

PANTHER PRIDE

School Principals: Shawna Coplen, Lynn Cragg

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

Teacher of the Year

Laci Goins was recognized as OSB 2018 Teacher of the Year at the Muskogee County Teacher of the Year Recognition Luncheon

at ICTC on October 25, 2018.

CONGRATULATIONS!
WELL DESERVED!



Oklahoma School for the Blind

2018 - 2019, Issue 2

October 31, 2018

Editor: Maggie Mattox

White Cane Day

by Richelle Zampella and Tai Thomas



The **2018 White Cane Day** celebration at Woodland Hills Mall was a huge success!

The evening started off with performances from the jazz band.

They played selections from Cameo, Panic! at the Disco, Nate Smith, and medleys of Bruno Mars and Michael Jackson songs.

During intermissions, Malerie Levens, Kaylee Ragon, Trinity Lewis, and Preston

Fenton gave speeches on why their canes are important to them.

The speeches were a great way to educate people on what exactly a cane is for and how people use them in

different circumstances depending on their vision.

Trinity Lewis shared that she found the speeches - and White Cane Day as a whole - "very educational"; because it gave people "a better grasp on visually impaired and blind children."

She continued, "I felt that when the band played, [the people] were very inspired and quite affected by that, and I feel like they loved it and got more out of it, you know."

Once the band performance ended and the speeches were

(Continued on page 2)



Malerie Levens

Special points of interest:

- White Cane Day
- Environmental Science class "Life Size Animals"
- Space Camp - SCIVIS Adventures
- Academic Team Update
- Teens for Christ Update
- Rec. Activities
- Special Olympics "Bowling"

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OSB Jazz Band



White Cane Day (continued)

(Continued from page 1)



given, OSB paraded through the mall with their white canes,

brandishing white balloons and having a grand time.

Many thanks to everyone who made the trip possible and to everyone who attended the celebration.



Cane Quest

By Writing Class

It is time to get out those canes and start practicing those techniques!

Here are a few tips for sighted people:

- ◆ **Stop your car at least 5 feet from a crosswalk.** Pedestrians who are visually impaired or blind may use the sound of your engine to locate crosswalk boundaries. If any part of your car is in the crosswalk, they may misjudge the safe area.
- ◆ **Avoid honking at individuals using a white cane.** People who are blind or visually

- impaired have no idea why you are honking.
- ◆ It is okay to ask if assistance is needed. **Ask** the person who is blind or visually impaired **for permission before trying to assist.** If the person asks you to help guide them, offer your arm. They will hold your arm just above the elbow to follow your path.

We would like to thank the following **sponsors of 2018 Cane Quest**:

- ◆ Oklahoma School for the Blind
- ◆ Braille Institute of America
- ◆ Liberty Braille
- ◆ OG&E

- ◆ Frank Dirksen
- ◆ NanoPac
- ◆ NewView Oklahoma
- ◆ LS&S
- ◆ Sapulpa Lions Club
- ◆ Ruth Kelly Studios
- ◆ Oklahoma AER
- ◆ Muskogee County OHCE
- ◆ Mahylon's



OSB COOKBOOKS

With the holidays coming up, we would like to let everyone know that we still have **OSB cookbooks for sale**:

**print & braille
for \$12**

Please contact Tonya Givens at the front office, or Allison Garner, FCCLA teacher, if you would like to buy one.

Thank you.



Social Services Department - News, Tips, etc.



"Caught Being Good" by Thomas Raines

Helping others is a great thing to do, not only does it benefit others but it also makes a person feel better about themselves. These listed individuals went out of their way to help others:

- ◆ **John Duong** - tried to fix the TVs for the student's gaming systems; helped clean the recreation center, and assisted an adult with an off-campus activity.
- ◆ **Xerek Hitchcock** - helped students in his dorm with various duties.
- ◆ **Zoie Zavala** - helped the Advanced Writing class with an article for the newsletter, and assisted an adult with an off-campus activity.
- ◆ **Malerie Levens, Gabby King, Joseph Rodriguez, and Tyler Duong** - each assisted an adult with an off-campus activity, and helped clean the recreation center.
- ◆ **Allen Alender, Kentrell Wallace, Alyn Walker, Rudy Hunter, Gianna Loepp, Raven Decker, and Connor Hilton** - each helped clean the recreation center.
- ◆ **Dee Willis, Chris Shepherd, Mikel Gentry, Ben Middleton, Kaylee Ragon, Lorie Cox, and Jimmy Anderson** - each helped with recreational activities.
- ◆ **Angel Cozort** - helped in the dorm with clean-up and helped other students.
- ◆ **Samantha Six** - pulled trash bags at the dorm.
- ◆ **Josie Cox** - helped fellow dorm mates get to their destination.
- ◆ **Anthony Bloemer** - helped set up a classroom for "Seven Healthy Habits".
- ◆ **Mannon Moore** - helped another student.
- ◆ **Dayton Baccus** - helped another student during a behavior outing.
- ◆ **Alyn Walker, Jimmy Anderson, and Joseph Rodriguez** - Helped in the recreational center.
- ◆ **Lori Cox, Zoie Zavala, and Shannon Winter** - helped getting things ready for the fall festival.

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

Sylvia Sterling

Phrase of the Month for November "Work First, Then Play"

by Jake Marsh

November's Phrase of the Month is "**Work First, Then Play**".



This means we should set priorities and when we do we will enjoy our free time more after a hard day of work.

Let's make a goal to organize our lives and put our work first, so we can play hard later.



Social Services Department - Parent's Corner

Habit 3 - Put First Things First



It's funny how kids will spend thirty minutes complaining about their chores, not realizing they could have completed them in the same amount of time they spent complaining. Go figure.

Indeed, putting first things first is hard. In fact, of all the habits, it's

the hardest one to keep. Why? Because we're all somewhat addicted to doing the urgent thing or the easier one first. Yet, if we don't teach our kids to delay gratification and do the hard thing (or first thing) first while they are young, they may learn too late or not at all.

In this story, be sure to point out how awful it can feel when you

procrastinate and put things off, like when Pokey crammed the night before the test. Contrast that with how good it feels when you are prepared. As a wise person once put it, "Do what you have to do, so you can do what you want to do."

Sylvia Sterling,
School Psychologist

Boys Bash 2018

On October 25th I accompanied 10 of our 7th - 9th grade young men from OSB to "Boys Bash 2018", which is held yearly at Fort Gibson's School.

"Boys Bash" is an event where 7th thru 9th grade young men, from schools all over this area, gather for educational lessons concerning sex and sexuality, plus proper gentleman relations with the opposite sex.

There were over 500 young men in attendance this year and I felt

the information that was shared was very informative and relevant for the young men that attended and hopefully will aid them in making wise choices in the future.

Our students all seemed to enjoy the event, including the 'chopped BBQ Sandwich lunch', that was catered by "Mahylon's BBQ" here in Muskogee.

Boys Bash is sponsored every year by the Crisis Pregnancy Center.

This year's attendants were: Jimmy Anderson, Anthony Bloemer, John Duong, Tyler Duong, Adan Duran-Gonzalez, Mykel Eagle, Rayce Phillips, Gerry Rodriguez, Julio Valdez, and William Winston.



Paul Butler

Camping Out with the Scouts and Venturing

By Writing Class

The OSB Scouts and Venturing went camping at Graves Scout Reservation in Broken Arrow the weekend of October 4th.

The group included Elbin, Garrett, Julio, Jimmy, Gabby, Samantha, Raven, Phoebe, Lori, Tyanna, and Mikel.

After unpacking their equipment, the campers set up their tents and started dinner. They enjoyed chili and learned how to use a camp stove.



After a good night's sleep the group went to the scout store and bought a fishing pole for Raven. Gabby and Raven rigged the pole and hit the pond. Unfortunately, they didn't catch anything but others did.

It was a fun weekend of fishing and relaxing in nature. They can't wait until their next trip.

Silver Spur “Ranch Field Trip” - A Thank You!

Dear Silver Spur Family,

I would just like to say thank you so much to all of the wonderful people who made this trip one that I will never forget.

Over the past few years, that I've gotten to come to the ranch, I've enjoyed it and it's one of the greatest experiences in the world.

Getting to ride horses was my favorite thing of all, along with riding in the stage coach and fishing.

I'm graduating this year, so this was my last time to get to

participate and I thank everyone for taking the time to make this year so memorable.

It's the one trip I look forward to every year and I think several other students would agree with me.

I especially want to thank all of the volunteers who helped out and who did their best to make the day so much fun and so eventful for us. I know it's probably not an easy task pulling it all together each year, but we greatly appreciate all that you do

and that you allow us to come and have such a great time.

Thank you so much once again and we hope to see all of you again next time.

Sincerely,
Ariana Richardson



FCCLA Leadership Team “FCCLA Superheroes”

By Richelle Zampella

The FCCLA family is piling their plates high. Last month the leadership team, Tai Thomas, Ariana Richardson, Kaylee Ragon, Richelle Zampella, John and Tyler Duong, and Ben Middleton, traveled to Owasso for a leadership conference. They attended workshops on the value of self-image and etiquette, among others.

On October 11th, Mrs. Garner took 9 members to Tahlequah for a district meeting.



Mrs. Harris and Mrs. Munekia graciously accompanied them and were a huge help keeping the group in line. The keynote speaker, Rhett Laubach, was energetic, motivational, and engaged the audience in activities like a team round of applause, played songs and discussed the mood it put them in, and competed in a brutal thumb war, each activity had a meaning behind it.

Ariana said that she really connected with his speech and loved his personality, saying she "loved the way he interacted with the audience and how he encouraged us to interact with each other, even if it was someone we didn't know."

Here are the big takeaways from his speech:

- ◆ You can go through life without having a complete

understanding of some things, but there are other things you need to have your eyes open to.

- ◆ Be the positive song that uplifts people. Music can change a mood instantly, and so can you.
- ◆ You don't need to know everything to be successful.
- ◆ There is value within us, and we don't need to seek the approval of others.

These events are behind them, but their work for the year has just begun. They have more group projects underway and upcoming STAR Event competitions to prepare for.

Stay tuned for exciting updates!

Environmental Science Project “Life Size Animals”

By Malerie Levens

Mrs. Daniels’ environmental science class, Conner H., Nick J., Ariana R., and myself, started studying the ocean and how the biggest critters in the ocean migrate, maintain a healthy diet, and even how they play a role in the ocean’s environment.

After they wrote their papers and found out fascinating facts about their organisms, they decided to make



life-sized cardboard cutouts of their animals.



Now, the 5th floor has a **Laysan Albatross** with a 7-foot wingspan,

an 18-foot-long

Great White Shark,



a giant **Elephant Seal,**

and a **Bluefin Tuna**



that just might give you nightmares!

The environmental science class has had so much fun with their project.

Make sure to take some time to visit the north high school floor to see these ocean creatures.

There are some mind blowing facts about each of them and **they are ACTUAL SIZE!**

Ask a Senior

by the Senior Class



You asked your questions, we have your answers!

The senior class sat down and contemplated

your most pressing questions. Read on for a glimpse into their well of wisdom.

Q: What is your passion?

A: “Playing music is my passion” says Richelle. “something I get personal fulfillment from and can share with other people, and hopefully it touches their lives, too.”

Q: What sparks motivation in you?

A: “Listening to music and wrestling are my motivations” says Tai. “Wrestling is one of

my motivations to keep my grades up and put my best foot forward in school. If I have bad grades, then I can’t wrestle. Listening to music is personal motivation for me. Music plays a huge role in my life; if it weren’t for music, honestly, I would be lost.”

Q: What do you want to see happen in your senior year?

A: “I want to spend as much time with my friends as I can before graduation, help the academic team win the state championship, and survive my concurrent enrollment classes,” says Richelle.

Q: What is one big goal you’ve accomplished?

A: “I was accepted into an ICTC program!” Thomas enthused.

Q: Do you have any tips for people who are going to be seniors next year?

A: “Stay close with the teachers because you’ll need them during this rough transition,” Joey advises.

Q: If you are going to college, which college, and what are you going for?

A: “I plan on going to the University of Central Oklahoma (UCO). I’m going to this college so I can possibly become a physical education teacher,” says Tai.

If your questions didn’t get answered this time, please keep submitting them, so they will be featured in future articles.

Space Camp 2018 - SCIVIS Adventures

By Kaylee Ragon

On September 29th, John and Tyler Duong, and I got on our first plane with Mrs. Daniels and traveled to Huntsville Alabama for Space Camp 2018!

Space camp runs year-round but there is one special week called **SCIVIS** (**S**pace **C**amp for **I**nterested **V**isually **I**mpaired **S**tudents), which is just like all of the other camps they do, but everything is made accessible for kids with low vision. They have our instruction books in Braille and large print, there is Braille on the simulations, and there was brightly colored duct tape everywhere.

I participated in Advanced Space Academy while the boys did the Aviation Challenge.

I studied the history of space, completed missions in different roles in space, and tried out different simulators, that showed us what it would feel like in space.

The boys' program was more military-style so they focused on flying planes, learning about the history of planes, team building, and they competed in the competition at the end of the week called "Top-Gun"

which is basically "The Hunger Games" with airplanes.

Space Camp hosts kids from all over the world, my team was probably one of the most diverse. We had kids from Germany, Israel, New Zealand, the UK, India, Canada, and a few from the U.S. It was so cool to see all of the different kids from different backgrounds come together and share their culture and stories. We started as a group of 16 total strangers, but we came together and became not just a team, but the team that won Commander's Cup, which is the award everyone wants at camp.

From what I saw, Tyler's and John's team, the Global Hawks, was pretty great too. Tyler was a rock star in his team and got the "Right Stuff" award, which is given to an individual who is extremely helpful and shows a lot of leadership throughout the week.



Let's Hear It for the A-Team!

By Writing Class

On October 8th the Academic Team competed in their first meet of the season with OSSAA District seeding.

We hosted three public schools and played three games.

The team beat Schuler in round one 150 to 120, Midway in round two 100 to 80 and Wilson in round three 170 to zero.

Coming out of the night with three big wins allowed them to seed first in the district.

Their next meet is November 10th in Oilton for OSSAA Regionals.

The Academic Team would like to thank everyone for supporting them and a big **THANK YOU** to Mr. Jackman, Mrs. Barrett, Mr. and Mrs. Miller, and Mrs. Cragg for helping out with

District Seeding. The team appreciates you very much!



Student Council Update

By Trinity Lewis



Student Council met twice during the month of October.

They discussed **Breast Cancer Awareness**

month and how to participate in the cause.

Student council decided that they will be sponsoring a "Go Pink Week", where they will be making announcements about facts on Breast Cancer Awareness and asking everyone

to wear pink the week of October 29th.

If you have any questions or concerns, you would like the student council to address, please email Trinity at trlewis@osb.k12.ok.us.

Questions of the Month

By Trinity Lewis

The questions of the month for October were "What are you going to be on Halloween?" or "What does Halloween mean to you?"

We got some pretty creative answers from some fun people.

Branson: A policeman.

Kennedy: A princess.

Ocie: Freddy from 5 Freddy's.

Jaylee: A spy.

Mrs. Cotney: 'A witch' and 'A night in for a change'.

Mrs. Coplen: She doesn't care for the scary stuff, she just loves to see kids have fun.

November Isn't Just for Carving Turkeys (Book Club Update)

by Richelle Zampella & Laci Goins

Co-sponsors Laci Goins and Richelle Zampella hoped to see you at the first official book club meeting on Tuesday, October 30! However, after speaking to several students we have come to the decision that we needed to postpone this first meeting.

We will get with the book club committee and pick a day in the

next couple weeks to meet. So, you have a little more time to finish this book. **Happy Reading!**

In the meantime, you can find a copy of the book for the month of December, "**Carve the Mark**" by **Veronica Roth**.

The novel follows the two main characters' efforts to survive with otherworldly gifts that make them vulnerable and achieve a balance

of power in a galaxy very different from ours. A few braille and large print copies are available to check out from the library, and Bookshare also has the book.



Spirit and Wonder – Teens for Christ

By Raven Decker

The month of October had many special events for the Teens for Christ group.

They participated in “**See You at the Pole**”, where students gathered in the auditorium for a service that focused on praying for our country and our leaders.

That same night, they went to the

Muskogee First Assembly of God church for a church rally and listened to a moving speaker.

Later in the month, they had an evening service in the auditorium with guest speaker Tara Reeves.

At both of these special occasions, so many people got saved and felt empowered to turn over a new leaf.

If you need to feel more grounded and want to experience events like this with your peers, this group is where you need to be. You will always be welcomed with open arms.

See you there!

Don't Be A Scaredy-Cat

by Richelle Zampella

There were spooky Halloween cats prowling around the front office all October, but now that November is here, they have found owners (who are almost as spooky as they are).

The auction to claim these bedazzled devil spawn ran through Halloween, and the winners were announced yesterday at 5:30 PM in the Rec.

The winners are:

El Cato de Muerte by Jordan Hurst goes to **Barbara Collins** for \$30.

Isadora the Light by Helen Wilson goes to **Quentin Woodard** for \$100.

Inti the Golden goes to **Belinda Thomas** for \$30.

And **Killa the Fallen Star** goes to **Marcella Bynum** for \$25.

Thank you guys for helping raise **\$185.00** total.

All the money raised from the auction is being put toward funding rec activities.

Kudos to Miss Thomas, Mrs. Helen, and Mr. Jordan for their creativity!



A Silent Rec

By Joseph Owens & Jake Marsh

The Rec during the month of October has been pretty quiet. Open Rec has haunted the calendar this past month and not much has been happening.

Luckily, our beloved Ms. Thomas has returned from her quest and has brought life back to the Rec.

OSB went to the Round Up Club event on Oct. 17th and had a blast on the annual hayride and haunted house which brought many scares.

At the end of October, the Rec hosted a Halloween costume

contest and festival. If you wanted to compete, you got to dream big and express your inner demons and impress everyone with your costume.



The winners of the costume contest were:

Ariana Richardson, Kyler Harrington, and Samantha Six.

Kyler took 1st, Arianna took 2nd and Samantha took 3rd.

Congratulations to all the winners!

On October 23rd, was the Fall Festival. There were many fun activities such as inflatables, fun games like our annual hayride, trunk or treating and many more activities.

All the students enjoyed themselves. Several students dressed up in costumes and were all in the Halloween spirit.

Every year, the Fall Festival gets better and better. This Ghoulish festival will haunt you until next year!

Recreation Activities by Belinda Thomas

25 Sep 2018 - Team Trivia Battle

"Painter! Polar Bear! Kangaroo! Dinosaur! Ghost!"

A small, yet powerful battle took place in the Rec room for this activity. The armies: **Peach Tea** and **Black Panther** battled fiercely for the win. But in the end, there can only be one.... The winners of this Trivia Battle is team Peaches with 35 points, and trailing behind by just one point is Panthers with 34. As the reward for victories, I told the winning team to let me know if there is a special activity that they would like me to do for Rec. The all stated that they would love to go do pottery. So I shall strive to organize it!!!!!!!!!!!!



26 Sep 2018 - Happy Birthday September

The lovely ladies in our ILS department supply our B-days with beautiful cupcakes each month for the students getting older, and for everyone else! These beauties don't just sustain life; they taste amazing too. So give a huge **SALUTE** to our happy b-day students and to the cupcakes!!!!

01 Oct 2018 - Medieval Monday Game Competition

"SHAKETH THY CONTROLLER!!!!" A staff member (me) and students got to nerd out in their jerkins and play **MEDIEVAL GAMES** on the Wii in the Rec.

We jousted, threw axes at rolling targets, defended the castle with

catapults, played medieval chicken, and sword fought each other. Ms. Thomas was the champion of the joust, Raven was the melee champion, and Lorie was the champion of castle defense. Until next time.....

03 Oct 2018 - Movie Night for 12 and Under



Ms. Thomas was abducted by aliens once again for this event, so we will be hearing from our very own **Xerek Hitchcock**, giving us the down low on this event.

The movie started with a boy stealing a book from a bookstore and reading it in a creepy old storage area at school during a storm. There is a person called Nothing that is destroying the world and they pick a hero to save it. The hero and his horse go on the journey to save the world, the horse dies, the boy meets a dragon that looks like a flying dog made out of cotton candy, the hero finds out that - to save the world - he has to choose a new name for the princess, the hero and the dragon fly to the princess, and then we find out that the hero is really the reader of the book and that he has to name the child princess so he screams her new name, **"MOONCHILD!!!"** Then he and the dragon dog live happy ever after, chasing bullies down the New York alley.

TO BE CONTINUED.....

17 Oct 2018 - Round Up Autumn Outing

OSB staff and students got to escape campus and run to the Round Up Club's area south of Muskogee.



The weather was perfect, crisp and cool. We started the night with gourmet hot dogs and Gatorade.

As the night grew darker, the kids played



games, relaxed of the dark and refreshing hayride, and then screamed our lungs off at the haunted barn, that were full of chainsaws, freaky masks, and blood-curdling scream.

NO STUDENTS OR STAFF WERE HARMED IN THE PRODUCTION OF THIS ACTIVITY.

22 Oct 2018 - Halloween Costume Contest

While blaring the song "Monster Mash," kids danced around the recreational center in their awesome costumes competing for the 1st, 2nd, and 3rd place prizes for this year's contest.



We had ninjas, zombies, princesses, mythical animals,

(Continued on page 11)

Recreation Activities (continued)

(Continued from page 10)

non-mythical animals, Dorothy, clowns, vampires, Link the Hero of Time, Hermione from Harry Potter, and even Freddie Krueger!



Our prizes this year were three amazing toys. Flamo the dragon, Snugglepops the pegicorn, and Rexxy the T-Rex.



As it is custom, the first place winner chooses first, second chooses second, and third last.

I am proud to announce this year's champions!!!!

1st place: Kyler Harrington as a scare crow, prize was the dragon

2nd place: Ariana Richardson as Hermione, prize was the pegicorn

3rd place: Samantha Six as witch, prize was the T-Rex

23 Oct 2018 - The Fall Festival

WE'RE ALIVE!!!!!!!!!!!!!! The Fall Festival has blasted off again!!!

We had copious amounts of soda and candy.



Fish ponds, smash-and-bash mallet games, a trunk-or-treat with **Brushy Mt. Fire Dept.**, a



hayride, roasted marshmallows

by the fire, bounce houses in the gym, cake walk, a soda ring toss, and so much more!!!!!!!!!!



By the end of the night the students were overflowing in

soda, prizes, and candy while they walked sleepily back to their beds!!!!

Students and staff will - for the rest of the year - get attacked by sticky cats (prizes) MUHAHAHAHAHAHAHAHAHAHA Mission accomplished.

30 Oct 2018 - Happy Birthday October

Will be incl. in next newsletter.

31 Oct 2018 - The Monster Bash

Will be incl. in next newsletter.

THANK YOU to everyone who helped make this year's Fall Festival another huge success.



Special Olympics "Bowling"

By TrinityLewis & Mrs. Tera Webb
On Wednesday, October 17th, OSB's Special Olympians traveled south to McAlester's Great Balls of Fire bowling alley.

They competed against two other schools and had a fun time! Mrs. Marcella, Mr. Carden and Nurse Karla were great helpers with the bowlers on the ramps!

After competition, our group traveled to Chadick Park in McAlester for a picnic lunch and a bit of free time. We were so lucky, the weather was beautiful and perfect for our day.

Here are the results.

Heat 2: 1st place Jacelynn Shields

Heat 10: 1st place Jacob Nash

- Heat 11: 1st place Kolten Pennington
- Heat 12: 1st place Mikel Gentry
- Heat 16: 2nd place Conner Hilton

CONGRATULATIONS!



GOING THE EXTRA MILE -



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

Thank you Dewayne, from Maintenance, for helping the Environmental Science class get our giant animals on the wall.

Cheryl Daniels

THANK YOU to ...

- ◆ Ana Ledezma and Mr. Brice for covering for me while I was gone in the Rec.
- ◆ the Fall Festival Committee: Gina Woods, Paul Butler, and Kathy Adams for working on the Festival while I was gone. I couldn't have done it without you.
- ◆ Laci Goins for printing out copious amounts of bracelets for the festival.



To everyone who donated a basket or something else for the silent auction and/or dessert auction for our fundraiser this coming Monday.

Special thanks go out to

- ◆ **James Hodge Ford**, who donated a **Yeti 110 ice chest**. Tickets are \$5.00 and can be

- ◆ Marcella for covering my driving routes while I was gone.
- ◆ Brenda and all her ladies for preparing and making all the food for the concession stand at the Fall Festival.
- ◆ Tonya for getting me money for all the fun things and prizes for the Fall Festival.
- ◆ All of maintenance for supplying needed materials, getting jobs done to get ready for the festival and getting the hayride all ready.
- ◆ ILS ladies for making a hundred cupcakes for the cake walk.
- ◆ Jeana Jones for helping me order all the soda.
- ◆ William for machine cleaning my floor 50 times before and after the festival.
- ◆ Mrs. Echelle, Ms. Coplen, and Mrs. Cragg for doing damage control for the festival.
- ◆ Mr. Culie and his wrestling team for rolling up the mats for the Fall Festival.

- ◆ All the staff that worked the festival in any type of way!!

I wouldn't have been able to do it without any of yal. Thank you.

Belinda Thomas

Thank you Ronna and Tonya for covering my "every day tasks" while I was out. I really appreciate it.

Maggie Mattox

Thank you Avonda Harris for celebrating a student's birthday with a cake. Great planning.

Thank you Brenda Plunkett for making special accommodations in the cafeteria for our students.

Thank you guys for going the extra mile.

It is highly appreciated.



Spaghetti Fundraiser Dinner

Monday, November 5th - 5:30 pm

at the Bedouin Shrine (across from the Masonic Lodge)

purchased up to the dinner on Monday. The winner will be drawn and announced later that evening.

- ◆ Laci Goins for handcrafting a very special OSB afghan, which is also up for auction.



Please come out and support our school.

Birthdays

November

Students

Sellers, Quante	Nov.	1
Smith, Levi	Nov.	10
Rodriguez, Gerry	Nov.	12
James, Haidyn	Nov.	14
Enzenauer, Eric	Nov.	19
Jackson-M., Nick	Nov.	21
Cisneros, Julia	Nov.	25
Kelley, Hunter	Nov.	25
Harrington, Kyler	Nov.	27

Staff

Echelle, Rita	Nov.	21
Jackman, Jeremy	Nov.	23
Collins, Barbara	Nov.	27



December

Students

Shields, Jacelynn	Dec.	1
Crum, Payton	Dec.	3
Hitchcock, Xerek	Dec.	4
Sutterfield, Lane	Dec.	4
Lewis, Trinity	Dec.	7
Travis, Kesslee	Dec.	15
Kennedy, Garrett	Dec.	17
Anderson, Jimmy	Dec.	22
Raines, Thomas	Dec.	28

Staff

Morgan Pittser, Amy	Dec.	1
Ledezma, Ana Maria	Dec.	3
Woodard, Quenten	Dec.	11
Barrett, Kathy	Dec.	13
Ross, Jana	Dec.	14
Cooper, Lynnette	Dec.	17
Brice, Cammeron	Dec.	19
Webster, Brent	Dec.	19
Garner, Allison	Dec.	23
Selner, Zeva	Dec.	28

10 tips

Nutrition Education Series

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game
Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new
You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.



For more information on SNAP, visit www.fns.gov. The Supplemental Nutrition Assistance Program provides benefits to eligible low-income households. SNAP benefits can be used to purchase food for home preparation and consumption. SNAP benefits cannot be used to purchase alcohol, tobacco, vitamins, medicines, or non-food items. SNAP benefits cannot be used to purchase prepared food for consumption on the premises. SNAP benefits cannot be used to purchase hot prepared food. SNAP benefits cannot be used to purchase alcohol, tobacco, vitamins, medicines, or non-food items. SNAP benefits cannot be used to purchase prepared food for consumption on the premises. SNAP benefits cannot be used to purchase hot prepared food.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 2
June 2011
USDA is an equal opportunity provider and employer.



November 2018

Sun	Mon	Tue	Wed	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
25	26	27	28	29	30	

Dorms Open
 NO School
 School In Session

Schedule of Events

Date	Time	Event
Thur., Nov. 1	9-11 am	Muskogee Little Theater's "Bully" performance (Gr. 3-8)
Nov. 4-9		Close Up, Washington D.C.
Mon., Nov. 5	5:30 pm	Spaghetti Fundraiser Dinner @ Bedouin Shrine, Muskogee - Location changed - NOW: <u>across</u> from Masonic Lodge -
Mon., Nov. 12		Veteran's Day - SCHOOL IN SESSION !!!
	8:00 AM	School Picture Retakes !
Thur., Nov. 15	ALL DAY	Cane Quest
	9 am - 2 pm	FCCLA District STAR Events, Sallisaw
Nov. 19-23		Thanksgiving Break—NO School
Sun., Nov. 25		Dorms Open - Bus Routes run!
Mon., Nov. 26		CLASSES RESUME
Tue., Nov. 27	ALL DAY	Middle School Trip to NSU Optometry

Upcoming December & January Events:

Dec. 20	Elementary Christmas Program (1:00 pm)
Dec. 24 - Jan. 4	Christmas Break - NO School !
Jan. 6	Dorms Open - Bus Routes run!
Jan 7	CLASSES RESUME
Jan. 8	Parent/Teacher Conference (4:05-6:45 pm)
Jan. 10	Lyric's Theatre performances
Jan. 17	Parent/Teacher Conference (3:15-6:45 pm)
Jan. 21	Martin Luther King Observation - NO SCHOOL! - Dorms Open!
Jan. 22	CLASSES RESUME

Recreation Activities

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Home Going		
4	5	6	7	8	9	10
Dorms Open Open Rec	Spaghetti Fundraiser Dinner at Masonic Lodge at 6 pm	Thank You Letter Craft Night at 6:30 pm Followed by Open Rec	Bowling for 8th grade and up at Green Country Lanes 6:30—8 pm	Home Going		
11	12	13	14	15	16	17
Dorms Open Open Rec	Bowling for ELM to 7th grade at Green Country Lanes 6:30—8 pm	Open Rec at 6:30 pm	The Cane Bash 6:30—8:45 pm	Home Going		
18	19	20	21	22	23	24
THANKS- GIVING BREAK	THANKS- GIVING BREAK	THANKS- GIVING BREAK	THANKS- GIVING BREAK	HAPPY THANKS- GIVING!!	THANKS- GIVING BREAK	THANKS- GIVING BREAK
25	26	27	28	29	30	
Dorms Open Open Rec	Boy Scouts 5:30—6:45 pm Open Rec at 6:30 pm	Happy B-day November 6:30 Followed by Hot Cocoa and Open Rec	Woodland Hills Mall for HS Movie for Elm/MS 6:30	Home Going		

Recreation - 918-781-8200 - Ext. 8278

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



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

Date: 11/5/18

Time: 5:30-8:00 pm

Price: Donations

Jazz Band performance ~5:30-6:00 pm

Silent Auction (gift baskets, etc.) ~5:30-7:00 pm

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

Dessert Auction after announcement of Silent Auction winners ~7:00 pm



Yeti 110 Cooler Raffle

(Donated by James Hodge Ford—Worth \$500)

\$5.00 per Ticket

Winner will be notified by phone.



Bedouin Shrine

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

(located across the Masonic Lodge, next to the US Postal Service)

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 Employees of OSB in October

by Thomas Raines

The OSB school has welcomed some new people into its workforce, these people are:

- Susana Jackman - Library Tech
- Lynette Cooper - DCS (evening shift)
- Traci Davenport – DCS (night shift)

Welcome to the family!

Welcome on board. Glad to have you !



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

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