



Piedmont Community News & Events



www.Piedmont-OK.com

January 2016

First Day Hike

Several of Oklahoma's state parks are hosting a free "First Day Hike" on January 1, 2016.

Lake Thunderbird State Park will have two hikes beginning at 10:00 a.m. at the Lake Thunderbird Nature Center located at 1201 Clear Bay Avenue. One hike is stroller-friendly, takes place on an ADA accessible trail, and is appropriate for all ages. The other hike is a little more strenuous. Warm beverages and tips on wildlife photography will be provided. Pets are welcome but must be on a leash no more than 10 feet long. For more information, call 360-3572.

You are encouraged to take your camera, binoculars and water, and be sure to dress appropriately for the weather.



NOTE: There will be no recycling at the co-op in January.

Kiwanis Annual Pancake Day

Saturday, January 23
7:00 a.m. to 11:00 a.m.

at Piedmont Elementary School

\$6 for adults

(\$5 in advance from a Kiwanis
member)

\$3 for children under 12

373-1955



Annual Chamber Awards Banquet and Auction

The annual awards banquet and auction will take place on Saturday, January 30th at 6:30 p.m., at Piedmont Intermediate School, 977 Washington N.W.

Dr. Greg Winters, Superintendent of Canadian Valley Technology Center, will be the guest speaker, and entertainment will be provided by brass and flute ensembles from Piedmont High School.

Tickets are \$25 in advance, and \$30 at the door. For more information, call 373-2234.

Trash Can Cookies

If your New Year's resolution includes to eat more nutritiously, here is a way to use up some of the things you no longer want to be tempted by in your kitchen.

- 1/2 c. melted butter (1 stick)
- 1/4 c. butter-flavored shortening
- 1/4 c. sugar
- 1/4 c. brown sugar
- 2 eggs
- 1 tsp. baking soda
- 1 tsp. vanilla
- 1/2 tsp. salt
- 1 1/2 c. flour

For the "trash can" part of the recipe:

- 1 c. Rice Krispies cereal
- 1/2 c. semi-sweet chocolate chips
- 1/2 c. butterscotch chips
- 1/2 c. broken pretzels
- 1/2 c. crushed Oreos (about 6 Oreos)
- 1/2 c. mini M&Ms
- 1/2 c. crushed potato chips
- 1/2 c. crushed cereal
- 2 tbsp. sprinkles

In a large mixing bowl, combine the butter, shortening, sugars, eggs, baking soda, vanilla, salt, and flour.

Combine the trash can ingredients and add them to the mixture.

Scoop out tablespoons of dough and chill in the fridge for a few hours or overnight, if necessary, to keep the cookies from spreading when baked.

Bake in a preheated 350 degree oven for 8 to 10 minutes on a greased or non-stick baking sheet. Allow to cool fully on the baking sheet before removing.

Makes about 4 dozen cookies.

Other ingredients can also be used such as nuts, dried cherries, dried apricots, coconut, granola, toffee bars, etc.



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 donating at an Oklahoma Blood Institute donation site.

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 a signed parental consent form,
- 17-year-olds that weigh at least 125 pounds (signed parental consent 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:

- If you are donating platelets, avoid taking aspirin for two days prior to donating.
- Eat well and drink plenty of water and non-caffeinated fluids before donating.
- Wear sleeves that can be raised above your elbow.
- Take your blood donor card if you have one, a photo ID, and a list of medications you are currently taking.
- Take advantage of the snacks and drinks offered to you after donating, avoid strenuous exercise or heavy lifting for the rest of the day, and increase your non-caffeinated fluids for the next couple of days.

You can donate plasma every 28 days, whole 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 Wednesdays. Making an appointment online or by phone will help you get in and out in the least amount of time on any day.

For more information, call 297-5700, or go to <http://obi.org>

The Legislative Breakfast

The first legislative breakfast of 2016 will take place January 14th at 7:00 a.m. at city hall. The legislative breakfasts are co-hosted by the Piedmont Chamber of Commerce and the Piedmont Public Schools Board of Education and everyone is welcome to attend.

Several state and federal elected officials, or their representatives, will provide updates on current legislative issues, and Marc Hader, a Canadian County Commissioner, will speak on the topic "Why Reducing Your Canadian County Sales Tax Rate is a Win-Win Proposition." A free hot breakfast will be served.

The Legislative Process

If you want to know more about how a bill becomes law in Oklahoma, the Oklahoma Institute for Child Advocacy has created a publication, *The Advocate's Guide*, which can be downloaded free from their website at <http://oica.org/use-your-voice>. *The Advocate's Guide* explains the steps a bill goes through to become law in Oklahoma, and also includes information and samples of the five advocacy tools you can use when contacting your legislator about an issue that is important to you.

The legislature is only in session for four months, from the first Monday of February to the last Friday of May, but legislators listen to constituents and work on issues year round. As you follow the issues being discussed and debated in 2016, you might find one you want to "add your voice to," which is what the word "advocate" means.

The Capitol

The capitol building, located at 2300 N. Lincoln, is open to the public from 7 a.m. to 7 p.m. Monday through Friday, and 9:00 a.m. to 4:00 p.m. on weekends and holidays (enter only through the west door on weekends and holidays). Admission is free. In addition to the offices and chambers of the senators and representatives, the capitol building has over 100 permanent sculptures, murals and paintings, historic artifacts, Greco-Roman architecture, a gift store and a snack bar, and is the location of the Oklahoma Supreme Court Hearing Chamber and the governor's ceremonial office. You can take a 45-minute guided tour on weekdays at 9:00, 10:00, 11:00, 1:00, 2:00, or 3:00 p.m., and you can also explore the capitol on your own. If you visit during the week, you might be able to meet your senator or representative or watch them in action.

For more information, call 522-5173.

January 11, 2016 is Learn Your Name in Morse Code Day

A ● -	J ● - - -	S ● ● ●
B - ● ● ●	K - ● -	T -
C - ● - ●	L ● - ● ●	U ● ● -
D - ● ●	M - -	V ● ● ● -
E ●	N - ●	W ● - -
F ● ● - ●	O - - -	X - ● ● -
G - - ●	P ● - - ●	Y - ● - -
H ● ● ● ●	Q - - ● -	Z - - ● ●
I ● ●	R ● - ●	

Go Noodle

When cold winter days keep your kids inside, check out www.GoNoodle.com for activities that challenge their mind, strengthen their body, and improve their coordination by getting them dancing, singing, playing interactive games and brain games, reflecting, exercising, de-stressing, setting positive intentions for the day, and inspires and motivates them.

January Community Calendar

Where friends meet!

- 2, 9, 16, 23, 30** (10:00-2:00 pm) - Historical Society Museum is open, free, 373-2905
- 5, 12, 19, 26** (10:00 am) - Preschool Story Time for ages 2-5, at the library, free, 373-9018
- 6** (10:00 & 10:45am) - Preschool Music and Movement for ages 2 & up, at the library, free, 373-9018
- 6, 13, 20, 27** (noon) - Senior Adults Lunch and Fellowship at the Methodist church, \$3, for reservations call 373-2905
- 6, 20** (4:00-5:00 pm) - Super Cool Cooking School for all ages, at the library, free, 373-9018
- 8, 15, 22, 29** (10:00 am) - Mother Goose on the Loose for ages birth to 3, at the library, free, 373-9018
- 9** (noon-4:00 pm) - Rocket Launch by rocketry club, at Rt 66 Park, 9901 NW 23, OKC, free, 593-9737
- 13, 20, 27** (10:00-noon) - Library Quilters at the library, free, 919-0870
- 14** (7:00 am) - Legislative Breakfast at city hall, Canadian County Commissioner Marc Hader will speak, elected officials will give updates, free hot breakfast, 373-2234
- 15** (6:00-9:00 pm) - Stampin' Up Card Class at city hall, \$12, bring adhesive, RSVP, 535-8849
- 16** (9:00-1:00 pm) - Swap Meet by rocketry club, at city hall, free, 593-9737
- 21** (noon) - Readers Who Lunch book club at library, book: *Orphan Train* by Christina Baker Kline, free, bring your lunch, 373-9018
- 23** (7:00-11:00 am) - Kiwanis Annual Pancake Day at Piedmont Elementary School, \$3 for children less than 12 years old, adults \$6 (\$5 in advance from a Kiwanis member), 373-1955
- 23** (10:00 am) - Gardening Group at the library, seed & plant exchange, free, 373-9018
- 28** (6:00 pm) - Ladies' Night at the library, Paint 'n Palette, cost is \$5 plus a snack, reservations required, 373-9018
- 30** (6:30 pm) - Chamber of Commerce Banquet and Auction at Intermediate School, speaker is Dr. Greg Winters from Canadian Valley Technology Center, entertainment is Piedmont High School brass and flute ensembles, \$30 at door, \$25 in advance, 373-2234

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