



Piedmont Community News & Events



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January 2015

Legislative Breakfast

The Quarterly Legislative Breakfasts are a joint project of the Piedmont Chamber of Commerce and the Piedmont Public School Board of Education. Each legislative breakfast includes a speaker, legislative updates by state and federal elected officials, and a free hot breakfast. Everyone is welcome and encouraged to attend.

The legislative breakfast this quarter will be held on Thursday, January 8, at city hall, from 7:00 a.m. to 8:00 a.m. Dr. James White, Superintendent of Piedmont Public Schools, will present "Piedmont University."

For more information, call 373-2234.



Pancake Breakfast

The Piedmont Kiwanis will hold their pancake breakfast in the cafeteria of Piedmont Elementary School on Saturday, January 24th from 7:00 a.m. to noon.

The cost for an adult ticket purchased at the door is \$6, and the cost of a ticket for a child 12 years old and younger is \$3. If you purchase an adult ticket in advance from a Kiwanis member, the cost is \$5.

For more information, call 373-1955.



Annual Chamber Awards Banquet and Auction

The annual awards banquet will take place on Saturday, January 17th at 6:30 p.m., at Piedmont Intermediate School.

Gary England will be the guest speaker, and entertainment will be the local band, Voss. Items in the auction include Thunder tickets and a stay at the historic Skirvin Hotel.

Tickets are \$30 in advance, and \$35 at the door. Tables cost \$200.

For more information, call 373-2234.





Singing Churchman Concert

On Thursday, January 22, at 7:00 p.m., a Singing Churchman concert will be held at the First Baptist Church, 15 Jackson Ave NW, with a pre-concert at 6:40 p.m.

For more information, call 373-2420.

New Year's Resolutions

#1 - Never text and drive.

Would the last text you sent be worth dying for? In 2012, almost 3,500 people were killed in distracted-driving crashes. At any given moment, approximately 660,000 drivers in the U.S. are using their cell phones while driving. Nearly 80% of teens and young adults admit to reading text messages while behind the wheel.

Go to www.itcanwait.com/tips-and-tools and use the texting and driving simulator to learn about the dangers and consequences of texting and driving first hand. Check into smart phone apps that respond to SMS or MMS texts or emails from friends and family letting them know that you are driving and will respond when it is safe.

#2 - Prepare for emergencies.

It's a daunting task to be prepared for all of the disasters that can affect Piedmont, but at <http://do1thing.com>, you can sign up to receive a monthly newsletter that tells you how to do one thing each month. By the end of the year you will have taken big steps toward being prepared for an emergency.

#3 - Create a backyard habitat.

In 2013, Piedmont became the first certified wildlife community in Oklahoma with over 100 people providing the four elements that all wildlife need (food, water, shelter, a place to raise young). Backyard habitats become even more important as more wildlife, including the monarch butterfly, struggle to survive. The monarch butterfly population is estimated each year at their wintering site in central Mexico. It was estimated in 2004 that the population was 550 million. By 2013, due in part to the loss of many milkweed plants in the U.S. (the only plant on which monarchs lay their eggs), the monarch population had fallen to just 33 million. In the time period between 2012 and 2013, there was a decrease in the monarch population of almost 44%. For more information about creating a backyard wildlife habitat, go to <http://piedmont-ok.com/habitat.html>

Math Tutoring



Every Wednesday afternoon from 3:15 to 5:30 p.m., math tutors are providing their services to Piedmont students in 5th grade and above at the Piedmont Nazarene Church, 2011 N. Piedmont Road. The tutoring is free. Call 373-2308 or email piedmontnaz@att.net for more information or to let them know your child will be participating.



**National
Clean Off
Your Desk
Day**

January 12th

Two Ways to Kick Off Your New Year's Resolution on January 1st:

1. First Day Hike

Lake Thunderbird State Park in Norman will host a hike in conjunction with the annual America's State Parks First Day Hikes initiative taking place in all 50 states on January 1st.

The event begins at 10:00 a.m. at the state park office, and hikers can choose the half mile, one mile or two mile trek on Hog Creek Trail. Hot chocolate, coffee and healthy snacks will be served.

The park address is 13101 Alameda Drive in Norman. For more information, call Thunderbird State Park at 360-3572, or visit the website at www.travelok.com/listings/view.profile/id.19129

2. Zumba

Zumba is an exercise program that combines Latin music and easy-to-follow dance moves.

Krista Clonts teaches Zumba classes at city hall on Thursdays (including New Year's Day!) from 7:30 to 8:30 p.m. The cost is just \$3 per session, and beginners are always welcome. Wear comfortable clothes for working out, and take a bottle of water.

For more information, contact Krista at 650-0229.



DID YOU KNOW?

"Bald" in the name of the bald eagle doesn't mean it has no feathers on its head. The word comes from the old word "piebald" which means "marked with white."

Short Days, Long Nights

Some ways to help alleviate seasonal depression caused by the short days and long nights of winter include:

get more exercise 😊 do deep breathing
😊 get outdoors 😊 increase exposure to sunlight
😊 use full-spectrum light bulbs
😊 get some vitamin D 😊 eat a healthy diet
😊 drink more coffee 😊 sleep eight hours
😊 laugh 😊 read 😊 watch funny movies
😊 listen to music with a happy beat
😊 get a massage 😊 spend time with family and friends
😊 stay warm and dry 😊 volunteer 😊 take up a hobby
😊 take a vacation 😊 think positive 😊

If feelings of depression persist, seek help from a psychologist, psychiatrist, clinical social worker, mental health counselor, or other health care provider.



Piedmont Kiwanis

Kiwanis International, a community-minded organization that supports children and young adults, was founded in 1915, and will celebrate its 100th anniversary this year.

The Piedmont Kiwanis club does several fund raisers during the year, and most of the money raised goes toward scholarships for graduating seniors. The Piedmont Kiwanis club sponsors the Terrific Kids program in the elementary schools and Key Club for high school students.

Piedmont Kiwanis meets at 6:30 p.m. at the Williams' Deli on the first and third Monday of each month, and meetings usually last less than an hour.

For more information about Kiwanis, call Cleve Wheeler at 863-3234.

January Community Calendar

Where friends meet!

- 1, 8, 15, 22, 29** (7:30-8:30 pm) - Zumba at city hall, \$3, 650-0229
- 3** (9:00-11:00 am) - Piedmont Recycling of glass, cardboard, tin and aluminum cans, plastic #1 & 2, and metal, at the former co-op, boy scout troop 374 will be there to assist, 373-2905
- 3, 10, 17, 24, 31** (10:00-2:00 pm) - Piedmont Historical Society Museum is open, free, 823-1345
- 6, 13, 20, 27** (10:00 am) - Preschool Story Time at the library for ages 2-5, free, 373-9018
- 6** (noon) - Piedmont Area Rocketry Club model rocket launch at Route 66 Park (9901 NW 23, OKC), for all ages, free, 593-9737
- 7, 14, 21, 28** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 7, 21** (4:00 pm) - Super Cool Cooking School at the library, for kids of all ages (adult must accompany any child under 6), free, 373-9018
- 8** (7:00 am) - Quarterly Legislative Breakfast at city hall, Dr. James White, Superintendent of Piedmont schools, will speak, legislative updates from federal and state elected officials, free hot breakfast, 373-2234
- 9, 16, 23, 30** (10:00 am) - Mother Goose on the Loose at the library, for infants and toddlers, free, 373-9018
- 14, 21, 28** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 919-0870
- 15** (noon) - Readers Who Lunch Book Club for adults, book: *The Secret Life of Bees* by Sue Monk Kidd, at the library, free, 373-9018
- 15** (6:30 pm) - Writer's Group, no experience necessary, at the library, free, 373-9018
- 16** (6:30-9:30 pm) - Stampin' Up Card Class at city hall, bring double-sided tape, \$12, RSVP 535-8849
- 17** (6:30 pm) - Annual Chamber Awards Banquet and Auction at the intermediate school, speaker is Gary England, entertainment is Voss band, advance tickets \$30, tickets at door \$35, 373-2234
- 22** (6:30 pm) - Ladies Night at the library, Cooking with Yuliya, snacks and conversation, for adults, free, 373-9018
- 22** (6:40 pm - pre-concert, 7:00 pm - concert) - Singing Churchman concert at Baptist church, 373-2420
- 24** (7:00-12:00 am) - Kiwanis Annual Pancake Day at Piedmont Elementary School cafeteria, adults \$6 (\$5 in advance from a Kiwanis member), children under 12 yrs \$3, 373-1955
- 27** (6:30 pm) - Lego Build Club for all ages, at the library, free, 373-9018
- 30** (6:30-9:30 pm) - Stamp Camp at city hall, bring double-sided tape, \$10, RSVP 535-8849

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