

PANTHER PRIDE

School Principals: Shawna Coplen, Lynn Cragg

<http://osb.k12.ok.us/>

Oklahoma School for the Blind

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Editor: Maggie Mattox

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Special points of interest:

- 7 Habits for successful Teens
- Monthly Awareness Events
- AeroGardens/Fish Tanks
- OSU Farmer's Market
- Elem. Pumpkin Patch F/T
- Cultural Diversity-Halloween
- See you at the Flagpole
- Cane Quest / White Cane Day

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1. Qtr. Honor Roll

"A" Honor Roll

Elementary (3-5 Gr.)

Avery Dollar
Braylen Fuller

Middle School (6-8 Gr.)

Piper Conner
Macey Millar
Stephanie Story



Students of the
1. Qtr.

EL: Kairi Husmann
MS: Piper Conner
HS: Abigail Norton

"B" Honor Roll

Elementary

Hayden Bruzzini

Middle School

Bryan Alender
Dayton Baccus
Jaylee Burnside
Julia Cisneros



Middle School

Genevieve Fitzgerald
Ian Holm
Nikki James
Justin Millar
Evy Mitchell
Lilith Pedersen
Anicka Weller

REMINDER:

HS students
receive
Semester
grades only!

Meet our AWESOME newsletter team:

Ms. Laci Goins
Lorie Cox - Emileigh Jackson
Abigail "Abby" Norton
Trinity Vreeland - Julio Valdez



Social Services Department - News, Tips, etc.



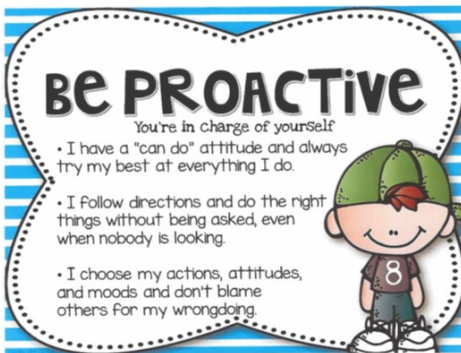
It's never too late to be caught being good.... So keep up the good work students!! We are proud of you all!

"Caught Being Good"

- ◆ Elli Montgomery held the door open for peers at lunch without being asked.
- ◆ Dayton Baccus helped a student with a technology issue and did the announcements at a last minute notice.
- ◆ Trinity Vreeland assisted another student to classes.
- ◆ Miracle Jones brought another student up to date on what the class covered the day before.
- ◆ Jesse Wolf gave his new roommate a special stuffed animal to welcome him.
- ◆ Diesel Peoples assisted students into the building after recess, and always makes it his responsibility to hold the door open for all of his dorm mates when we go to the playground.
- ◆ Ocie Webster assisted another student to the lunchroom.
- ◆ Rudy Hunter helped students with technology issues in the classroom.
- ◆ Julia Cisneros passed out books each day in the classroom.
- ◆ Justin Millar passed out books to students in the classroom.
- ◆ Payton Crum volunteered to pass out books to students in the classroom.
- ◆ Bryan Alender passed out books to students when they got to class. He has done a wonderful job with that responsibility.

Rebecca Mills,
Social Services

7 Habits of Highly Successful Teens - Habit 1 & 2



By Keri Chaffin & Maggie Mattox

For teens, life is not a playground, it's a jungle. And, being the parent of a teenager isn't any walk in the park, either. In his book, **The 7 Habits of Highly Effective Teens**, author Sean Covey attempts to provide "a compass to help teens and their parents navigate the problems they encounter daily."

How will they deal with peer pressure? Motivation? Success or

lack thereof? The life of a teenager is full of tough issues and life-changing decisions. As a parent, you are responsible to help them learn the principles and ethics that will help them to reach their goals and live a successful life.

While it's all well and good to tell kids how to live their lives, "teens watch what you do more than they listen to what you say," Covey says. So practice what you preach. Your example can be very influential.

Covey himself has done well by following a parent's example. His dad, Stephen Covey, wrote the book **The 7 Habits of Highly Successful People**, which sold over 15 million copies. Sean's a chip off the old block, and no

slacker. His own book has rung in a more than respectable 2 million copies sold.

Here are his first two habits, and some ideas for helping your teen understand and apply them:

Habit 1: Be Proactive

Being proactive is the key to unlocking the other habits. Help your teen take control and responsibility for his/her life. Proactive people understand that they are responsible for their own happiness or unhappiness. They don't blame others for their own actions or feelings.

(Continued on page 3)

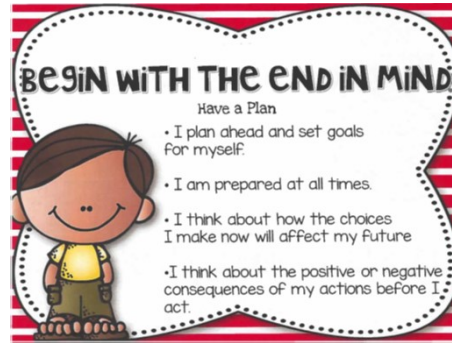
7 Habits of Highly Successful Teens - Habit 1 & 2 (continued)

(Continued from page 2)

Being responsible for behavior, results and growth.

Be Proactive is about taking responsibility for your life. You can't keep blaming everything on your parents or grandparents. Proactive people recognize that they are "response-able." They don't blame genetics, circumstances, conditions, or conditioning for their behavior. They know they choose their behavior.

Reactive people, on the other hand, are often affected by their physical environment. They find external sources to blame for their behavior. If the weather is good, they feel good. If it isn't, it affects their attitude and performance, and they blame the weather.



Habit 2: Begin With the End in Mind

If teens aren't clear about where they want to end up in life, about their values, goals, and what they stand for, they will wander, waste time, and be tossed to and fro by the opinions of others. Help your teen create a personal mission statement which will act as a road map and direct and guide his/her decision-making process.

Focus time and energy on things that can be controlled.

So, what do you want to be when you grow up?

That question may appear a little trite, but think about it for a moment. Are you - right now - who you want to be, what you dreamed you'd be, doing what you always wanted to do? Be honest.

Sometimes people find themselves achieving victories that are empty—successes that have come at the expense of things that were far more valuable to them.

If your ladder is not leaning against the right wall, every step you take gets you to the wrong place faster.

https://www.education.com/magazine/article/Ed_7_Habits_Successful/

<https://www.franklincovey.com/habit-1/>

<https://www.franklincovey.com/habit-2/>

Advice Column - How to moderate homework!

By Abby Norton



Everybody knows that feeling of dread when you have a BUNCH of homework but also want to have fun after school. Well here are some tips that can help you achieve that!

Number 1: Make sure that you use all the class time wisely so you can avoid having big amounts of homework in the first place.

Number 2: Get a snack while you work to help your brain solve

all of those tuff questions. BUT just remember ...



Number 3: Take small breaks in between sections of homework to reward yourself for a job well done.

Number 4: Don't be afraid to ask for help! Sometimes our brains get overworked and off track so all we need is a little push in the right direction to get us back on the road.



Finally **Number 5:** Remember to keep your working habits short

and to the point. Some subjects may be harder than others and that's okay but sometimes taking a step back and waying in social time and homework is a good idea because you can't be a machine and just work. Social interactions are healthy for the brain.



Student Council

By Abby Norton



This year's student council is on top of student requests!

The council is made up of **President** Abby Norton, **Vice President** John Duong, **Secretary** Ben Middleton, **Treasurer** Dayton Baccus, **Parliamentarian** Lorie Cox, and **Historian** Kaylie Minter.

Other representatives include Jaden Brown, Justin Millar, and Stephanie Story.

October 6th was the first meeting where they voted on the representatives shown above. They also discussed Red Ribbon Week and many different things around the school that may need to be brought up in the council.

This year the council wants to be more interactive with the kids so they are more informed about what the students want to see around the campus.

If you have anything you would like to be brought up at the Student Council meetings, email your representative or a member of the council.



Monthly Awareness Topics

August - Children's Eye Health and Safety Month

By Abby Norton & Emileigh Jackson



August is **Children's Eye Health and Safety Month.**

The American Academy of Ophthalmology sponsors Children's Eye Health and Safety Month in August to highlight the importance of protecting children's vision.

<https://health.gov/national-health-observances/archive/202107>



September - Suicide Prevention Month

By Abby Norton & Emileigh Jackson



September is **Suicide prevention month.**

Did you know suicide was the tenth leading cause of death overall in the United States in recent studies?

<https://www.nimh.nih.gov/health/statistics/suicide>

Suicide is a very emotional topic for some, and is found in some cultures to be a result of broken promises or honor. To bring awareness to this very melancholy topic a week of prevention was started in 1975. From this month a week was carved out for specific awareness to this topic, it usually falls before September 10th every year because September 10th is World Suicide Prevention Day.

There are many different sources out there on a local, statewide,

and national level. Some of these sources are listed below. Emotions are manageable and there is help out there that will accept and understand you, there are months to celebrate your strength and ability to have mental stability.

Green Country Behavioral Health Services (counseling based)

24 hour crisis hotline
918-682-8407

National crisis hotline
1-800-273-talk

October - Breast Cancer Awareness Month

By Abby Norton & Emileigh Jackson



October is **Breast Cancer Awareness Month.**

Mrs. Webb's Wellness Wednesday addressed the importance of cancer screenings and supporting friends and family who are fighting cancer.



Wellness Corner

By staff

The OSB Healthy School Team has been hard at work promoting a healthy lifestyle. One of the things they have instituted to keep the students and staff motivated to stay both physically and mentally healthy is **Wellness Wednesday.**

Each Wednesday Mrs. Webb sends out an email to remind everyone to take care of themselves and gives tips and ideas on how to do just that.

Some Wellness Wednesday ideas have included recipes, how to deal with stress, taking brain breaks, and the importance of being mindful of our bodies, environment, thoughts and emotions. All of the tips that have been shared for Wellness Wednesday are aimed at making sure that we work to the best of our abilities and live a healthy lifestyle.

Along with Wellness Wednesday, the OSB Healthy School Team

will be gathering information about the initiatives that have been put into place to promote a healthy lifestyle at OSB and submitting that information for an award. We look forward to finding out how we did and seeing the results of focusing on a healthy lifestyle.



October - Domestic Violence Month - Help in Crisis Presentation

By Abby Norton



High school is one of the most confusing times before teenagers go to college. To help them prepare and get to

know the ins and outs of one of the biggest social interactions, Ms. Garret set up a presentation for just that.

violence awareness month the OSB high school students had guests from **Help & Crisis** in Tahlequah. Lorie Eagle and Whitley came from Help & Crisis to explain the value of healthy relationships in late adolescence, and how unhealthy relationships could be fixed or could sometimes become abusive.

They also went over the concept of consent and how easy it can be given and taken away.

Whitley pointed out in her presentation that **communication** is key to keeping a relationship healthy.



She also mentioned that everyone has rights in a

relationship that should be respected in order to have a safe and healthy working relationship.

Ms. Garret said, "I feel that it was important to introduce the high school students to resources and information about this because its domestic violence awareness month, but also is a very important topic for their age group,"



Since **October** is **domestic**

AeroGardens/Fish Tanks

By Emileigh Jackson



Having a garden can teach students about agriculture, food systems, nutrition, environmental

stewardship, nature and many other things. The joys of harvesting something you worked hard to grow and tended to are more than just a delicious meal.

Last year, we shared with you the information about the new program of **AeroGardens** that OSB received through the OSU Extension Office. This year they're back and better than ever, and joined by fishy friends!

Last year the teachers at OSB helped grow different foods to help promote healthy eating among staff and students. This year, with the help of Mrs. Webb and the OSU extension called **Farm to School**, many teachers are growing a variety of healthy foods.

The teachers that are planting in the AeroGardens currently are Mr. Jackman, Mr. Butler, Mrs. Daniels, Mrs. Webb,

Mrs. Moore, Mrs. Leatherman, Mrs. Hargrove, Mrs. Thomas, Mrs. Woods, Mrs. R. Miller, Mrs. Shelton, Mr. Miller, Mrs. F. Miller (not on campus), and Mrs. Garner.

Some of the foods that are being grown in the AeroGardens are tomatoes, greens, peppers, radishes, and a peach tree. These gardens are certainly going to help with healthy eating.



Aqua Sprouts Garden

Alongside the AeroGardens, there are a couple of teachers with **Aqua Sprouts Gardens**.

The Aqua Sprouts Gardens are fish tanks that also have a gardening platform on the top. The teachers that have these tanks are Mrs. Daniels, Mrs. Page, and Mrs. Cragg.

In the tanks, Mrs. Daniels has an African Clawed frog, Mrs. Page has Goldfish and Mollies, and Mrs. Cragg has Black Skirt Tetra Fish. In the gardening portion of their tanks, Mrs. Daniels has an Elephant Ear and Mrs. Page and

Mrs. Cragg have Spider Plants. Mrs. Cragg is also planning to get lettuce planted with her Spider Plants.

The experiences these gardens and tanks will provide for the OSB students and staff will enhance learning and add some variety to the classroom. We can't wait to see what grows next!



Students with lettuce from an AeroGarden.



Lettuce from one of the AeroGardens.



AeroGarden Options

OSU Farmer's Market & Tasting Opportunity

By Emileigh Jackson



The OSU extension recently offered a **Farmers Market** experience where they brought multiple fruits and vegetables for students to buy.

The Farmers Market was organized by Lacey Wallace who

is the OSU Extension Coordinator of **High Obesity Prevention** and made possible by a grant called Supplemental Funding from the CDC that is specific for **Farm to School**. This grant is the same grant that covers the AeroGardens in teachers' classrooms.

Students received \$9 in "Veggie

Bucks" that they spent on a variety of fruits and vegetables.

They had many different varieties of fruits and vegetables to choose from including apples, pumpkins, and squash.



(Continued on page 7)

OSU Farmer's Market & Tasting Opportunity (continued)

(Continued from page 6)



Students after the Farmer's Market

The next week, the **OSU**

extension also held a **taste testing** in the Rec Center where you could try radishes, cucumbers, apples, and sweet potatoes.

We want to thank all the community partners and volunteers, especially Doug Walton from the TSET Healthy

Living Program and Lainey Porter, founder of Healthy Oklahoma Nutrition Alliance (HONA).



Thanks also to the Muskogee Farmer's Market.

Elementary Pumpkin Patch Field Trip

By Staff

Adventures at the Pumpkin Patch



Visiting the **Carmichael's Pumpkin Patch**

is a tradition for many, including the OSB Elementary Students.

This year it seems as if they had quite the adventure.

Kennedy said that everything at the Pumpkin Patch was fun, but feeding the animals had to be the



best. She said that she fed pigs, goats, cows and even a camel!

Avery said she enjoyed feeding the animals too, especially the goats. Avery thought the biggest

pumpkin there had to be close to 200 lbs! That is one big pumpkin.

Mrs. Leatherman really enjoyed the baby camels, but Ellie said she liked the goats the most because they "slurped" when they ate. Ellie told us that the biggest pumpkin she found was at least three feet wide, big enough for her to sit on.



Ryan admitted that even though he thought the baby camels were llamas, he had a lot of fun and he has been there three or four times and has more fun each time he goes.

Kelton's favorite part of the pumpkin patch was the dark maze. He and his friends had a lot of fun running around in the pitch black of the maze.

Braylen also had a lot of fun in the maze and can't wait to go back again!

A big shout out and **thank you** to everyone who organized the trip and chaperoned. The students had a great time and made a lot of "Pumpkin Spice Memories".



Opera and Musical Theater @ OSB

By Lynn Cragg

On October 5th OSB had some very special guests visit our campus: Dr. David Herendeen and Eryn LeCroy.

Dr. Herendeen is the Director of



Dr. Herendeen

Opera and Musical Theater at Oklahoma City University.

Eryn is a former student of Dr. "H" and has performed as



Eryn LeCroy

Christine in the Phantom of the Opera on Broadway.

Eryn performed

(Continued on page 8)

Opera and Musical Theater @ OSB (continued)

(Continued from page 7)

Think of Me from the **Phantom of the Opera** and delighted students and staff with her beautiful voice.

Eryn and Dr. "H" explained about

working in musical theater. They also led a workshop for the middle school and high school students so they could gain a better understanding of how musical theater works and how much practice and training goes into learning to sing and perform.

It was a great learning afternoon for the students.

What an awesome opportunity. Everyone enjoyed it very much.



Cultural Diversity - Halloween "Trick or Treat"

by Lorie Cox

Every nation and culture celebrates holidays in many different ways and some are even named something differently!

Halloween is a holiday that many people love to celebrate around the globe.



In Latin America and Spain, Halloween is replaced by



Día de los Muertos (Day of the Dead).

It's celebrated to honor the dead, whom they believe will come back to all their earthly homes during this time. Día de los Muertos lasts over a three day period, starting **October 31th** and going on **until November 2nd**.

Many families construct an altar for the dead in their homes to honor deceased relatives and decorate it with candy, flowers, photographs, samples of the deceased's favorite foods and drinks, and freshwater.



Often, a wash basin and towel are left out so that the spirit can wash before indulging in the feast.

In England, for the most part, they have just stopped celebrating Halloween because of Martin Luther's Protestant reformation.

What they did replace it with is **Guy Fawkes Day** which happens on



November 5 and is celebrated with bonfires lit throughout England as effigies are burned and fireworks are set off.

Here in the United States, many people celebrate the spooky time by dressing up as ghosts and



goblins, heroes and villains, or whatever their imagination can come up with and go from door to door looking for sweet treats.

Many of the participants will recite the now famous line, "**Trick or Treat**" referring back to the

custom borrowed from guising or mumming in England, Scotland, and Ireland. These involve dressing in costume and singing a rhyme, doing a card trick, or telling a story in exchange for a sweet.

No matter how or if you celebrate, the importance isn't in the sweet treat but in the time spent sharing customs and traditions with family and friends.

Happy Halloween!

Guy Fawkes Day

The English celebrate the foiling of (Catholic) Guy Fawkes's attempt to blow up (Protestant controlled) England's House of Parliament on November 5th, 1605. Known variously as **Guy Fawkes Day**, **Gunpowder Treason Day**, and **Fireworks Night**, the November 5th celebrations in some time periods included the burning of the Pope or Guy Fawkes in effigy.

<https://forums.macresource.com/read.php?2,1927439>

OSB Blood Drive - Update

By Trinity Vreeland



Oklahoma Blood Institute (OBI) is the sixth largest, non profit blood collector in America.

OBI employs nearly 700 Oklahomans and works with 1,000 volunteers and 2,600 blood drive coordinators. Blood needed by patients in more than 160 medical facilities in Oklahoma is provided by donors with OBI. This includes exclusive service for every hospital in the metro-OKC area. More than 125,000 donors provide more than 250,000 gifts of

blood yearly for transfusion and associated clinical services.

Every two seconds, someone needs blood, yet **less than ten percent (10%) of those eligible to give blood do it.**

Blood donors with Oklahoma Blood Institute know they are, literally, saving the lives of their friends, family and co-workers, some who may have no idea they will need blood in an urgent situation.

One blood donation can save up to three peoples' lives. (Source OBI.org)

On September 14, OSB hosted their first Blood Drive of the year.

Eighteen individuals signed in and **15 units** were collected.

Three more opportunities to make a difference have been scheduled for this school year.

Mark your calendars now and help save lives!

Dec, 2021 (tbd)

Feb 9, 2022

May 4, 2022

Boy Scouts - Update

By Julio Valdez

After a challenging school year, Boy Scouts troop 672 is finally returning to some normalcy.



They kicked off the school year with a **Blue & Gold fundraiser.**

They sold around **\$6,200** worth of items, resulting in **approx. \$900** benefiting the OSB boy scout troop.

All proceeds will help cover membership fees for the scouts as well as camping trips.

The scouts took their first camping trip in early October.



They got to attend **Challenge Air** in Tulsa.

Challenge Air is a nationwide program of volunteers which gives children with disabilities the opportunity to experience what it is like to fly an airplane. The program began in 1993.

Jimmy Anderson said that his favorite part was flying and Ms. LaRue's cooking.



Jimmy ready to take off



Elbin flying the plane

Elbin Carrillo's favorite part was getting to fly the plane by himself. "About five minutes after takeoff the pilot just started taking pictures and handed over the controls to me", he said.

When the scouts were not flying, they got to enjoy hiking and exploring around camp.

To learn more about Challenge Air, please visit their website:

<https://www.challengeair.com/history/>



What a fun day.



What a surprise... How cool is that?

Teens for Christ / See You at the Flagpole

By Staff



Teens for Christ is an organization that meets weekly to minister to the youth at OSB.

The group meets at the auditorium for praise and worship **every Tuesday morning at 7:30** and welcomes all who would like to participate.



This year Teens for Christ hosted the annual **"See You at the Pole"** on September 22.

See You at the Pole is an annual **"worldwide"** student-led event where they meet before school at the flagpole and pray for

blessings for the upcoming school year, their school, their friends, their leaders, and for their country.

This year many OSB students participated and the prayers were led by Mrs. Young-Mock, Abby Norton, John Duong, and Mrs. Cragg.

If anyone is interested in joining Teens for Christ, please join them on Tuesday mornings in the auditorium. They would love to see you there.



The "See you at the Pole" Story

A **small group of teenagers** in Burleson, Texas, came together for a DiscipleNow weekend in early 1990.

... Compelled to pray, they drove to three different schools that night. Not knowing exactly what to do, they went to the school flagpoles and prayed for their friends, schools, and leaders. Those students had no idea how God would use their obedience.

... The **challenge** was named See You at the Pole™ at a brainstorming session during a meeting of key youth leaders. The vision was shared with 20,000 students in June 1990 at Reunion Arena in Dallas, Texas.

... At 7:00 a.m. on September 12, 1990, **more than 45,000 teenagers** met at school flagpoles in four different states to pray before the start of school. Reports came into toll-free number for days after the first event.

... Since 1991, See You at the Pole™ has grown to God-sized proportions. Within the first few years, the movement began to spread to other nations through missionaries from the U.S. Now each year, an **estimated 1 million students from all the world participate** in See You at the Pole™. Students in **more than 64 countries** have participated.

For the full story, please visit: <https://syatp.com/>

Work study project "Coffee Cart"

By Maggie Mattox

Our work study students are working hard on and off campus.

Off campus jobs vary pending on the student's interest and abilities. One of our students, for example, is working at Brown's Shoes. - Congratulations!

On campus jobs vary pending on the needs here on campus, e.g. helping our custodians, collecting recycling boxes, etc. One of our new work study projects, the **"coffee cart"** service,

started out small, with just a few options and has grown to a **"crowd favorite"**.

The kids (teams vary based on their shift) come by 1-2 times a day and offer coffee with various options of creamers, a variety of teas, hot chocolate (as available) and cookies.

The service is free but **donations are highly appreciated**, as they will be used to buy supplies for the coffee cart service.

GREAT JOB GUYS !!!



Tyler, Ben, and Jacelynn

Classroom Corner - Science

By Lorie Cox

Class projects are definitely fun and an interactive way to learn.

The ninth graders sure seemed to like the hands-on learning they got to experience in science class during the first quarter of the school year.

Mrs. Daniel's **Biology** conducted an experiment where the class learned about enzyme reactions.



They used yeast, water, dish soap, and some peroxide in four different cups to see the reaction.



The 9th graders loved touching the foam and seeing how the experiment went. Kolten said, "the lab was pretty cool and something that you should do"

and Ocie thought "the experiment was fun".

Most of the students' favorite part of the experiments was the foam that was created and seeing the different chemical reactions!



By Cheryl Daniels

In our **Physical Science Classes** we had a "Momentum of colliding Objects Lab".

Our question was: How do the mass and velocity of a moving object affect its momentum?

We observed and calculated the momentum of different balls and then compared the results of collisions involving different amounts of momentum.



Elbin getting ready to roll a ball.



Students measuring the distance.

In our **Life Science Class** we worked on our measuring skills using some new equipment **donated by Pepper Watson** the AIM Center Director at the Services for the Blind and Visually Impaired, AIM Center at OK Library for the Blind.



Measuring a skull



Measuring liquid



Students looking at a skull

For another project we took 12 canvases to the Philbrook Museum for their "**Big Art Show**".

THE BIG SHOW: WORK BY YOUNG ARTISTS

On Display at the PHILBROOK MUSEUM **MAR 11- MAY 08, 2022.**

The Big Show is a radically inclusive exhibition highlighting the creativity of young people across

Tulsa and Oklahoma. All Oklahoma artists ages 4-18 were welcome to submit. The art will be placed on view in the gallery.

Presented with support from Sheri & Charlie Stinson.

Students from Leadership, FACS, and newspaper contributed.

<https://philbrook.org/exhibitions/the-big-show-work-by-young-artists/>



Ninth Annual Cane Quest

By Julio Valdez



OSB held its 9th annual Cane Quest competition.

Similar to last year, contestants were scored one on one by an Orientation and Mobility instructor throughout the month of October.

Cane Quest gives cane users the opportunity to demonstrate their knowledge of things like proper stair climbing, correct human guide techniques, crossing streets safely, and even saying no to assistance in the proper way.

There were a total of 34 contestants. Contestants were divided into three groups: Scouts, Explorers and Trail Blazers.

There were 12 contestants in the **scouts group**. They competed on campus and were scored by Sherry Holder, Samantha Charles, Debbie Darrough and Christy Hargrove.

All-star medalists included Avery Dollar, Quante Sellers and Kesslee Travis.

The **Trailblazers** had 8 contestants and were divided into two groups, depending on their level of vision. They competed in downtown Muskogee and were scored by Faye Miller and Gina Woods.

The top three scorers in the first group were **Hunter Kelley** with a **gold** medal, **Delilah Howell** with a **silver** medal, and **Lilith Pederson** with a **bronze** medal.

For the second group, the top three scorers were **Stephanie Story** with a **gold** medal, **Angel Cozort** with a **silver** medal, and **Jaylee Burnside** with a **bronze** medal.

Just like Trailblazers, **Explorers** were divided into 2 groups and competed in downtown Muskogee, with Gina Woods and Faye Miller scoring their every move.

A total of 14 contestants were scored. The top three scorers in the first group were **Julio Valdez** with a **gold** medal, **Elbin Carrillo** with a **silver** medal, and **Rayce Phillips** with a **bronze** medal.

Kaylie Minter and **Benjamin**

Middleton were the top two scorers in the second group with **identical scores**. **Both earned a gold medal**. They were followed by **silver** medalist **Tyanna Culley** and **bronze** medalist **Samantha Six**.

Cane Quest was made possible thanks to all the wonderful **sponsors**: Oklahoma School for the Blind, Braille Institute of America, Liberty Braille, Frank Dirksen, NanoPac, NewView Oklahoma, OK AER, OK Council of the Blind, and Sapulpa Lions Club.

Big shout out to all of them!



Happy Medalists



We DID IT!



S. Charles, G. Woods, F. Miller, S. Holder

White Cane Safety Day

By Staff



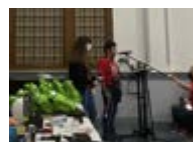
On October 15, **White Cane Safety Day** is observed around the world.

On October 13th, the OSB students and staff commemorated

the day by **walking from the East Lobby to the West Lobby** and then to



Mayor Coleman with BLINDFOLD



Kaylie & Julio

the auditorium for speeches by Kaylie Minter and

Julio Valdez.

Muskogee's Mayor Coleman

made a special appearance to congratulate the students who participated in CaneQuest and help bring awareness to the



(Continued on page 13)

White Cane Safety Day (continued)

(Continued from page 12)

importance and achievements of blind people around the world.

In the United States, it is a national observance, which was first celebrated in 1964, after the proclamation by President Lyndon B. Johnson.



White Cane Safety Day celebrates the achievements of blind or visually impaired people.

A white cane is an important mobility tool for such people as well as the symbol of their independence. Canes have been used by blind people for centuries, but the white cane was introduced in the early 20th century. Canes were painted white to be more easily visible.

In the United States, white canes were introduced and promoted by Lion Clubs International. There are different types of the white cane such as **long cane** (also known as Hoover cane), **guide cane**, **identification cane** “ID” (symbol cane), **support cane**, and **kiddie cane**. Not all of them are used as a mobility device. For

instance, the ID cane alerts others as to its bearer’s visual impairment but is of no help as a mobility tool.

The white cane is one of the symbols of a blind person’s independence as it ensures their ability to come and go on their own. In 2011, President Barack Obama also referred to White Cane Safety Day as **Blind Americans Equality Day**. (Source: Awarenessdays.com)



Student / Senior Spotlight

By Julio Valdez

The Panther Pride newsletter team will be recognizing members of the 2021-2022 senior class throughout the school year. For this edition we are recognizing Blazen Sitterly and Benjamin Middleton.

Benjamin Middleton

is from Oklahoma City and has been attending OSB for seven years.

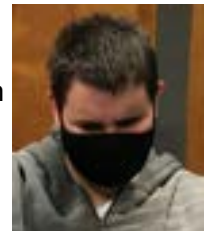


Throughout this time, Ben has enjoyed being a part of Boy Scouts, FCCLA, Jazz Band, Goalball, Student Council and Ukulele Club. Ben wants to use his remaining time at OSB learning as much as he can in

order to accomplish his post graduation goals, which include attending a technical school and getting a degree in Information Technology (IT). He then would like to get a job doing something that he enjoys. Ben’s favorite memories at OSB are going shopping and having a great time with friends at Woodland Hills Mall in Tulsa every year around Christmas time. “It’s like spending time with a second family. All of that good cheer going around during the season”, Ben said. Now that he is really close to the finish line, Ben has some advice for future graduates. He says that you should always keep trying and never give up, keep a positive attitude and be kind. “Make the world a better place than you found it”, he said.

Blazen Sitterly

is from Ponca City and has been an OSB student since he was in PreK.



While at OSB, he has learned to cook in Independent Living Skills (ILS) class, which he says will be one of his favorite memories of his time at the school. He has also had the opportunity to socialize, particularly when hanging out at the Rec Center with friends. Before graduating, Blazen hopes that he gets to take a field trip to The Gathering Place in Tulsa. He is not sure of what he wants to do after graduating, but he advises that anyone who wants to graduate does everything they are supposed to, otherwise it might not happen.

Employee Spotlight

By Abby Norton

This year the newspaper team has decided to do a spotlight on some of the employees that you may not catch just walking around the halls.

The first spotlight is on **Mrs. JoAnn** who is a **nurse** in the clinic.



Mrs. JoAnn has worked at OSB for four years and she said her favorite part about working here is "Helping students with medical needs and the interaction between them and me."

Her normal day on the job includes giving medications to students, seeing to their needs when they come into the clinic, stocking the clinic, and cleaning the exam rooms.

This year she plans to keep the kids at OSB healthy so we can

make it through the school year.

The second spotlight is going to be **Mr. Mike** who has been the **work study supervisor** for three years.



He said that his favorite part of working here is "The kids and my interactions and conversations about life and vocation and what is in the future without too much icing on top. **Life is tough, better know it now!**"

His work tasks include but aren't limited to; payroll for 12 students, delivery and pickup of vocational students to employment, coffee cart shopping, van runs, ILS, and on Wednesday lunch duty.

Mr. Mike's goal for the year is to laugh with the kids and teach them about work and occasionally help them get hometown

employment if wanted.

The last spotlight is **Ms. Machel** who is the new **food service manager** at OSB.



Despite being very new to our OSB family Ms. Machel's favorite part of being here is "Being involved with the kids."

Her normal day at work involves help with breakfast, planning the menu, ordering groceries, and production records.

Ms. Machel's goal for the year is to make sure that every kid eats.

These employees at OSB may not be seen much, but they all contribute to the family feel here at school.

Recreation Activities

By Nancy Brice

Well we started our first 3 weeks of school by changing our plans. It rained all day on the Night we were going to the park so we changed that to **Bingo**.



Then the next week we had a few problems, we were short a few staff members then we were sent home early for two weeks. But when we have a change in plans, we make **Snow Cones!**

A-2 girls and I made everyone snow cones the night before we went home. The girls delivered cones to each dorm and staff.



They are great workers, they called themselves the "**OSB Snow cone girls**".

The week we came back we made **key chains, bracelets and necklaces,** plus we had **Movie night!**



The first group watched "**Luca**" and the second group watched "**Jungle Cruise**".



A big thanks to Chris and Rosie

Coomer for providing the movies.

Also in September we had our **Root Beer Floats** and our 3rd Annual OSB Family Feud "**Boys vs Girls**". The score was a tie up until this year! But the Girls barley won by one point.



In the month of October we started off with a **Scavenger Hunt!** There were 4 teams and a list with about 21 things to find throughout the school. We had a 3 way tie for 1st. But everyone had a great time and got a



(Continued on page 15)

Recreation Activities (continued)

(Continued from page 14)

candy bar for participating.

We had snow cones again in the month of October, some of the kids said they got really cold when they ate it. I told them, "I was getting them ready for winter!"

The craft for October was **slime**. The kids have a lot of fun making it. But my opinion is it's



a little too slimy.

On October 18th we had **Joke Night!** One of the students said it best "**All we needed was some crackers because these jokes are cheesy!**"



On October 19th we celebrated **October birthdays!** Thanks to the ILS staff and students for providing the



cupcakes. They were yummy!

This report went out before the Fall Festival so we will give you a full report on this next newsletter.

I just want to thank each and every one of you who help with all these activities that are planned for the students.

It's a great place to work and go to school here at OSB!

Nancy Brice
Recreation Director

GOING THE EXTRA MILE



Following employees were nominated for their devoted support of our students, staff and school:

Dwayne Estep for always helping me with my furniture requests and room re-arrangements. He has brought me multiple tables and desks and always goes out of his way to help me with anything I need.

Christy Hargrove

Laci Goins for helping me with APH and other technology issues. What a gem!

Susan Young Mock

Maint. Staff **Andrew Nail** for making the **Sock-o-Meter** for Socktober.

Cheryl Daniels

Miss Lisa for cleaning extra areas due to staff being out.

Cheryl Daniels

Becky LaRue for supporting our OSB Boy Scout Program.

Cheryl Daniels

Susana Jackman for helping students with research Papers.

Cheryl Daniels

Marcella Bynum & Darlus Reeves for helping a student and his family.

Cammeron Brice

Ann Page for stepping in when most needed and helping to see that things run smoothly on the fourth floor, when two teachers had to be out, so unselfishly and without complaining.

Ruby Barker

Annette Underwood for the great decorations outside the clinic that always get us in the right mood for the season, as well as always thinking about others and getting creative for

festivities. Annette also helps out wherever needed and always has a positive attitude. Thank you girl.

Maggie Mattox

William Grayson, for helping cleaning areas for a coworker that is currently out.

Maggie Mattox

Allison Garner - and all others involved - for trying to help a student in need. Allison has contacted several sources on and off campus trying find a solution to the problem and is not giving up.

Maggie Mattox

Nancy Brice for organizing the awesome Fall Festival and all **volunteers** for spending their free time here on campus to assure the kids had a great time.

Maggie Mattox

Thank you guys for going the extra mile. It is highly appreciated.



Birthdays

Students

CYRIER, JORDAN	9	2
BRUZZINI, HAYDEN	9	9
WELLER, ANICKA	9	11
SIX, SAMANTHA	9	18
CONNER, PIPER	9	23
MORRISON, DEVON	9	28
<u>HORTON, RYAN</u>	<u>9</u>	<u>30</u>
SULLIVAN, KENNEDY	10	8
PENNINGTON, KOLTEN	10	19
WILLIAMS, TESSA	10	22
COX, LORIE	10	25
DOLLAR, AVERY	10	26
DOUGAN, NOAH	10	27
<u>JAMES, NIKKI</u>	<u>10</u>	<u>27</u>
SELLERS, QUANTE	11	1
MONTGOMERY, AUDREE	11	6
MITCHELL, EVY	11	11
RODRIGUEZ, JERRY	11	12
JAMES, HAIDYN	11	14
ENZENAUER, ERIC	11	19
CISNEROS, JULIA	11	25
KELLEY, HUNTER	11	25
<u>HARRINGTON, KYLER</u>	<u>11</u>	<u>27</u>
ALENDER, BRYAN	12	1
SHIELDS, JACELYNN	12	1
CRUM, PAYTON	12	3
MILLAR, JUSTIN	12	4
SUTTERFIELD, LANE	12	4
WOLF, JESSE	12	13
TRAVIS, KESSLEE	12	15
TUAN, KHUP	12	15
ANDERSON, JIMMY	12	22
<u>SITTERLY, BLAZEN</u>	<u>12</u>	<u>27</u>



Staff

REED, KAREN	9	4
BILLY, LOGAN	9	5
JACKMAN, SUSANA	9	5
O'NEAL, BILLY	9	18
CARDEN, CHRIS	9	19
STEWART, CODAY	9	21
ASHWOOD, HOWARD	9	24
COPLEN, SHAWNA	9	26
ECKERSON, JENNIFER	9	26
YOUNG, TERESA	9	27
<u>SHELTON, CASSIE</u>	<u>9</u>	<u>28</u>
CUNNINGHAM, KARLA	10	3
ESTEP, DWAYNE	10	3
UNDERWOOD, ANNETTE	10	8
DARROUGH, DEBBIE	10	10
BACCUS, DONALD	10	12
CULIE, ROB	10	25
MILLER, MARK	10	25
<u>COTNEY, CARLA</u>	<u>10</u>	<u>26</u>
CHAFFIN, KERI	11	1
ROBISON, MIKE	11	19
EHELLE, RITA	11	21
<u>JACKMAN, JEREMY</u>	<u>11</u>	<u>23</u>
COOMER, CHRIS	12	3
LEDEZMA, ANA	12	3
THORNTON, MACHEL	12	5
KOWLES, TRACY	12	8
SACCOMANO, TAMMY	12	9
BARRETT, KATHY	12	13
ROSS, JANA	12	14
COOPER, LYNETTE	12	17
BRICE, CAMMERON	12	19
GARNER, ALLISON	12	23
WEBSTER, BRENT	12	29
<u>GARRETT, JAMIE</u>	<u>12</u>	<u>29</u>



Recreation Activities

NOVEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Fri.	Sat.
Oct. 30 Open Rec.	1 Open Rec Night	2 MS & HS Spaghetti Dinner Elementary Movie @ 6:00 pm	3 Open Rec Night	4 Home Going	5	6
7 Open Rec. Wii Bowling Tournament	8 Open Rec Finals of the Wii Bowling Tournament	9 Craft Night! Making Veteran's Day Cards 5:45-A2 6:15-B2 7:00-A3 7:45-B3	10 Open Rec Night	11 Home Going	12	13
14 Open Rec.	15 Open Rec Night	16 Ice Cream Cones @ McDonald's Elem. & MS Leave @ 6:00 *)	17 Turkey Stomp Dance 6:30 - 8:00 pm	18 Home Going	19 *) The cones will be free. Anything else you will need to pay for yourself.	20
<h1 style="margin: 0;">Nov. 22 - 26</h1> <h1 style="margin: 0;">Thanksgiving Break</h1>						
28 Open Rec.	29 Open Rec Night	30 Birthday Party 6:00 A2/B2 6:40 A3/B3 7:00 B1/LH	Dec. 1 Open Rec Night			

Recreation - 918-781-8200 - Ext. 8278

ALL Calendars are "subject to change". - Please visit our website <http://osb.k12.ok.us> for updates.

Oklahoma School for the Blind

3300 Gibson Street
Muskogee, OK 74403

Toll Free: (877) 229-7136
Voice/TTY: (918) 781-8200
Fax: (918) 781-8300

It takes more than sight to have vision!

Please check out
our website at:



OSB Employee / Staff Changes:

New Hires:

8/1/2021 Keri Chaffin, School Psychologist
8/1/2021 Debra Darrough, Outreach Coordinator
8/1/2021 Kelly Kaulay, Teacher
8/1/2021 Rebecca Mills, School Counselor
8/1/2021 Elisha Moore, Teacher
8/9/2021 Tracy Knowles, Food Service Specialist
8/9/2021 Jodi Matthews, Direct Care Specialist
8/9/2021 Mindy Miller-Dause, Direct Care Specialist
9/9/2021 Jamie Garrett, Social Services
8/15/2021 Ruby Barker, Teacher
10/18/2021 Glinda Huitt, Nursing Service Supervisor



Employee Separations:

7/31/2021 Bailey Ross, School Counselor
7/31/2021 Melissa Smith, Teacher
10/18/2021 Connie Merrill, Nursing Service Supervisor

UPCOMING HIGHLIGHTS !!! - Save the Date/s !!!

Nov. 2 - SCASB Fundraiser "**Spaghetti Dinner**" @ Shriner's Temple **(see flyer)**

Nov. 3 - Walk to School Day **(see flyer)**

Nov. 11 - Veteran's Day / OSB Veterans Breakfast
- School Picture "RETAKES"

Nov. 16 - Gym/Area of Refuge/Larry Hawkins Memorial bench dedications

Nov. 22-25 - THANKSGIVING BREAK - NO SCHOOL

Nov. 28 - Dorms Open - Bus Routes Run

Dec. (tbd) - OBI Blood Drive @ OSB

Dec. 16 - Last Day of School

Dec. 20 - 31 - CHRISTMAS BREAK - NO SCHOOL

Jan. 2 - Dorms Open - Bus Routes Run

Jan. 3 - School Starts back

Please join our students on their "Walk to School".



Walk to School Day

Oklahoma School for the Blind

November 3rd, 7:00 am

Meet at Civitan park and
walk to school with
students!





Date: 11/02/21

**Spaghetti & Meatballs
Salad - Garlic Bread - Dessert**

Doors open at 5:00 Suggested donation \$8



Jazz Band performance ~6:00-6:30 pm

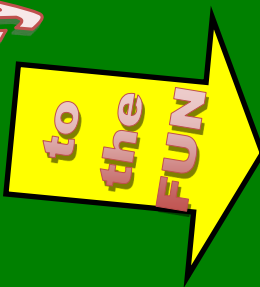


Silent Auction (gift baskets, etc.) ~5:00-6:30 pm

- Silent Auction winners to be announced after closing of bids. -

Dessert Auction after silent auction

This Way



Trinity Masonic Lodge 502

Bedouin Shrine Temple

121 S 6th St. W, Muskogee, OK 74401

Panther Pride T-Shirt Fundraiser

The Jr/Sr Class will be selling OSB T-shirts and Hoodies **October 25 - November 16**

T-shirts are available in sizes: Youth Med, Youth Lg and Adult Sm-XL for **\$15**
 Sizes **XXL** and up are **\$18**

Zip Front Hoodies are available in sizes: Adult Sm-XL for **\$35**
 Sizes **XXL** and up are **\$40**

Please return all orders to Ms. Goins, Mr. Jackman or a member of the Jr/Sr class
before November 15, 2021.

Thank you for your support of the OSB Panthers and the Jr/Sr Class. All proceeds will be used to help pay for end of the year activities.



Please make all **checks payable to Ok School for the Blind** - Memo Line: **Jr/Sr Class T-shirt Fundraiser**

Name: _____ (if student please include teacher)

Contact Number: _____

Delivery Instructions: _____

	YMed	YLg	Sm	Med	Lg	XL	Up Size
T-Shirt							
Hoodie							

Order Total: \$ _____ Received by: _____ Date: _____