

Sulphur Educators Retreat To Quartz Mountain For Fall Workshops

OKLAHOMA CITY, Okla., -- Oklahoma educators and artists journeyed to the Quartz Mountain Arts and Conference Center this October for hands-on training at the Oklahoma Fall Arts Institute (OFAI), a series of intensive weekend workshops taught by nationally renowned artists in the literary, visual, and performing arts.

Two Sulphur educators attended the Fall Arts Institute this year: Denise Henry of Oklahoma School for the Deaf and Teresa Finley of Sulphur Junior High School.

Since 1983, the Oklahoma Arts Institute has offered the workshops, which allow artists the opportunity to sharpen their skills, or learn new ones altogether, in an immersive environment with innovators in their fields. For years, OFAI has connected Oklahoma teachers with some of the nation's leading teaching artists, offering professional development and valuable training for educators to take back to their classrooms across the state. Oklahoma public school educators attend OFAI on full scholarship.

The workshops are geared to a variety of interests and teaching backgrounds. This year, participants chose from classes in photography, printmaking, painting, poetry, and more. Workshops especially designed for educators included Social Emotional Learning and the Arts, A World of Rhythm, Bringing Fiction to Theatrical Life, and Folk Dance in the Classroom.

Participants had the rare opportunity to study with digital journalist Suzi Pond. In her workshop, Introduction to Audio Storytelling, Suzi instructed participants in capturing audio



Denise Henry



Teresa Finley

and editing content to create a compelling narrative. Participants gained familiarity with recording equipment, editing software, methods for audio storytelling, and other skills that can be applied to radio and podcasting.

Throughout the workshops, participants also enjoyed activities and electives in yoga, guided stargazing, community drum circle, meditation, drypoint printmaking, tai chi, hiking, and more. "It's imperative that Oklahoma educators have access to professional development opportunities of the highest caliber," said Julie Cohen, Oklahoma Arts Institute President & CEO. "OFAI gives these educators the unique chance to broaden their artistic horizons while learning techniques they can take back to their students across the state."

Every year, the Oklahoma Arts Institute reaches over 50,000 Oklahoma school children through their teachers' attendance at OFAI. Oklahoma public school educators receive full scholarships to attend OFAI, which include tuition, room, and board.

Sulphur educator scholarships are made possible through funding from the Oklahoma State Department of Education The Raymond and Bessie Kravis Foundation. Additional program support is provided by the Oklahoma Arts Council.

Next summer, Oklahoma high school students can also study with the nation's top artists at the Oklahoma Summer Arts Institute, held June 13-28, 2020. Auditions for this prestigious program begin in January at locations across the state, and every accepted student receives a scholarship to the program. More information is available at oaiquartz.org.

This project was supported in part by the Oklahoma Arts Council, which receives support from the State of Oklahoma and the National Endowment for the Arts. The Oklahoma Arts Institute is a private, nonprofit organization founded in 1977, with a mission to provide exceptional multidisciplinary arts experiences that develop individual talent and inspire a lifelong passion for the arts.



Oklahoma School for the Deaf received a grant from the Outride Foundation to encourage middle school students to ride bikes.

OSD Receives Cycling Program Grant For Middle-School Students

Oklahoma School for the Deaf Physical Education Teacher Angie Shelby received a grant from the national Outride Foundation to encourage middle school students to ride bikes.

OSD received 12 bikes, 12 helmets and an air pump through the comprehensive youth cycling education program Riding for Focus.

Shelby attended the training during the summer in California.

She then used Riding for Focus physical education curriculum to teach OSD students how

to do safety inspections, check and fit helmets properly and ride their bikes safely.

"I am very excited to provide our students to learn about cycling, gain experience and have fun," Shelby said. "My next goal for this curriculum is to add a pump track in OSD's back yard so they can stay involved in improving their health, increasing their self-esteem and being independently bike riders."

A pump track is a circuit of rollers, banked turns and features designed to be ridden completely

by riders pumping or generating momentum by up and down body movements, instead of pedaling or pushing.


Research by Outride, based in Morgan Hill, California, has measured brain activity of middle school students both during and after cycling in a controlled laboratory setting to prove that cycling positively impacts thought, feelings and behavior. The program uses cycling as a tool for students to achieve to achieve positive academic, health, and social success.


NOTICE OF PUBLIC MEETING FOR PROPOSED WIND FARM

Pursuant to subsection D of 17 O.S. § 160.21 OK Wind Energy Development Act. Glass Sands Wind Energy, LLC is hereby providing notice that it is holding a public meeting regarding the proposed Glass Sands Wind Energy Project east of Sulphur on



Thursday, November 14, 2019
from 5 pm to 7 pm
in the north ballroom of the
Artesian Hotel
located at 1001 W. 1st Street, Sulphur, OK.
Come learn about the project and ask questions.






NATIVE AMERICAN HERITAGE MONTH BEGINS

Where Chickasaw Culture lives, breathes, dances and sings.

SATURDAY, NOVEMBER 2, tribes from around the region will come together at the Chickasaw Cultural Center to kick off a month of celebrating historical contributions, cultures and customs of native people.

Take part in it all with diverse tribal music, dance, food and so much more, like a pumpkin patch and make and takes during Native American Heritage Day!



CHICKASAW CULTURAL CENTER
SULPHUR, OKLAHOMA

CHICKASAWCULTURALCENTER.COM | 580-622-7130

Sulphur

Trick or Treat Night

Thursday, October 31 - 5-8 pm



Tips For A Safe Halloween

(PARENTS: PLEASE READ THIS TO YOUR CHILDREN!)

-  Try to Trick-or-Treat when it is still light outside.
-  Wear a costume that makes it easy for you to walk, see and be seen.
-  If you must go out at night, make certain that your costume is light in color.
-  Carry a flashlight so you can see and be seen easily.
-  Use reflective tape on your costume so people driving cars can see you.
-  A face mask will keep you from seeing well. Take off your mask before you cross a street.
-  Why not use makeup instead of a mask?

-  Have a parent, older brother or sister go Trick-or-Treating with you.
-  If someone older cannot go with you, Trick-or-Treat with a group of children.
-  Plan your Trick-or-Treat route ahead of time. Pick streets that are well-lighted.
-  Tell your family on which streets you will be Trick-or-Treating.
-  Cross only at corners. Never cross the street between parked cars or in the middle of the block.
-  If there is no sidewalk, walk facing traffic.
-  Wait until you get home to sort, check and eat your treats.

HAVE A SAFE AND HAPPY HALLOWEEN!

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