

# Students travel to America

## Exchange brings culture to campus

By Ally Martinez  
Pulse Staff Writer

America has many freedoms, traditions and customs that are unknown to other countries. Many students apply to be accepted into a foreign exchange program where they'll be admitted into the country to finish out a year of education: American style. Broken Arrow High School has five exchange students this school year.

Luciano Razzuoli is Italian and is also fluent in English and French. Luciano wanted to come to America because he follows a Czech Proverb that says, "languages are like life, if you only know one, you only live once." Luciano enjoys that he can play sports at school and is currently involved in tennis and soccer. He'd love to see more Italian food around America. Luciano has many friends that have impacted him in America.

"I'll miss Andrew, Aleena and Jess. They are true friends, and I'll miss them," Luciano said.

Sonja Truong is a student from Denmark, but is native to Vietnam. Sonja speaks English, Danish, Vietnamese



**ALL AROUND THE WORLD** (Left to right) Kathrine Moeller, Aun Piriymetha, Ignacio Pérez Torremocha, Luciano Razzuoli, and Sonja Truong pose for a photo in front of the high school. (Photo by Lizzy Burke)

and German. Sonja is involved in FCCLA and yearbook. Sonja was told by other foreign exchange students of the life-changing experience they had and the memories they made; she wanted to experience this for herself. Her favorite thing about America is the people and how they are open-minded and friendly.

America has a lot of malls and shopping places, which is different than Denmark, and

Sonja enjoys that.

"I think I'll remember everybody that I met here in the US. They are all special in different ways, and that's why I always get excited when I meet new people," Sonja said.

Ignacio Pérez Torremocha is from Spain and is currently on the varsity soccer team. Ignacio is known around school as "Nacho." Nacho knew in order to get a good job in the future, he'd have to

learn a new language. Due to this, he had dreamed of coming to America since he was a young boy. Nacho experienced culture shock when he first came across an American girl and attempted to kiss her twice, which is a traditional Spaniard thing to do, and not something Americans usually experience. Spain's predominate sport is fútbol, which is translated to soccer. American football does not exist there, so when Nacho

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# Swimmer overcomes shoulder injury

By Alexia Scott  
Pulse Staff Writer

On Dec. 11 of 2014, junior Bailey Hill came face to face with every athlete's worst fear. During a swim meet, Hill dislocated her shoulder and tore the cartilage in her joint. That January she had surgery on her shoulder. The injury took her out of swimming for months and she didn't know if she'd be back anytime soon.

"I went to three separate doctors and all of them said I wouldn't be able to swim like I used to. It broke my heart, but it gave me a challenge," Hill said.

Hill went to physical therapy four times a week for three months to recover from the surgery. It was a hard recovery, but she got through it. She has been back in the pool for almost a year and she has beat the odds of the shoulder injury by qualifying for state in all four of her events.

"It was really hard mentally and physically. After surgery I had trouble getting dressed, picking things up and sleeping comfortably," Hill said. "My mom always believed that I'd be back in the water one day, and that's what kept me going."

Hill had support from friends and family throughout the recovery including junior Rachel Nelson.

"It felt like a long recovery, but in reality it was very fast. She was always dying to get back into the water and now she is doing amazing," Nelson said. "Her staying on the team after her surgery shows how committed and dedicated she is to swimming and being on the team."

Being raised around the pool and surrounded by family who loved swimming was the very beginning of Hill's love for the sport. She has now been swimming for eight years. Throughout these years nothing has been able to stop her from swimming and she plans on continuing the sport in college.



**JUST KEEP SWIMMING** Junior Bailey Hill smiles at her coach from the pool during the state meet. (Photo by Ashley Spencer)

# Art bandit visits classrooms

By Dominique Potter  
Pulse Staff Writer

Since kindergarten, senior Sarah Patriquin has been drawing and expressing herself through her art. She realized she wanted to be an artist when she sketched a drawing of Pocahontas, but couldn't finish the face.

"I couldn't finish the face and asked someone else, but they did something I didn't like to the face. I threw a crayon at them and when I was so concerned about the picture, I realized I liked art a lot," Patriquin said.

Patriquin started drawing on the white boards around school when she was waiting for her sister to get out of choir practice. Since then she has been sneaking into teacher's classrooms just to draw on their boards, sometimes without the knowledge of the teacher.

"I like all my art. My favorite might be the one I did in the detention room a bit ago," Patriquin said.



**WHITEBOARD ARTIST** Senior Sarah Patriquin visits classrooms and draws intricate portraits on teachers' whiteboards. (Photo by Ally Martinez)

Patriquin was in the Art Club her junior year with teacher Jennifer Deal. She is also enrolled in Art 2D and 3D.

"Sarah is amazingly creative. It is fun to watch her take an assignment that I give her and see what she will do with it. She frequently takes it in a direction I would have never considered," art teacher, Jennifer Deal said.

Deal believes that no matter where Patriquin's future takes her, she will go far. Sociology teacher, Rob Sims thinks that Patriquin's art tells a story and in the future she will be an art storyteller.

"I love how she is able to tell a story with her pictures," Sims said.

In class, Patriquin used to draw profiles of the other students in the class on the board.

In the future, Patriquin plans to be an artist, as long as she is doing what she loves. She doesn't care about the money-she only cares about the art. She would be happy doing anything that allows her to draw and express herself.

# Algebra teacher runs marathons for charity

By Jordan Brandt  
Pulse Staff Writer

Ingrid Pariseau is an Algebra teacher at Broken Arrow High School. Pariseau is an avid runner who has taken part in multiple half marathons and one full marathon.

"When I started, I couldn't run a mile," Pariseau said. "My friend Gina acted as my trainer and worked with me every step of the way. I had great support from friends and family."

Pariseau began running in late summer of 2013. Pariseau was preparing for Saint Jude's Half Marathon that would take place that December. The event was cancelled due to weather so Pariseau signed up for two more instead.

"There are a lot of things I like about races, from the people who line the courses to cheer you on, to the Expo's and goodies that you get for participating," Pariseau said. "But my favorite part is traveling."

Since Pariseau started running, she has ran seven half marathons and one full marathon. Some of the half marathons that Pariseau has taken part in include the Washington DC Rock and Roll Marathon, Denver Rock and Roll Marathon and The Saint Jude Marathon. Her first full marathon that she ran was in Apr. 2015 at the Nashville Country Music Marathon.



**RUNNING FOR A CAUSE** Ingrid Pariseau runs in the St. Jude's Country Music Marathon. (Photo submitted)

"Running a marathon is no easy feat," senior Liam Condon, student of Pariseau, said. "They require an enormous amount of training, I personally don't think I'd be up to the task."

Since Pariseau has began running, she has raised almost \$7,000 for Saint Jude's Children Hospital and plans to continue doing so to raise more money for the charity.

"Raising money for hospitals that help children and also help their families who don't have to pay that much is such an amazing thing to do," senior Collin McSorley, student of Pariseau, said. "Her gumption and will to persevere and help so many people is outstanding and I have so much respect for her."

Pariseau has signed up for more marathons this year. She has also set a goal to raise more than \$10,000 for Saint Jude's.

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came to America, he didn't waste any time supporting the Tigers in the Jungle: it is one of his favorite memories in America. Nacho loves the food of his home country and would love to see more Spaniard restaurants in America, however, his favorite American food is BBQ ribs. The most memorable person Nacho met is Zack Rodgers.

"Zack Rodgers is the most memorable person I met in America because he was the first to say hello. I'm so happy that he did because he's shown me everything in the school. He's introduced me to all of my friends. He's also in two of my classes, and he always helps me when I need it. I love him, and I hope one day he will visit me in Spain," Nacho said.

Chanitha Piriymetha is from Thailand and

her host sister in America is Sonja Truong. Chanitha goes by Aun. Aun wanted to come to America because she wanted to improve her English and make new memories. Aun is involved in FCCLA. She loves to sing and play the guitar. Aun's favorite thing about America is the Americans and how they feel free to talk in class. She thinks it's really good that the teachers and students exchange their opinions.

Aun wants to bring a big festival from Thailand to America called Songkran, which translates to "Water Festival." It is the Thai New Year where everyone splashes water on each other to commiserate the beginning of summer. This is celebrated in April. Aun's favorite American food is hot dogs, and her favorite class is Conceptual Physics.

"The most memorable person I met is my friend Ally. I met her on my first day of school. She's in my English class and she helps me out a lot with my English and other things too. She always sounds excited when we talk and she always brightens up my day," Aun said.

Kathrine Tang Möeller is also a student from Denmark and comprehends English, Danish and German. Kathrine is known around the school for her outstanding fashion and her floppy black hat. The reason she wanted to come to America is to see the American way of life and she also wanted to experience the American culture and school spirit for herself. She wanted to taste American food. Kathrine hopes to bring the "American" Christmas tradition back to Denmark with her. Kathrine

loved the American burrito. Kathrine's favorite thing about America is the Americans, and the most memorable person she's met in America is her friend Claire.

"I met this amazing lady, Claire, in one of my classes. Claire has been there for me every day and she makes me smile and laugh. She has always been there to make me feel welcome and to help me," Kathrine said.

Each student will go back to their home countries at the end of the school year to continue their schooling.

# Seniors prepare for ACT

By Callie Spencer  
Pulse Staff Writer

During senior year, the pressure is on for many to get the ACT score that will land them in a good college with a good scholarship. For those that are serious about raising their score, there are camps and online resources available to help them prepare.

One such program is offered through Broken Arrow Public School's college and career center, and it is called Naviance. Once the test date is entered, the program generates a custom study plan that prompts the student to complete tasks to earn a certain amount of points each day. It offers practice problems and tests, along with study games.

"I've been studying and taking prep classes to help me improve my score," senior Austin Vickers said. "I use Naviance test prep online for practice."

The higher the ACT score, the more available scholarships there are. Different schools offer different scholarships, but there is a scholarship available for students going to college in Oklahoma called the Oklahoma State Regents' Institutional Nominee Scholarship.

A score of 32 on the ACT partially qualifies students. There is also a GPA and class rank requirement. These scholarships are limited and not automatically offered to all who qualify.

Not all students are trying for any specific scholarship. They just want to improve their ACT score so that they can qualify for more scholarship money.

"I'm looking forward to going to the University of Tulsa, but it's not cheap," senior Brent Shafer said. "The more times I take the ACT

and the higher score I get, the more scholarship money I'll receive."

For some students, the ACT is a quintessential part of getting into college. Senior Precious Okoruwa got accepted in the University of Pennsylvania, thanks in part to her ACT score in the thirties. The University of Pennsylvania is very competitive with admissions and, although they do not require a specific score, they typically only accept students who get a 30 or higher on the ACT.

"My ACT score definitely helped me get into a good college and get scholarship and grant money," Okoruwa said.

The next ACT test date is April 9 and the deadline to sign up is March 4. A late fee is charged to register between March 5-18. To register for the ACT, go to [actstudent.org](http://actstudent.org) and make an account.



**QUIET MOMENT** Senior Nicole Trevino takes a moment to study for the ACT after school. (Photo by Alexia Scott)

# Honoring Black History Month

By Percy Totten  
Pulse Staff Writer

Every February, Americans celebrate the lives and accomplishments of famous African Americans throughout history. February was officially deemed Black History Month, or National African American History Month, by President Gerald Ford in 1972 and the tradition has continued ever since.

This year, Broken Arrow High School's student council and Applied Leadership classes are celebrating Black History Month by recognizing African Americans who made an impact on American history during the school's daily morning announcements.

"I feel like it's a needed idea to celebrate how far America has come," senior and student council member Luke Willis said. "I'm celebrating Black History Month by acknowledging the specific people and being mindful of the equality America has brought."

The students of the high school's Applied Leadership classes will celebrate a different African American during the morning announcements every day in February. Prominent African Americans to be recognized at the high school include civil rights activists Rosa Parks and Nelson Mandela, athletes Jesse Owens and Jackie Robinson and musical artists Ray Charles and Tupac Shakur.

"The morning announcements gives us the opportunity to send a message to all students and faculty," Applied Leadership teacher Jeffery VanDolah said. "It provides us with the perfect opportunity to celebrate Black History Month."

Students have appreciated the reminder and



**FOR ALL TO HEAR** Junior Reese Charles shares facts about Muhammad Ali with the student body during morning announcements. (Photo by Ashley Spencer)

recognition of prominent African Americans every morning.

"I think it's something that everybody should know about our nation's black history," junior and Applied Leadership student Lorraine Washington said. "Not just about our nation's history, but about black people in general. It's definitely something we should have every year."

Whether it be Beyonce or Frederick Douglass, all African American lives are to be celebrated this month. Fellow Americans of all races should, in the words of President Ford, "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

# Broken Arrow boys' soccer looks to utilize senior leadership

By Aaron Sawyer  
Pulse Staff Writer

As the Broken Arrow boys' soccer team looks to get their season underway, it is very evident that they will need to rely on the senior leadership going into the 2016 season. Out of the 7 seniors, only 3 consistently started last year. On such a young team, it is critical that guidance be brought by the seniors.

"We are fortunate to have a solid core of senior leaders," varsity head coach Kyle Rodell said. "As a result, our daily work ethic is high, and that gives us a great opportunity

to succeed."

The returning starters from last year have quite the load to carry, but juniors such as Noah Harris will be starting as well. Many juniors are more than willing to accept the responsibility of a starting position.

"If I'm going to start, I definitely need to keep my energy up consistently and play through our key players like Alejandro Chavez and Michael Stewart," Harris said. "Coach is looking for me to be more aggressive with the ball, so I'm very excited to get to help contribute to my team."

After the gut-wrenching 2-1 loss to Norman North in the semi's last year, Tigers

varsity soccer is more motivated than ever to escape the same fate this year.

"Losing two years in a row to the same team was very difficult. I use the losses as motivation every day to push myself and work harder," senior Michael Stewart said.

Many Broken Arrow students are looking forward to the season as well.

"I'm really excited to see my friends play," senior Hannah Wilson said. "Soccer is my favorite sport and I can't wait to get out there and support our boys."

The Tiger's first home matchup will be against Sand Springs on Feb. 26th at 7:30 p.m. at the BAHS Memorial Stadium.



**JUST FOR KICKS** Senior Michael Stewart warms up. (Photo submitted)

# Noodles & Company opens

By Miranda Shaw  
Pulse Staff Writer

Earlier this month Noodles & Company opened up on 1556 N. 9th St. in Broken Arrow. With their various choices of pasta, soup, salad, and sandwiches, one is bound to find something on the menu to thoroughly enjoy.

With large portions and affordable prices, eating at Noodles and Company will not break the bank. A small bowl is \$4.49 while a regular sized bowl is \$5.79.

The different types of cuisine served at Noodles and Company are international. Noodle dishes from all over the world are on the menu. If one is in the mood for Asian food but their guest is in the mood for Italian, Noodles and Co. is the place to go. And for the picky eater, they serve macaroni and cheese.

"Noodles and Company serves a lot of delicious meals and is a fun place to go with friends," senior Hailey Delano said.

With a calming atmosphere and friendly staff, one is sure to have a satisfying experience.

Broken Arrow student Brendon Franklin has been working at Noodles and Company



**NEW NOODLES IN TOWN** Noodles & Company recently opened on Lynn Lane. (Photo by Miranda Shaw)

since its grand opening.

"Working there has been a good experience," Franklin said. "My managers make working there fun."

Founded in 1995 by Aaron Kennedy, Noodles & Company has rapidly grown throughout the United States in the past few years and now has locations in 31 states.

Noodles and Company's hours from Sunday to Thursday are 11 a.m. to 9 p.m., while on Friday and Saturday they are open from 11 a.m. to 10 p.m.

# Dance classes raise the barre

By Spencer Tuia  
Pulse Staff Writer

There are many electives offered at Broken Arrow High School. One of the newest ones offered this year is the dance class taught by Mrs. Katie McCall. Senior Katie Summers, who has been dancing since she was three years old, was elated after finding out that the dance class was finally offered.

"Ever since I joined the pride, I had not been able to go to dance and when I found out about this class I was so excited to be able to dance every day," Summers said.

There are three dance classes available at the high school: Beginner Dance, Intermediate Dance and Advanced Dance. To enroll in intermediate and advanced dance, a student must first audition. Some students, however, have been dancing for quite a while before joining the class. Junior Maddie Cowan, who has been dancing for twelve years prior to enrolling in dance, finds dance as an escape from the school rush.

"I love getting away from school for a little bit and being able to dance," Cowan said. "I

also love it because it gives people the opportunity to dance who might not get it otherwise."

Students will not only practice various dancing techniques, but will also learn about more dance related topics. According to the high school course planning guide, it states that "course curriculum includes the study of dance history, nutrition, anatomy, music for dancers, and choreographic studies."

Dance also gives students the opportunity to express themselves. Senior James Cha loves this aspect of dance and is always eager to learn.

"I love dance because it shows who you are," Cha said. "My favorite part about it is to learn more about it."

Earlier this year, the Broken Arrow Dance program held the second annual Raise the Barre masterclass, performed in the school talent show and headlined the Rose District Tree Lighting Ceremony by performing "The Little Match Girl."

There will be an end recital on April 28 for the dancers to finally showcase all that they have learned this year.

## Student Artist Spotlight Kacie Brown

By Ally Coldwell  
Pulse Staff Writer

Kacie Brown, a senior at Broken Arrow High School, has been participating in art for as long as she can remember. She now participates in AP studio art.

"Kacie is the kind of student that makes teaching fun," art teacher Rob Brown said. "She has uncommon integrity and she really thinks about what she's doing. Combine that with her creativity and you get something spectacular. Everything she does just gets better and better."

Her aunt, Jennifer Deal, is an art teacher at the high school, and was a big influence on Brown beginning art. She started getting Brown to participate in art projects around the age of two and would sometimes get her daughter and Brown together to work on art projects.

"It has been a joy watching Kacie over the years; she has worked so hard. I am just glad that she was finally able to fit some art into her schedule her senior year," Deal said. "I have loved that Kacie has been a dedicated band student, and as I have watched her

develop, I have learned so much about another area of the arts."

Brown also plays the synthesizer in front ensemble of the Pride of Broken Arrow, the saxophone in Wind Ensemble, and the piano in the high school Jazz Band. She started playing the piano at the age of six, and eventually joined band due to her love of music and other friends that joined with her. In band, Brown started out playing the clarinet and eventually switched to the saxophone.

"I spend half my day in music classes and I like them because it's easy to see improvement in myself and other players every day," Brown said. "Art is a break from mundane classes and it's fun because there are no rules and you get to be creative and collaborate."

Although Kacie is very busy between art and music, she finds a way to balance it all out and still manages to excel in both areas.

"I have a really busy schedule between AP art, other classes, Pride, and music competitions across the country," Brown said. "I just have to make priorities and think about what will be most important in the future."

Brown plans on majoring in saxophone performance after she graduates high school.



**BRING IT TO LIFE** Kacie Brown stands in front of the Grand National trophy she won with Pride, holding a project made from yardsticks inspired by an architectural/minimalist approach and a project featuring a simple cube and sphere carved to make one side move into the other. (Photo by Ally Coldwell)

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