

Teacher inspires change

Fowler is loved by students, awarded BAHS Teacher of the Year

by Shaelyn Disotell
Pulse Staff Writer

Mary Fowler is an aerobics, Couch to 5k and developmental leadership teacher who was recently named as Broken Arrow High School's Teacher of the Year. She has been teaching at Broken Arrow since 1992, and for 20 years she coached the Varsity Cheerleaders.

Fowler graduated from Oral Roberts University with a Bachelor of Science degree. She is also a certified fitness instructor for Pilates, Zumba, Bootcamp and conditioning classes. In her free time she loves to play with her two dogs, and she also loves horses. Fowler loves working out and teaching students.

Fowler says her favorite part of teaching is the relationships and the bonds she creates with students. She loves being able to have a conversation with a student and getting to know them and also letting them get to know her.

"I like it when kids tell me that they have more confidence, whether they've lost a little bit of weight or they feel their muscles and just



A SURPRISE VISIT Teacher Mary Fowler reacts to an announcement from Principal Liz Burns that she has been named BAHS Teacher of the Year. (Photo by Alexia Scott)

feel good about themselves," Fowler said. "I love when that light goes on that they want to be healthier."

Fowler's students feel that she truly cares about their well-being.

"Mrs. Fowler is awesome," sophomore Jessica Beyard said. "She always listens to what's going on and takes time to check up on you after you've talked with her. She helped one of my close friends stop smoking, and my friend really stopped."

Fowler's class enrollment is high. One of her goals is to do

things students enjoy.

"She always takes what the kids want to do into consideration when planning her classes," sophomore Makenzie Felter said. "If we say that we would enjoy doing more of something, she makes it happen. She really listens to us."

Fowler also helps students create bonds and relationships with other students.

Senior Brielle Kraus said, "On the first day of school Mrs. Fowler asked the class who would like to sit with a new student. I said yes, and her and

I have been best friends since. Mrs. Fowler inspires students by making sure no one is ever alone and helping students reach their goals."

Principal Elizabeth Burns feels that Fowler is deserving of the honor of teacher of the year.

"Mary Fowler runs more miles around this school, both figuratively and literally, than most of us," Burns said, "She is an excellent representative of our staff."

Fowler is known for her positivity and kindness to everyone at the school.

STUDENT LIFE

Empty Bowls supports Broken Arrow Neighbors

by Jordan DuBuc
Pulse Staff Writer

The Empty Bowls Project is a charity event that helps benefit Broken Arrow Neighbors and BA Food for Kids. BA Neighbors provides soup, while hundreds of Broken Arrow High School students craft ceramic bowls. Those who attend can choose from bowls sculpted and painted by art students. More than 600 bowls were made for the event this year, with 500 from the high school alone.

The event is Nov. 17 from 5:30 to 7:30 p.m. in the Broken Arrow High School Cafeteria. It is open to the public and tickets are \$10.

"Making the bowls for Empty Bowls throws the art department into a chaos of designing, creating, firing, glazing, then firing again," art teacher Jennifer Deal said. "It is wild and crazy and amazing to see everyone working toward the same goal—creating art that will be used to impact the community in a positive way."

Attendees purchase a ticket for both food and drink, plus an opportunity to choose a bowl to take home. Some art students were able to make more than one bowl.

"Making the bowls is really fun, knowing that you are providing them for a good cause and that someone may look at yours and want to take it home with them," senior Dianna King said.

Empty Bowls is an opportunity to better the community by helping to feed those in need. Each ticket bought helps support the BA Neighbors efforts to serve the community. This year they are hoping to raise \$5,000 for the cause.

"I think they will meet the goal set," senior art student Carter Ross said.

Entertainment for the evening includes performance art combining movement and the spoken word, a collaboration between the creative writing classes and dance classes.

Talent Show acts as fundraiser for BAHS Drama

by Jordan Brandt
Pulse Staff Writer

Each year Broken Arrow High School gives its students a chance to showcase many hidden talents. On Oct. 27 the Drama Department hosted a Talent Show. From singing to dancing and guitar solos, the students surprised their peers.

“The Talent Show is a great way to showcase our multi-talented and diverse student body,” drama teacher Jo Jo Nichols said. “Audience members are treated to an evening packed with entertainment, and often walk away from the show with a new respect and admiration for their friends and peers.”

The show opened with “The Addams Family” theme song, introducing hosts Austin Wyatt, Miranda Shaw, Hailey Delano, Wesley Dotson, Tanner Cates, Mia Vance, Madison Riggan, Tyler Rivera, Guillermo Barbosa and Olivia Sanchez.

Twenty-five different acts entertained the audience for the evening, along with

performances by Tiger Mystique, Tiger Rhythm and Jazz Choir. One of the students to perform was junior Jada Holliday. She sang “I Will Always Love You,” by Whitney Houston.

“I’ve loved Whitney Houston since I was very young,” junior Jada Holliday said. “It was also my eldest brother’s favorite song. He passed away, so it’s special to me.”

Among the students who performed, Namera Newaz did an Indian Classical dance to “Taal Se Taal Mila.” She was dressed colorfully and brought her culture to the stage.

“My favorite part of the Talent Show was seeing all the various talents we have in BA put on display for all of us to enjoy,” senior Collin McSorley said. “I was surprised by Namera’s performance. It was very amazing and interesting.”

Nichols considers the night a success, with more than \$3,500 raised for the Drama Department.



TAKING PART IN THE TALENT SHOW Senior Faith Chavez performs “At Last,” as made famous by Etta James. (Photo by Spencer Tuia)

French pen pals come for a visit as part of an exchange



by Ally Coldwell
Pulse Staff Writer

Recently, 11 high school students and two teachers from France arrived at the Oklahoma City airport with thoughts swirling in their heads about what a real American homecoming is like. Some Broken Arrow High School French 3 and French 4 students accompanied French teacher Shelley Mashburn to pick up their new friends from the airport.

“American high school is extremely different from traditional high school in France,” Mashburn said. “I hope they will make some life-long friendships, and realize that we are really not so different in spite of language and cultural barriers.”

Some French class students have been writing back and forth with students from France since May. These students have gotten to know each other and learned all about one another’s cultures in a series of letters written in each other’s native language.

“I would consider my pen pal a best friend. We know so much about one another,” senior Victoria Corbitt said. “After this experience, we will both have a new life-long friend, and we will also have a better understanding of one another’s culture.”



FRENCH EXCHANGE (Top) Teacher Shelley Mashburn’s students pose with French pen pals. (Bottom) Seniors Jazmyn Johnson, Mackenzie Edwards and Hannah Kelley smile with their new French friend. (Photos submitted)

While they were here, each of the French students stayed with either their pen pal or another student in class. They experienced American high school classes and spoke in the French classes, answering questions American students had about their culture, and vice versa.

“For me, America is a dream come true,” French student Candice Soulie said. “We said America is cool, but we were wrong. She is more than that—she is incredible.”

In France, they don’t have high school sports teams, therefore no homecoming. The French students got to experience the homecoming parade, dance, football game and the lip dub. They also got to experience how people in America celebrate Halloween.

“Here, everything is bigger and American people are really incredible,” said French student Alexia Souillat. “We couldn’t be better received than that.”

Some of Broken Arrow’s French students are going on a non-school sponsored class trip to France over spring break to learn more about French culture. Until then, they will keep writing back and forth and excitedly await the next time they get to see each other.

Injury sidelines collegiate dreams for Glander

by Spencer Tuia
Pulse Staff Writer

Like any other athlete, the senior season of sports is of the utmost importance, when colleges are looking for potential players to give award athletic scholarships. For Senior Sonya Glander, volleyball team member, her senior season came to a close before it even started.

Glander started playing in the eighth grade for Broken Arrow. She was already playing soccer but had decided to try out for the school team after her Mom convinced her to.

“My mom played volleyball in high school and made me do a volleyball camp in seventh grade. After that, I fell in love with the sport instantly,” Glander said.

Once she made the team, volleyball became a huge aspect in her life. After quitting soccer to solely focus on volleyball, Glander worked hard to fight for a position on the court. Because of her height, coaches saw her as a front row player who could block and hit. Hitting was her favorite skill to practice and succeed in.

Throughout her high school career, she became a starter on the freshmen and JV teams and suited up for the varsity team as a junior. She played as the right side hitter and was a potential starter for the varsity for her senior season.

All that came to an end after a scrimmage during the pre-season. Glander had her first stress fracture in her back during the game.

She kept playing for the next two months until she got another one in her last game against Jenks. Glander wasn't aware of the severity of her injuries until the doctor advised her that she could not play volleyball anymore.

“The first thing I thought when I found out the news was that my volleyball career was over,” Glander said.

The team was saddened by the news, especially those who have played with her since eighth grade. The volleyball team stresses the importance of being like a family so seeing another teammate get hurt and never be able to play the sport again was hurtful.

“I was devastated about the news, just like she was, because I was upset for her,” teammate Charlie Voda said. “It broke my heart to see her so upset.”

Although her dream was over, Glander did not let it get to her mind. She kept high spirits and cheered from the sidelines for her team. She said that it was her teammates who helped her overcome this struggle.

“It wasn't the same playing without her on the court this year, but she is still a big part of the team,” senior Kylee Ellis said.

Glander still has that same love for volleyball and hopes her children will play just like she did. Although she wasn't able to continue her dream of playing it in college, volleyball continues to be the number one sport in her heart.



PREPARING TO SPIKE Senior Sonya Glander plays with her club team during last season. (Photo submitted)

Speech and Debate prepares for a new season

by Stone Freeman
Pulse Staff Writer

The Speech and Debate team has had a significant amount of growth and high expectations from both the team and their competitors. They host a multitude of different people of all different ages, competing in a season that lasts roughly six months.

“I do poetry, monologue, and dramatic interpretation, and so far I've been getting my pieces together and trying to put myself into the shoes of the characters,” senior Olivia Sanchez said.

Events that are in the speech and debate program that can be useful in real life situations, including monologue, poetry, extemporaneous speaking, oratory and

many more.

For those not much into speech, there are three different kinds of debate to partake in with topics that change about every couple of months. These events have rigorous competition and require undivided attention from those who want to succeed. The thought of speaking in front of people might seem like a challenge, especially to new comers. Under direction of the speech/debate coach Robert Walters, members are excited to go to tournaments and compete.

“I really look forward to my first year,” junior Cody Watson said. “I feel that it will be extremely fun and useful. I'm confident in my abilities, but there's no getting around nerves from speaking

in front of so many people. I'm both nervous and excited for my first real tournament.”

Walters and alumni alike work to improve the team. Current members and alumni feel the experience is worth all the work.

“This is my third year in speech and debate,” junior Madeline Pratt said. “If I've noticed anything about these classes, it's the variety and diversity of the students. The class helps me to be objective and think critically, and I get to do it with a group of awesome people. I love the confidence I see instilled in so many of the team members. It builds you up and teaches you how to take constructive criticism.”

Speech and debate can offer skills

other than the ability to speak with confidence in front of people. Being in debate can sharpen the mind and improve the ability to think quick.

“It's really important thing to understand is that our class doesn't just do debate,” Walters said. “We do speech, debate, and competitively act. The students have eagerly been writing debate cases and learning all about the structure of Lincoln Douglas. It's a lot to take on but, I feel like we have a great team this year.”

The Speech and Debate team will travel to Bartlesville for their next meet on Nov. 14.

Students bolster actions, beliefs with activism

by Kaleigh Meier
Pulse Staff Writer

Activism is the political action of using vigorous campaigning to bring about political or social change. Activism is the want to achieve goals in one party.

Activists demonstrate acts for one or more activist groups, or protest against things that will cause stress against the groups in which they are strongly passionate about. Senior Tayla Sorrell is a passionate human rights activist.

“Being a human rights activist is very important to me because there are way too many people in this world that think it is acceptable to believe they are better than someone else for having more or less of something than another individual,” Sorrell said. “I do not believe that anyone has the right to call themselves better than anyone, in my opinion God created everyone with his image, and that’s all that matters.”

A human rights activist is someone who fights for every

right that human beings have. Sorrell isn’t the only person who is big on human rights; in fact there are others who agree with and support human rights. The Human Rights Campaign is a large group of people who campaign every single day to make sure they are creating a statement for their cause.

Like Sorrell, senior Daniela Perez is also a passionate activist. She is involved with two organizations: Green Peace and PETA. Green Peace is an environmental friendly

organization that campaigns against anything that can harm the earth, and PETA is a national animal safety awareness program.

“I am a lover of all things that deal with nature,” Perez said. “I know that human beings are not the only living things on this planet. We need to recycle, and keep how much we waste in mind at all times. People need to realize that our earth cannot survive with this much pollution taking place.”

Many famous activists have

come and gone in the past, including A. Phillip Randolph, Abbie Hoffman and Alan Lomax. Randolph was a civil rights activist who worked hard to fight against racism and segregation. Lomax was a human rights activist whose main concern was supporting the rights he had as an American. Though only a small sample, they all had goals they were striving to reach.

Student Artist Spotlight

Atherton’s art tells a story

by Alexia Scott
Pulse Staff Writer

Senior Rebecca Atherton has been creating art for as long as she can remember. She creates traditional art using charcoal, as well as 3D art pieces. One of her pieces won the “Best of Show” award at the Oklahoma City University Print and Drawing Show.

“I was really excited to win, mostly because it let me know that someone else really gets what I’m trying to express,” Atherton said.

Atherton started taking classes in second grade. She was particularly inspired by art teacher Aubrey Karner.

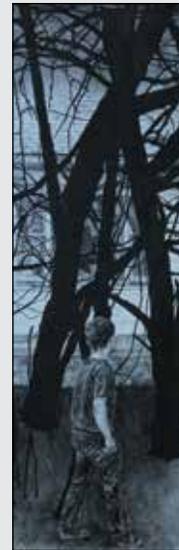
“Mrs. Karner always had great ideas that she would share and that she was working on making herself,” Atherton said.

Atherton’s pieces are mostly 2D, and they do tend to be darker. She likes to express momentary emotions and feelings. AP Studio Art teacher Rob Brown currently has Atherton in his AP 3D Studio Art class.

“Rebecca is an excellent student; she is very meticulous with her artwork,” Brown said. “She knows what she wants her art to look like and she won’t stop working until it gets there. Her work requires a close look to really understand her narrative. She’s created some spectacular pieces.”

For her 3D piece titled “Part of The Machine,” Atherton was inspired by the hard work she witnesses at the warehouse she works at seasonally, which is called The Rule Co. The warehouse produces metal hardware including screws, bolts and washers.

“I wanted to express the tedium



NARRATIVE ART (TOP) Atherton created this piece titled “Forgotten” using charcoal. (RIGHT) Atherton poses with her latest 3D piece titled “Part of the Machine.”

and grind of manual labor,” Atherton said.

In the future, Atherton plans to become a rural doctor, as lessening other people’s loads is a personal goal for her. She hopes to use art for relaxation and a way to express her feelings, emotions, and political ideas.



STAFF

Adviser: Ashley Spencer, aspencer@baschools.org

Amber Boatman, Kaylee Borrer, Jordan Brandt, Hailey Cochrane, Ally Coldwell, Victoria Corbitt, Shaelyn Disotell, Jordan DuBuc, Zach Duncan, Stone Freeman, Cole Gastineau, Nikole Meier, Sidney Parks, Cheyenne Pauls, Maddie Riggan, Zack Rodgers, Aaron Sawyer, Alexia Scott, Callie Spencer, Percy Totten, Spencer Tuia, Austin Wyatt

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.