age. The cost is \$30 per child and advance registration is required.

For more information, call 424-3344.



Welcoming Cardinals to Your Backyard

Cardinals maintain their color year round, have a variety of songs and calls, and are one of the most enjoyable birds to attract to the backyard. Because they live for several years and they don't migrate, you might see the same cardinals over and over for a long time.

Cardinals don't use nest boxes. Instead, they prefer to nest in dense or thorny shrubs, vines, evergreens and small trees. They especially like shrubs and trees that produce berries or fruit.

Cardinals eat a variety of fruits, seeds and insects, and are frequent visitors to bird feeders, but they don't like feeders that sway. They prefer eating off the ground, or from a platform feeder, and they are generally too large to perch comfortably on many common birdfeeders. One solution is to attach a tray underneath a feeder to provide the necessary space for a cardinal. Cardinals like sunflower seeds, safflower seeds, cracked corn, peanuts and other nutmeats, raisins, dried cherries, berries, apples, suet, and peanut butter mixes. They will enjoy melon, pumpkin and squash seeds that have been dried and added to their feed. Cardinals often feed throughout the day in winter, but are more common at feeders at dusk and dawn the rest of the year, so make sure your feeders are filled at those times.

Moving or bubbling water is especially attractive to cardinals. Even if you can't provide bubbling or moving water, make sure fresh water is always available for drinking and bathing, and keep water from freezing in the winter by using a birdbath heater.

Cardinals are very territorial in the spring, often attacking their own reflection in windows and mirrors. Soap on the glass, or streamers hung outside the window, will help break up the bird's reflection. Cardinals are not as territorial in the winter, and are sometimes seen in groups of 20 or more.

Both males and females sing a variety of songs year round, and mated pairs share song phrases. A recording of a cardinal song and call can be heard on the Cornell Lab of Ornithology's website at www.allaboutbirds.org



female cardinal - photo
by Louise C. Basham

All wildlife need food, water, shelter, and a place to raise their young. If you meet these needs of cardinals, you might already have what it takes to certify your property as a Backyard Wildlife Habitat through the National Wildlife Federation. Go to <http://piedmontparksandrec.com/habitat.html> for more information.

Piedmont - Oklahoma's first Community Wildlife Habitat.



January Community Calendar

Where friends meet!

- 2** (6:00 pm) - LEGO Club for all ages, at the library, free, 373-9018
- 2, 9, 16, 23, 30** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 3, 10, 17, 24, 31** (10:00 am) - Mother Goose on the Loose for ages up to 3 years, at the library, free, 373-9018
- 4** (9:00-11:00 am) - Piedmont Recycling at former co-op, 373-2905
- 4** (9:00-11:00 pm) - Piedmont Area Rocketry Club at city hall, for all ages, free, 593-9737
- 4, 11, 18, 25** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 4** (noon-5:00 pm) - Piedmont Area Rocketry Club launch at Rt 66 Park at Lake Overholser, for all ages, free, 593-9737
- 7, 14, 21, 28** (10:00 am) - Preschool Story Time for ages 2 & up, at the library, free, 373-9018
- 8** (10:00 am) - Preschool Music and Movement for ages 2 & up, 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
- 8, 15, 22, 29** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 9** (7:00-8:00 am) - Quarterly Legislative Breakfast at city hall, State Insurance Comm. John Doak will present *Insurance and Oklahoma: Affordable Care Act and Worker's Comp*, updates will be given by elected officials, hot breakfast, free, 373-2234
- 14, 21, 28** (6:00 pm) - Slim & Sassy competition on Tuesday nights at the library through February, recipes, nutritional information and support for weight loss, free, 397-9211
- 16** (noon) - Brown Bag Book Club for adults, book: *Fried Green Tomatoes* by Fannie Flagg, free, 373-9018
- 23** (6:30 pm) - Ladies Night at the library, craft, snacks and conversation, for adults, free, 373-9018
- 24** (7:00-9:00 pm) - Stampin' Up card class at city hall, \$12, please bring your own supplies, RSVP 535-8849
- 25** (7:00-11:00 am) - Kiwanis Annual Pancake Day at Piedmont Elementary School cafeteria, adults \$6 / children under 12 yrs \$3, 373-2928
- 25** (6:30 pm) - Annual Chamber Awards Banquet and Auction at the Intermediate School, speaker is Maj. Gen. (Ret.) Rita Aragon, entertainment is Piedmont Percussion Project, \$30 in advance / \$35 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