

High school injuries rising

Are high school sports still safe?

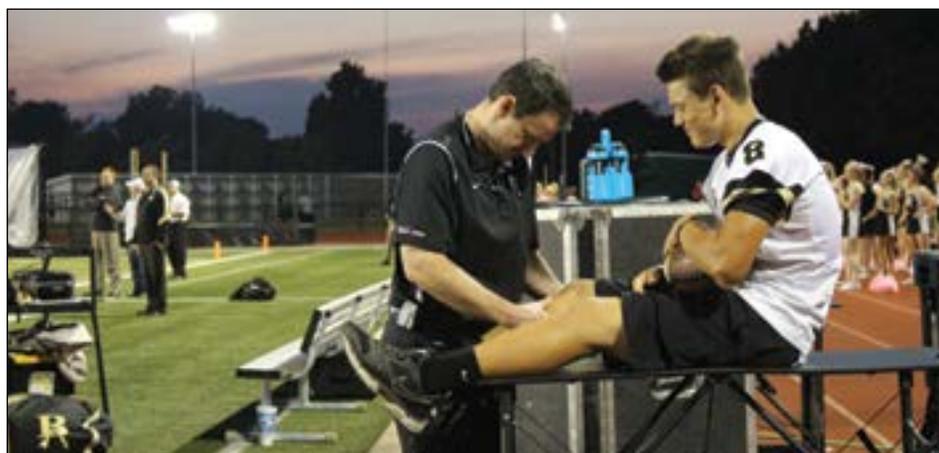
By Aaron Sawyer
 Pulse Staff Writer

More high school students are participating in sports now than ever before. The number of participants in high school sports increased for the 25th consecutive year in 2013-14 with a record total of almost 7.8 million, according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations (NFHS). But what risks are student athletes facing when participating in such sports?

Senior soccer player Ashton Denham is aware of the risks she is taking when she steps on the field.

"I've had shoulder surgery, pulled my groin, had two concussions, and a high ankle sprain that kept me out for awhile," Denham said. "I know there are always risks of getting hurt but I love the sport so I keep playing."

According to the National High School Sports-Related Injury Surveillance Study, there were an estimated 616,209 injuries during the 2012-2013 school year in football alone with a staggering 1,361,986 injuries total. In competitions (matches, duels, etc.), there were 2,228 injuries out



INJURY ON THE FIELD *Sophomore Tucker Dunlap has his knee looked at by the coaching staff after injuring it on the field. (Photo by Aylin Facundo)*

of 517,502 athlete exposures (4.31 injuries per every 1,000 athlete exposures) reaching 779,055 injuries total.

Although injuries are never completely preventable, there are many precautions one can take in order to ensure their own personal safety. The American Academy of Pediatrics (AAP) suggests a few steps to stay on the field and off of crutches.

"The number one step is to take time off. Take one rest day per week to allow the body to recover. Along with that, stretching is critical. Stretch before and after the games and practices to make sure the muscles are flexible. This will de-

crease the risk of strains, pulls and tears in the muscles."

Given the popular growth in sports and the increased participation, injury rates are only expected to rise. According to the Institute of Medicine, football players in high school are twice as likely to receive a concussion, as there is an average of twelve concussions per every 10,000 practices and games.

"Everyone that plays football plays through some extent of injuries," senior Chase Perry said. "It's pretty common to have an injury or two a week. I had a concussion sophomore year, and last season I had a high ankle sprain that kept me

inactive for several weeks."

The injury rate of twelve per every 10,000 practices nationwide may not sound like a lot, but when you take into account that there are 1,088,158 athletes participating in football, and many of these athletes practice five to seven days a week, the likelihood of an injury becomes much more evident.

One may never be able to completely prevent injuries from happening, but one can heighten their awareness of the risk as well as taking proper precautions, such as stretching and concussion tests, to ensure the safety of themselves and those around them.

STAFF NEWS

Broken Arrow teacher works with dogs

By Jordan Brandt
 Pulse Staff Writer

Karen Holman is an anatomy and physiology teacher at Broken Arrow High School. She works with therapy dogs both in and out of the classroom.

"I enjoy having Mrs. Holman as a teacher," senior Mary Amsler said. "You can really tell she likes working with animals by what she's told our class."

Holman has trained and worked with therapy dogs for fifteen years, even rescuing a black female Labrador from the Muskogee shelter. Maddie, her own personal therapy dog, trains with the Tulsa Dog Training Club in a program called "Paw Pals," where she is evaluated for therapy work.

"Maddie and I work really well as a team," Holman said. "We count on each other and have a special love for each other."

Maddie is practicing nose work, which teaches dogs to locate specific scents. Maddie is also taken to places to visit people such as Saint Francis Children's Hospital, nursing homes and schools.

"I think that the fact that she works with dogs is really cool because dogs mean a lot to me," senior Keeley Burd said. "I really hope she brings her therapy dog to school some time so that I can meet it."



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Student athletes to participate in National Signing Day

By Hailey Cochrane
Pulse Staff Writer

Multiple students from Broken Arrow are getting accepted and committing to colleges on National Signing Day, Feb. 3, in Varsity Club on the Broken Arrow campus. One of those students is a senior varsity volleyball player, Taylor Bailey. Bailey hasn't officially committed, but is going to sign with Coffeyville Community College to play volleyball.

"I wanted to go to this college because the girls on the team are already family, so it'll be like my home away from home," Bailey said.

A lot of students are very excited to graduate and begin the new year as a col-

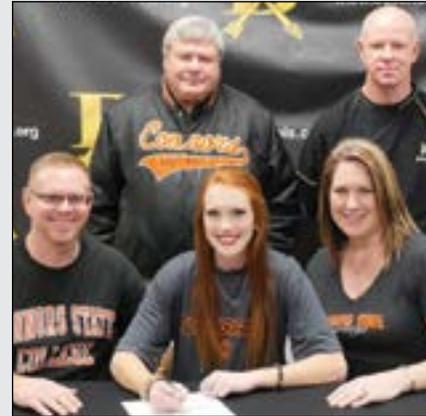
lege athlete. Senior Shelby Brewster is planning to sign with Northeastern State University and play soccer.

"I committed to NSU in Tahlequah because their soccer team has gone to regionals every year," Brewster said. "Also the coach said I would come straight on and play as a freshman."

Senior Alexis Gaulden has committed to Tulsa University to play basketball.

"I'm looking forward to being a student athlete because it's going to be a fun experience. I'm so blessed with this opportunity," Gaulden said.

More than ten high school athletes are planning to sign on National Signing Day, for a complete and updated list, visit bahspulse.com. The event will be open to the public.



SIGN FOR THE FUTURE Seniors Alyssa Stephens (left) and Kinzy Mathis (right) signed early with Connors State to play softball. National Signing Day will take place on Feb. 3 in the Varsity Club on campus. (Photos by Steve Cowen)

The inside scoop on Andy's Frozen Custard

By Spencer Tuia
Pulse Staff Writer

There is a new frozen dessert place in town. Andy's Frozen Custard has opened up in Broken Arrow on Dec. 16 on 800 E. Kenosha St. and is quickly becoming a popular place.

With a retro-looking atmosphere, Andy's gives off an old fashion ambiance. Instead of walking in and ordering at a usual frozen dessert place, Andy's provides a traditional walk up and order service and a non-intercom drive-thru. With this quick and easy set up, service at Andy's is quick and favorable.

"I enjoy the atmosphere at Andy's. It is very convenient and is a great place to go to at any time of the day," junior Annalise Crockett said.

John and Carol Klutz started Andy's Frozen Custard started back in 1986. The first establishment was in Springfield, Missouri and has quickly spread to many other locations. There are currently 30 locations in Missouri, Arkan-

sas, Texas, Illinois and Oklahoma.

John and Carol Klutz emphasize the importance of hiring great employees and treating them right. Senior Lizzy Burke, an employee at Andy's, feels this importance as well.

"Working at Andy's has been a great experience," Burke said. "The customers and my coworkers are so nice and friendly. The atmosphere at Andy's is very challenging but also fun as well."

Two of the popular items at Andy's is the Boot Daddy and the Snow Monster.

The Boot Daddy has fudge, caramel and Oreos and the Snow Monster has strawberry and chocolate chip all blended in frozen custard," Burke said.

Andy's provides seasonal treats that are only available for a limited time. Currently, Andy's is serving the "Words Can't Describe It" Apple Pie Sundae and Concrete. Seasonal treats that are coming up are the Cookie Casanova Sundae in mid-January and Thin Mint Concrete in mid-

February.

Andy's is open Sunday through Thursday from 11 a.m. to 11 p.m. and Friday through Saturday from 11 a.m. to 11:30 p.m.



CHEERS Andy's Frozen Custard provides custard creations in several flavors. (Photo by Bethany Griffin)

"Peter Pan" auditions held, cast list posted

By Alexia Scott
Pulse Staff Writer

Broken Arrow High School's drama department recently began rehearsals for the musical Peter Pan, which will run April 14-17 at the Broken Arrow Performing Arts Center. Auditions for the play were held in the past two weeks.

"I wasn't really nervous for my auditions because I didn't audition for any singing parts so I wasn't worried about doing well," senior Tanner Cates said.

For callbacks, actors were given new songs to sing and new lines to read.

"I was so nervous that my stomach hurt," senior Austin Wyatt said, "but when I found out the next day that I got Captain Hook, I was so excited."

When the cast list was posted, the main roles of Peter Pan and Captain Hook were given to seniors Maddie Riggin and Austin Wyatt, respectively.

"I was so excited when I found out I got Peter Pan," senior Maddie Riggin said. "I wasn't expecting it, and I am so excited for it."

Peter Pan will be a very adventurous production, which will include flying, a pirate ship, a crocodile, a giant dog, elementary school kids from around Broken Arrow and weeks of preparation and practice.

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Holman works with animals in various ways.

"I consult with veterinarians that wish to provide science-based behavior modification techniques to their patients," Holman said. "I also consult privately and work with legal cases involving animals as a consultant and expert witness."

Holman started a program while she taught at Centennial Middle School called "Tiger Tails" which utilizes "Paw Pal" members. The "Paw

Pals" therapy dogs visited the school and gave students the opportunity to read to the therapy dogs.

"Students have been found to increase their reading scores by just reading to a therapy dog," Holman said. "Dogs are non-judgmental and students are likely to relax and read aloud to the dog. I had a student once who was terribly afraid of dogs, but eventually he warmed up to her and she helped him conquer his fear

and from that day they were best friends. Maddie, along with her Tiger Tail teammates help diffuse negative situations and bring a much needed calmness to the program."

Holman is hopeful to bring this program to the high school.

Swim seniors celebrated

Bishop Kelley meet serves as Senior Night

By Victoria Corbitt
Pulse Staff Writer

The swim team hosted Senior Swim Night on Jan. 14 at the Salvation Army in Broken Arrow. Swimmers were introduced for their accomplishments and their possible futures in college. Parents and loved ones accompanied them as they entered the event.

"I had been looking forward to this night for 3 years," senior Bailey Byrd said. "I was feeling pretty good, then my first race came up and I had instant butterflies."

Knowing it was Senior Night made the event special for those who will graduate soon.

"Senior Night will always be one of my most memorable meets of my high school career," Byrd said.

The Broken Arrow varsity swim teams, both boys and girls, competed against Bishop Kelly. Swimming lap after lap, the girls swim team placed fourth in their previous swim meet in Jenks and continued to hold their status in this meet, winning 9 events total. Overall, the girls placed first and the boys placed second.

Many swim members were able to drop time in their races.

"I like the competitiveness of swimming,"

sophomore Courtlyn Dawson said. "I also really enjoy cheering everyone on."

The swim team has only just begun their journey this season.

"I feel jittery, excited and focused when I'm about to dive into the water," senior Dalton Bearden said.

Swim will head to the Eastern Regional meet in Jenks on Feb. 5 for their next big meet.



SWIM SUCCESS Clockwise from top: Senior Kindra Fisher prepares to dive in with her team. Senior Nathan Dunn dives in to start his race. Senior Taryn Little cheers for her teammates. Sophomore Devin Davis participates in the meet. (Photos by Victoria Corbitt)

Football players take on cheerleading

Cheer team adds new members for competition

By Zack Rodgers
Pulse Staff Writer

Due to the football season ending and more down time, some football players are going out and getting involved in unexpected activities. Cheerleading is now a go-to for a couple of football players that are able to contribute to the cheer efforts as they go to national competitions.

Senior Andrew Truman is one of the guys participating with them.

"I'm definitely looking forward to competitions and seeing how different cheer is from football," Truman said. "I also think that people will be pretty surprised when they see football players out on the mat but hopefully it is a pleasant surprise."

Some of the guys have a variety of mo-

tives including being involved, showing school spirit or making memories.

Senior Katelyn Mathis is a cheer manager for the squad and enjoys the new support.

"It really has been surprisingly easy for them to pick up on the stunts because of their athleticism and strength."

-Amy Howe, Cheer Coach

"It was easy for the boys to get into the rhythm because they are very athletic and eager

to learn," Mathis said. "They picked up the coed stunts on the first day and ever since then, they have blended with the team."

The blending of sports is an aspect of unity in the school. The guys enjoy the new task and a new quest for victory as they take on something that many people may have never thought of.

Coach Amy Howe recruited the football players and had the idea to take them to the national competition.

"We were in need of more boys to be in our coed routine at UCA Nationals at Disney World," Howe said. "UCA likes to see big guys throwing college level stunts and that's what we are able to show more of with the addition of these guys."

The cheer team will head to Nationals in Florida on Feb. 4.



CHANGE OF PACE Senior Andrew Truman lifts sophomore Kenzie Schwerts during a basketball game performance with the cheer team. (Photo submitted)

Olivia Woodrich crowned Miss Broken Arrow Outstanding Teen

Intense preparation pays off for Broken Arrow High junior

By Miranda Shaw
Pulse Staff Writer

On Dec. 5, girls from all over the county competed in the Miss Broken Arrow pageant. Held at NSU-BA, girls ages 13-22 competed in the pageant. Broken Arrow High School junior, Olivia Woodrich, was crowned Miss Broken Arrow Outstanding Teen.

She has been competing in the Miss Oklahoma's Outstanding Teen program for two years.

"The Miss Oklahoma Outstanding Program has given me the opportunity to share my platform and give people a better understanding of Tourettes syndrome," Woodrich said.

Weeks and sometimes even months of preparation can go into a single pageant. To receive a title, one must provide a special set of skills to the judges such as talent, evening wear, sports wear and interview.

"I have spent a lot of time with dance lessons,

voice lessons, interview prep and promoting my platform," Woodrich said.

Olivia's favorite part about competing in pageants is meeting new people.

"I met my best friend while competing in my first pageant last year," Woodrich says.

Junior Allyson Lane also competed in the Outstanding Teen pageant.

"If anyone was to win, I'm so glad it was Olivia. She has worked so hard and passionately," said Lane. "I'm so proud of her."

Though Olivia is now the holder of the crown, the work is not done. She is working hard to let her platform of "Touring for Tourettes" be known.

"I am going to Washington D.C. in March to speak in front of Congress about my platform," Woodrich said.

In the next year, she will judge contests and be a part of different parades with Miss Broken Arrow, Brittany Wagner.



SHE IS BEAUTY, SHE IS GRACE (Left) Junior Olivia Woodrich waves to the crowd after accepting her crown as Miss Broken Arrow Outstanding Teen. (Right) Woodrich poses with Miss Broken Arrow, Brittany Wagner. (Photos submitted)

Student Artist Spotlight

Dianna King the art queen

By Cole Gastineau
Pulse Staff Writer

Dianna King has been drawing since she can remember. She picked up drawing from her brother, who often draws automobiles, and grew an interest in drawing more organic things.

King's art shows a rounded style that flows with the eye. Her characters often show realistic emotions and she catches the eye of the viewer by experimenting with different facial structures and facial expressions.

"I like drawing the ideas of scenarios and characters that I come up with in my head I also like to improve my art and challenge myself," King said.

During art class King often uses pen and paints, but is a master at shading with pencil, showing gradients with shadows that could almost leap off the screen and hide in the corners of your eyes.

"Amazing art just oozes out of Dianna's fingertips, at least once a week it seems like I turn around and say 'Wow!' at something new that Dianna has done," art teacher

Jennifer Deal said.

King draws to express her imagination and her drawings are very creative and fresh. They show curves and gradients and a variety of styles in each of her pictures. King strives to create pictures that hold wonder and make the viewer curious. King's art asks the viewer to try and solve the mystery of each piece of work.

Senior Allie Harris has known King since ninth grade and describes her art as beautiful and detailed. King is Harris's inspiration and her artwork often shows an appreciation to King's own art -- an artistic nod to her artistic heroine. King and Harris met in an art class and are both taking art classes now. Dianna would describe art class as a way to pass time and find fellow artists.

"Dianna is my favorite artist," said Harris, a fellow artist and friend of King. "She is so inspirational and her art is so beautiful."

In the future, King wants to move to New York and become an art director and direct art for the rest of her life, but if that doesn't work out, she has other plans.

"If my art isn't successful, I'd like to go into forensics," King said.



EXPECT THE UNEXPECTED Senior Dianna King poses with her piece titled, "Hands On," which she created because she enjoys creating the unexpected with art. (Photo by Victoria Corbitt)

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The Pulse is a student-produced publication produced by the newspaper class of Broken Arrow High School, which also provides written content for bahspulse.com.