

# PANTHER PRIDE

School Principal: Lynn Cragg

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

## 1st Quarter Honor Roll & Students of the Quarter

### “A” Honor Roll

#### Elementary

Katelynn Zampella

#### High School

Aaron Hopson  
Jennifer Ratliff  
Richelle Zampella

### “B” Honor Roll

#### Elementary

Jimmy Anderson  
Khatungi Bryant  
Elbin Carrillo  
Avery Carrington  
Julia Cisneros  
Lorie Cox  
Audrey DeBroskey  
Priscilla Diaz  
Benjamin Middleton  
Mannon Moore  
Scott Moore  
Skyler Moore  
Kolten Pennington  
Shannon Winter

#### Middle School

Garrett Kennedy  
Tommy Phelps  
Kaylee Ragon

#### High School

Brianna Brennan  
William Carney  
Morning Star Clark  
Patelin Cogswell  
Sara Graber  
Jacob King  
Logan McCoy  
Tesla Nakedhead  
Ariana Richardson  
Regan Spaulding  
Tai' Yauri Thomas  
Andrew Wagon

**CONGRATULATIONS!**

**Students of the Quarter** for the first Quarter are as follows:

Elementary - Shannon Winter  
Middle School - Tommy Phelps  
High School - Richelle Zampella

### Oklahoma School for the Blind

2015-2016, Issue 4

Editor: Maggie Mattox

December 16, 2015

### Special points of interest:

- ☺ Academic Team
- ☺ Cane Quest
- ☺ Future Shock
- ☺ 4H Show Results
- ☺ FCCLA Star Events
- ☺ Scouts Updates

## OSB Spaghetti dinner fundraiser

The OSB Spaghetti dinner fundraiser on December 1<sup>st</sup> was a huge success.

I'd like to thank the **Masons of Trinity Lodge #502** for hosting our dinner.

The OSB jazz band performed and did a phenomenal job! I had many people

ask if they could play some more.

The dessert auction went very well and a big **“Thank You”** to Miles Beverage for auctioneering for that.

**We raised \$1625.00 and the Masons will match that amount!**

This money will go to support our wrestling and cheerleading programs.

It was a great evening of good food, music and fun.

Thank you to everyone who came out and supported this effort. We plan to do it again next year.

Lynn Cragg,  
principal



Spaghetti fun at the Masons of Trinity Lodge

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# Middle School at the NSU College of Optometry

Have you ever used your body like a giant braille cell?

The middle school brought their knowledge of braille to NSU again this year and taught body braille to the 3<sup>rd</sup> year optometry students. We teach them about braille and they teach us about what college is like.

Lunch is our time to visit with the optometry students and learn

about the differences in our dorms and college dorms, our classes and college classes, and just make new friends.

A GIGANTIC thank you to Patsi Nix Smith for buying our lunch.

After lunch, OSB graduate Charity Pickup gave us a tour

of her dorm and told us about the Sequoyah statue that is found at the entrance to NSU.

Faye Miller,  
MS teacher



MS students in front of the Sequoyah statue at NSU Tahlequah campus

## Academic Team



Our Oginali conference season ended at Hilldale on November 3<sup>rd</sup>.

We traveled to seven schools and played 21 games this season.

Both teams played well and represented OSB very well.

**Parkview A** scored 1870 points and with a record of 10 wins and 11 losses, were barely edged out by Fort Gibson for 3<sup>rd</sup> place team.

Logan McCoy and Richelle Zampella made the **Oginali All-Conference Team**, scoring in the top fifteen Junior Varsity players.

Logan scored a total of 380 points, with an average of 12.67 points per quarter. Richelle scored 410 points, with an average of 9.76 points per quarter.

**Parkview B** also played well, scoring 470 points and 2 wins.

**OSSAA Regional** play was November 14<sup>th</sup> at Mason High School.

Logan McCoy, Jennifer Ratliff, Richelle Zampella and Kaylee Ragon represented OSB.

We made it to the 5<sup>th</sup> round of play and were just edged out qualifying for Area by our friendly rivals, Webbers Falls.



Faye Miller,  
sponsor



Back Row from Left: Richelle Z., Logan D., Logan M., Jennifer R.  
Front Row from Left: Regan S., Briana B., Kaylee R., Ariana R.

### Parkview A - Individual Points

	Total Points	Points per Quarter
Logan McCoy	380	12.7
Richelle Zampella	410	9.8
Regan Spaulding	30	2.1
Jennifer Ratliff	40	1.4
Logan Deaton	30	1.2

### Parkview B - Individual Points

	Total Points	Points per Quarter
Kaylee Ragon	150	3.9
Regan Spaulding	20	1.7
Ariana Richardson	40	1.2
Brianna Brennan	10	0.3

# Updates from our Social Services Department



Posted Notes image with note "Caught being Good"

## November & December Students "Caught Being Good"

- ◆ Kentrell Wallace - for finding a student's wallet and turning it in to the teacher.
- ◆ Shaylin Wells - for holding a door open for an adult
- ◆ Patelin Cogswell - for helping another student
- ◆ Destiny Tanyan - for helping other students
- ◆ Jacob King - for giving to a child in need
- ◆ Shannon Winter - for volunteering to help adults
- ◆ Kolten Pennington - for helping a new student

Social Services Department  
Jane Thomas  
Sylvia Sterling

Please also see our "Business Insider" special  
- *7 ways mentally strong people handle stress* - on pages 13-14.

## Social Services News & Character Word of the Month

### From The Counseling and Social Work Department

The holidays are quickly approaching and there's no better character word for the month of December than **CARING!**

The students have heard stories and participated in discussions on being a CARING person. They have shared ideas on how to show that you care for someone, as well as things they have planned to give others because they care. We've talked about the importance of CARING all through the year, and not just at Christmas time.

The students were encouraged to continue to explore ways to incorporate their caring in everyday situations, whether at

school or home. Everyone enjoys knowing that someone cares and as part of growing our character we will practice using caring words and actions through the rest of this semester and into the New Year.

I'd like to take this opportunity to thank everyone who has been so CARING to me this semester. I began my internship in August and have enjoyed getting to know everyone. It has been a great learning experience for me, and I hope for each of the students that I have been able to work with.

The time has quickly passed and my internship ends as we go into the Christmas break.

I hope to be seeing you all in the spring semester, although I won't be able to be here so much.

I am so thankful to have had this opportunity!

I will end with an apology; we have talked about when you care for someone that you apologize when you have made an error. In my mind I was thinking that putting CARING on the bulletin board in glitter letters would make it stand out. However, I have learned that it glares and is hard to read. So be assured that I have learned and will know not to do that next time! I also have learned to CARE for you all and will never forget this semester at OSB! Remember that I CARE!!

Cindy Allen,  
Counseling  
Intern  
Fall Semester  
2015



# Cane Quest

Twenty-six students demonstrated their white cane travel skills on December 10<sup>th</sup> at the **3<sup>rd</sup> Annual Oklahoma Regional Cane Quest**.



This unique competition gives students who are blind and visually impaired an opportunity to use their white canes, usually used to help them travel efficiently, as a tool to earn points and win prizes.

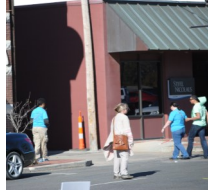
The event was held at the Oklahoma School for the Blind and in downtown Muskogee on December 10, 2015.

Students from across Oklahoma were invited to compete.



Younger students demonstrated skills by completing a variety of tasks at the OSB campus.

Older students navigated a route in the community by following verbal directions and paying attention to environmental clues to reach a destination.



Cane Quest is one of Braille Institute's national programs. It was created to test the ability of contestants in grades 3-12 to navigate the world around them independently. It seeks to motivate students to master mobility skills, build their confidence in these skills, and is a great opportunity to educate the public about the abilities of blind youth to travel independently.

**Congratulations to this year's winners!**

## Scouts

Top Girl Lorie Cox  
Top Boy Avery Carrington

## Explorers B1

Gold Nicholas Jackson-Morrison

## Explorers B2

Gold Kaylee Ragon  
Silver Tai' Yauri Thomas  
Bronze Kentrell Wallace

## Trailblazers B1

Gold Jonathon Phelps  
Silver Shaylin Wells  
Bronze Destiny VanPelt

## Trailblazers B2

Gold Destiny Tanyan  
Silver Jennifer Ratliff  
Bronze Makayla Fetner



Faye Miller,  
O&M instructor

# Future Shock - Career Day



## "Future Shock" Career Day

began with an outstanding keynote

presentation by Mr. Jim Stovall, founder and president of the Narrative Television Network.

Mr. Stovall, along with other blind and visually impaired speakers, spoke to our students about the importance of taking advantage of opportunities they encounter and how to turn those opportunities

into successful career choices.

They spoke of the education needed to obtain various careers and also about additional careers in their field that might interest the students. They talked about the fun parts of the job as well as some of the not so fun parts. We all know some aspects of our jobs are better than others.

At the end of each break-out, speakers expressed their



appreciation for the opportunity to share their knowledge and career experiences with the terrific students at OSB and that they had learned a lot from the students as well.

Linda Graber,  
OSB PTO





# OSB 4H Rabbit & Poultry Show - Results

On November 17<sup>th</sup>, 2015 OSB held another successful "4H Rabbit & Poultry Show", with our 4H members placing as follows:

## **Destiny Tanyan**

- **Satin Meat Doe**  
1<sup>st</sup> Place,  
Grand Breed Champion, and  
All Show Reserved Breed  
Champion

## **Garrett Kennedy**

- **Holland Lop Buck**  
3<sup>rd</sup> Place

## **Skyler Moore**

- **Holland Lop Doe**  
2<sup>nd</sup> Place

## **Rylie Spaulding**

- **Havana Buck**  
4<sup>th</sup> Place, and  
1<sup>st</sup> Place Jr. Showman Ship

## **Arianna Richardson**

- **Mini Satin Buck**  
1<sup>st</sup> Place, and  
Grand Breed  
Champion



Ariana  
Richardson

## **Tai Yauri Thomas**

- **Dutch Buck**  
3<sup>rd</sup> Place

## **Skyler Moore**

- **Dutch Doe**  
4<sup>th</sup> Place, and  
2<sup>nd</sup> Place Jr. Showman Ship

## **Katelyn Moore**

- **Dutch Buck**  
2<sup>nd</sup> Place, and  
2<sup>nd</sup> Place Jr. Showman Ship



Kaylee Ragon

## **Kaylee Ragon**

- **Loin Head Buck**  
1<sup>st</sup> Place, and  
Reserved Breed  
Champion

## **Cameron Hughes**

- **Loin Head Doe**  
1<sup>st</sup> Place,  
Breed Champion,  
All Show Grand Breed Champion,  
Reserved Show Breed Champion,  
and 1<sup>st</sup> Place Sr. Showman Ship

## **Holly Felkins**

- **Netherland Dwarf Doe**  
3<sup>rd</sup> Place, and  
2<sup>nd</sup> Place Sr. Showman ship

## **Avery Carrington**

- **Mini Rex Doe**  
2<sup>nd</sup> Place

## **Tai Yauri Thomas**

- **Polish Doe**  
2<sup>nd</sup> Place

## **Jacob King**

- **Mini Rex Buck**  
2<sup>nd</sup> Place

## **Audrey DeBrosky**

- **Dutch**  
3<sup>rd</sup> Place

## **Rylie Spaulding**

- **Holland Lop Buck**  
3<sup>rd</sup> Place

## **Abbie Page**

- **Polish Buck**  
1<sup>st</sup> Place,  
Grand Champion Over All, and  
Grand Champion Breed

## **Abbie Page**

- **Polish Doe**  
1<sup>st</sup> Place, and  
Reserved Grand Champion



Will Carney

## Poultry

## **Abbie Page**

- **Wyandotte Rooster**  
2<sup>nd</sup> Place, and  
Reserved Breed Champion

- **Seabright Rooster**  
1<sup>st</sup> Place, and  
Reserved Champion

- **Barred Rock Rooster**  
2<sup>nd</sup> Place, and  
Reserved Champion

- **Barred Rock Hen**  
1<sup>st</sup> Place

## **Jacob King**

- **Cochins Hen**  
2<sup>nd</sup> Place

- **Cochins Rooster**  
2<sup>nd</sup> Place

## Mark the Dates:

### **Jan. 12<sup>th</sup>**

4-H meeting at 5:30 pm

### **Jan. 19<sup>th</sup>**

next Rabbit & Poultry Show at  
OSB

Marcella Bynum,  
4H sponsor



# Fall Festival

This year's Fall Festival had an outstanding turn out.



Jennifer Ratliff (L) and Halle Stout (R)

Games were lined up and down the halls where students worked the booths to help raise money for their different clubs and organizations.

The recreation center was set up for ticket sales, but a new addition was added to the Fall Festival this year, a prize exchange booth ran by Mrs. Adams and her husband as well as Mrs. Wassom. Students were able to bring prizes they received for playing games and exchange several for a larger prize.



Aaron Hopson (L)

At the end of the night students turned in their remaining tickets to redeem for additional prizes.

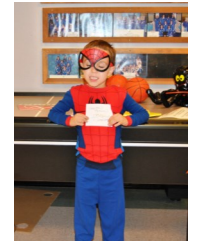
The Girl Scouts and FCCLA had the cafeteria set up with food galore. Frito chili pies, caramel apples, Girl Scout cookie shakes, and funnel cakes were being served up fresh with the help of Mrs. Barker, Mrs. Eckerson, Mrs. LaRue, Ms. Leatherman, and Mrs. Collins.

We also changed up the hayride this year. Civitan Park was gracious enough to allow us to utilize their premises and with the help of maintenance, Mr. Butler, his family, and Ms. Goins, the hayride trail was set up to scare. While students waited to board the hayride, Mrs. Mock donated inflatable toys that the students could enjoy.

Overall, **nearly \$800** was raised. We are very thankful for all the students and staff that participated this year and helped make this another fantastic year.

We look forward to having another wonderful Fall Festival next year.

Kim Politte



# Special Olympics "Music & Dance"

The High School Special Olympians traveled to Ben Franklin Science Academy in Muskogee to perform their version of the Whip and Nae Nae.

December 10<sup>th</sup> was the Cherokee County Area Music and Dance Day.

Performers included: Jacob King, Morning Star Clark, Andrew Wagon, Justin Whitmire, and Seth Wedel.

A local dance teacher, Mrs. Isabel Cockle, worked with these kids for the second 9 weeks getting them ready to dance their heart out.

Big thanks to the classroom teacher Mr. Carden for traveling with the crew, to Ms. Jamie Allenbaugh for helping the class learn their routine and traveling with them, and finally to Mr. Culie the awesome PE teacher and bus driver!

Tera Webb,  
P.E. Teacher



OSB students performing at Ben Franklin Science Academy



## FCCLA Star Events

Three OSB FCCLA members recently participated in competitive STAR events in Ft. Gibson. Students Taking Action with Recognition (STAR) are events in which members are recognized for achievements either as individuals or a chapter.

### Ariana Richardson

participated in New Member Facts. She studied FCCLA history, parliamentary procedure, and the many FCCLA programs that are supported by the national organization. She handled herself like a champ while dealing with some technology issues, and received high praises from area teachers assisting.

### Kaylee Ragon

Competed in Recycle and Design. She repurposed jeans and

overalls and made a denim wreath, which she embellished with old buttons, and flowers she made out of denim. Kaylee even used one of the straps from bib overalls to make a hanger for her wreath. She was required to do a presentation about the time, materials, and cost of her project. Kaylee received third place for her efforts.

### Richelle Zampella

participated in Children's Literature and wrote a children's e-book centering around the theme of going on a picnic.

Richelle was able to pair her Apex to the iPad to write her story and present her book to the judges. Richelle received third place for her e-book.



All three students spent several hours outside of the classroom preparing for their event. Their time and hard work paid off. Way to go girls!

Allison Garner,  
FCCLA sponsor



From Left:  
Richelle Zampella, Ariana  
Richardson, Kaylee Ragon

## Library News

### From the Heart Jewelry

The OSB Media Center just received a new shipment of jewelry.

We have Panther Paw, Power of Pink Awareness, and Sports items.

Earrings, Necklaces, Bracelets and Key Rings available.

### Stop by, check it out.

- Prices vary (\$7-\$10)

Thank you again for supporting the OSB Media Center Program.

### Star Wars READS Night was OUT of this WORLD!

Fun they had over forty students and staff on November 16<sup>th</sup>.



We ate Darth Tators and Hutdogs and washed it all down with Yoda Soda.

There was a galactic battle during the Light Saber Thumb wrestling



tournament and all members of the galaxy had fun playing Wookie-Han-Saber, our version of Gorilla-Man-Gun.

Come and join us in the spring for the next Literacy Night Event, sponsored by the Media Center and Reading Dept.

We will be having lots of good fun that is funny!

**Barbara D. Collins,**  
Media Specialist

**Rachel Butler,**  
Reading Specialist



# Boy Scouts & Girl Scouts Updates

## Boy Scouts



The popcorn sales went very well.

The Boy Scouts sold a total of

**\$1885.00,**

resulting in

a **profit of \$678.00** for the troop.

The money will go to help the boys with camping and outing.

**Boy Scouts raised \$678.00 for activities**

On **February 6, 2016** the Boy Scouts have the opportunity to go to the merit fair. The cost will be \$10.00.

To be able to participate in water activities such as canoeing, sailing, etc. during summer activities, **Boy Scouts and Girl Scouts** will need the merit patch. To earn the merit patch, they will have to show that they can master the swim defense basic strokes.

If your student already knows how to do this, they will

need to be signed off by a life-guard to earn the merit patch

For those who still need to learn the swim defense basic strokes, **swimming lessons will start in February for the cost of \$40.00** per student. A form will be sent home after Christmas.

Boy Scouts' Christmas party will be **December 14<sup>th</sup> at 4:30 pm.**



The menu will be hamburgers and hot dogs.

Becky LaRue, sponsor

## Girl Scouts



Our Girls Scouts traveled to Tulsa November 2<sup>nd</sup> to experience the life of a girl in Uganda.

Carla Cotney as troop committee members.

**We are in need of additional troop committee members**

as the girls have already picked out several day activities and overnights for the second semester of the year.

You can volunteer to assist with troop meeting(s) &/or with trip(s) and overnight(s) per event or help with all events.

If you are interested, **please contact me via** email: [bcollins@osb.k12.ok.us](mailto:bcollins@osb.k12.ok.us), Phone DAY: 918-781-8200 X-8236, or EVENING: 918-691-1426

Flyers will go out after approvals received.

### Troop 11224

#### 2016 Meeting Dates

January – 1/5, 1/26  
February – 2/2, 2/16, 2/23  
March – 3/1, 3/22, 3/29  
April – 4/5, 4/19, 4/26

Troop Meetings held **Tuesdays 5:00-7:00 pm** at OSB in the Rec. Center or Media Center

Barbara Collins, Media Center & sponsor

We heard about her life's story and experienced her home, school, village and daily life



living in a third world country.

This is part of earning our **Journey award** and badge requirements in World of Girls and Mission: Sisterhood.

We also had a great time at our holiday party December 9<sup>th</sup>.

Troop 11224 will begin the year with me, Barbara Collins, as the leader, and Becky LaRue and

### Troop 11224 Anticipated Trip Dates

Girl Scout Troop Olympics – 04/09/2016

Camp Wah-Shah-She Bartlesville, OK



Oklahoma School for the  
Blind

3300 Gibson Street  
Muskogee, OK 74403

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

It takes more than sight to have  
vision!

Please check out  
our website at:



## OSB Employee / Staff Changes:

### Change in Position:

Kimberly Politte changed from Recreation  
to Medical Assistant (Clinic).



## December Birthdays

### Students

Payton Crum	Dec	3
Tesla Nakedhead	Dec	3
Xerek Hitchcock	Dec	4
Seth Wedel	Dec	14
Kesslee Travis	Dec	15
Garrett Kennedy	Dec	17
Jimmy Anderson	Dec	22
Khatungi Bryant	Dec	27
Blazen Sitterly	Dec	27
Thomas Raines	Dec	28
Shaylin Wells	Dec	30

### Staff

Amy Morgan	Dec	1
Ana Ledezma	Dec	3
Kathy Barrett	Dec	13
Trisha Hart	Dec	15
Cammeron Brice	Dec	19
Allison Garner	Dec	23
Rachel Butler	Dec	24
Brent Webster	Dec	29



## UPCOMING Birthdays

### Students

Scott Moore	Jan	4
Gavin Day	Jan	5
Jacob Nash	Jan	5
Sara Graber	Jan	12
Miracle Jones	Jan	14
Josephina Cox	Jan	17
Kentrell Wallace	Jan	22
Ariana Richardson	Jan	26
Audrey DeBrosky	Jan	28
Kaylee Ragon	Jan	30

### Staff

Melissa Sweeney	Jan	5
Amanda Isom	Jan	15
Amanda Sweeney	Jan	16
Betty Cowan	Jan	17
Jeana Jones	Jan	17
Faye Miller	Jan	17

# GOING THE EXTRA MILE - November/December 2015



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

A huge "THANK YOU" to **Brenda Plunkett** and **Jordan Tinsley**. Both, Brenda and Jordan, were working on their day off (Friday) to meet the State Dept. of Education's deadline by Inputting the school's Free and Reduced Lunch information to complete our certification. Our school will receive approximately \$30,000 from this certification.

Rozann King

Kudo's to **Linda Graber** and **Jeannie Meyer**, for all of their work in coordinating a fantastic "Future Shock" event for us this year.

Christine Boone

Two going the extra miles for me are **Allison Garner** and **Laci Goins** for helping locate a tape measure to get some very important size information for a sorority person.

Kathy Adams

I want to nominate **Kathy Adams** for going the extra mile. She has dedicated so much of her personal time after school to activities and the kids. She stayed

extra late several nights to help with a student who needed extra attention in the dorms. She is the picture perfect example of what an educator should be. Not only does she care about the future of the children but she cares about them more on a personal level as well. She is kind hearted and loving.

Kimberly Politte

I would like to nominate **Faye Miller** for her dedication to our students and various events, such as Braille Challenge, Cane Quest, and many more. She spends various hours before and after school hours, including weekends, on preparing those events and improving the procedure to make them more fun each year. Way to go Faye.

Maggie Mattox

Also a huge shout out and "Thank you" to our awesome **Chris Ferrell**. He always puts together a great Christmas Program and spends extra hours on burning DVDs, so parents and guardians can get a copy, after the actual performance, to share with family and friends over the holidays.

Maggie Mattox

Thank you **Dave Likins**, for being the lead person in maintenance during the month of November on the day's I was out.

Brian Culver

Shout out to **Cammeron Brice** for always being there to support not only his staff, but the day staff, as well. He selflessly gives his time, support, and money from his own pocket to both the kids and staff. He often has to work when we are

understaffed...and 14 hour days aren't for the faint at heart! We couldn't ask for a more devoted supervisor!! Thank you.

DCS Staff

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





# January 2016

Sun	Mo	Tue	We	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Dorms Open  
 NO School  
 School In Session

## Schedule of Events

### Date Time Event

Sun., Jan. 3<sup>rd</sup> Dorms Open / Bus Routes run

**Mon., Jan. 4<sup>th</sup> Classes Resume**

Thur., Jan. 7<sup>th</sup> **End of 2. Qtr. / 1. Semester Wrestling District Duals in Checotah**



Thur., Jan. 14<sup>th</sup> Sapulpa Bean Dinner

Fri., Jan. 15<sup>th</sup> ½ Day Professional Day

Mon., Jan. 18<sup>th</sup> Martin Luther King Day - **SCHOOL IN SESSION !**

**Wed.-Sun., 20<sup>th</sup>-24<sup>th</sup> Wrestlers & Cheerleaders at SCASB - Talladega, AL**



Wed., Jan. 27<sup>th</sup> Ruth Kelly at OSB for "Team Pictures"



Fri., Jan. 29<sup>th</sup> Maverick Wrestling Tournament



Sat., Jan. 30<sup>th</sup> Wrestling Conference Tournament

### Upcoming February Events:

Fri., Feb. 12<sup>th</sup> ½ Day Professional Day

Thur., Feb. 18<sup>th</sup> Open House



Wed., Feb. 24<sup>th</sup> Ruth Kelly at OSB for Senior Pictures



Fri., Feb. 26<sup>th</sup> Braille Challenge



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



# January 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Dorms Open	4 Boy Scouts 5:30-6:45 Open Rec. 6:45	5 BINGO @ 6:30	6 Xbox Dance Off Contest	7 Wrestlers @ District Duals, Checotah Home Going	8	9
10 Dorms Open	11 Boy Scouts 5:30-6:45 Open Rec. 6:45	12 Movie Night @ 6:30	13 Karaoke	14 Home Going	15	16
17 Dorms Open	18 Boy Scouts 5:30-6:45 Open Rec. 6:45	19 Bunny Show @ 6:00 pm (gym) Open Rec.	20 (SCASB -> Sunday) Tye Dye Night! Bring white T-Shirt or pillow case.	21 (SCASB -> Sunday) Home Going	22 (SCASB -> Sunday)	23 (SCASB -> Sunday)
24 (SCASB returns) Dorms Open	25 Boy Scouts 5:30-6:45 Open Rec. 6:45	26 Beach Party Games/Food/ Fun @ 7:00 pm	27 Make play- dough	28 Home Going	29 Wrestlers @ Maverick Tournament (Tablequah area)	30 Wrestlers @ Conference Tournament <b>GO PANTHERS!</b>
31 Dorms Open						

**\*\*CALENDAR SUBJECT TO CHANGE\*\*** Nancy Brice, Recreation, 918-781-8200 Ext. 8278



# BUSINESS INSIDER

## 7 ways mentally strong people handle stress

Inc. AMY MORIN, INC.,  
JUL. 11, 2015, 3:00 PM

While stress causes some people to crumble, mentally strong people continue to thrive in the midst of added tension.

In fact, they view adversity as an opportunity for self-growth.

Whether they're dealing with financial setbacks, health problems, or workplace difficulties, mentally strong people don't let stress drag them down.



Walking is a good way to deal with stress.

Here are seven ways mentally strong people handle stress effectively:

### 1. They accept that stress is part of life.

While some people waste time and energy thinking things like, "I shouldn't have to deal with this," mentally strong people know that setbacks, problems and hardships are inevitable.

When stressful situations arise, they devote their efforts into doing what they can to move forward. Even when they can't change the circumstances, they know they can always take steps to improve their lives.

### 2. They keep problems in perspective.

Rather than think a flat tire has the power to ruin their whole day, mentally strong people keep inconveniences in proper perspective. When they're tempted to catastrophize a minor event - such as thinking one mistake could ruin their whole career - they respond by reframing the message they give themselves. They refuse to allow a pessimistic inner monologue to take hold.

### 3. They take care of their physical health.

Mentally strong people recognize the importance of keeping their bodies in smooth operating condition. They recognize they won't be able to combat stress if they're worn out and running on empty. They exercise, get plenty of sleep, and maintain a diet that keeps them healthy.

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#### **4. They choose healthy coping skills.**

While some people turn to alcohol, junk food, or other unhealthy vices to help them escape stress, mentally strong people choose to cope with discomfort in a productive manner. They allow themselves to feel uncomfortable emotions, like anxiety, fear, and sadness, head-on. They use healthy activities, like going for a walk or participating in a hobby, to cope with emotional pain.

#### **5. They balance social activity with solitude.**

Sometimes, in an attempt to avoid facing problems, people fill their schedules with social activities. Others deal with stress by withdrawing from their friends and family. Mentally strong people, however, strike a good balance. They maintain a healthy social life even when they're stressed, but they also reserve time to be alone with their thoughts.

#### **6. They acknowledge their choices.**

Stress can cause people to feel like a victim of bad circumstances. But mentally strong people acknowledge that everything they do, from the time they wake up until the time they go to sleep, is a choice. They're willing to say no to things they don't want to do and they accept responsibility for their behavior.

#### **7. They look for the silver lining**

Mentally strong people don't necessarily see the world through rose-colored glasses - their outlook is a realistic outlook - but they do look for the silver lining in tough circumstances. They recognize that good things can stem from stressful circumstances. Rather than allowing hardship to turn them into bitter people or helpless victims, they choose to use stressful circumstances to become stronger and better.