

HOT INK

A PUBLICATION OF NEWSROOM 101
AND THE OKLAHOMAN

SPRING 2014

WWW.NEWSOK.COM/HOTINK

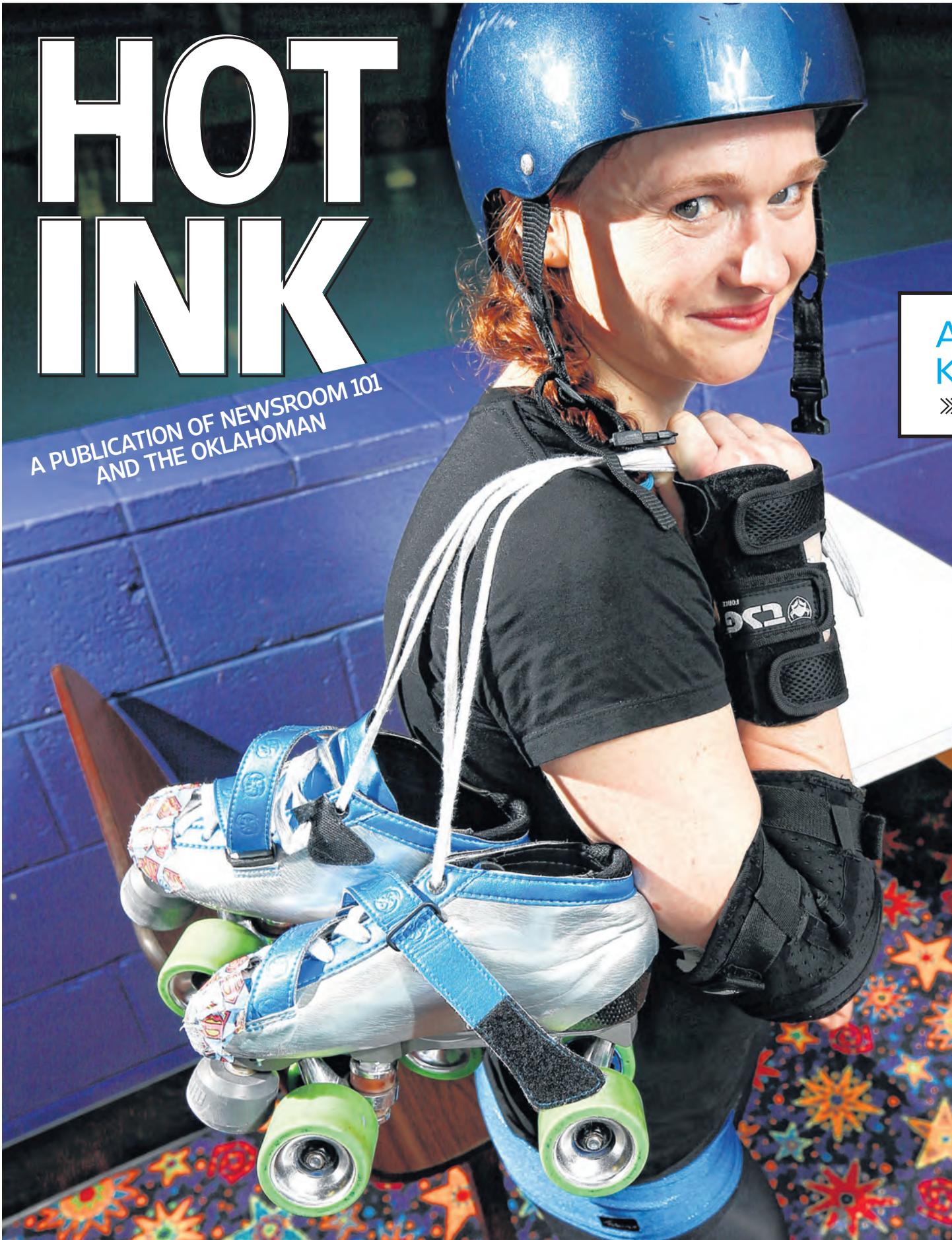
A DIFFERENT KIND OF JAM

»» PAGE 16



IMMIGRANTS BRING ART, BUSINESS PASSIONS TO STATE

»» PAGES 12-14





Jacob Bishop, a senior at Edmond Memorial High School, chats and laughs with a friend during an AP government class.

PHOTOS BY LUCILLE SHERMAN, EDMOND MEMORIAL HIGH SCHOOL

Right: Cameron Austin, a senior at Edmond Memorial, plays on his phone and talks to a senior office aide while waiting in the counseling office, where students can drop by at any time in between classes or if they have a pass from their teacher to speak with their counselor about anything from classes to home life.



Student council members count ballots for Mr. and Ms. All-Sport Court at Edmond Memorial High School.

About the program

Newsroom 101 is presented by the News and Information Center staff at The Oklahoman, in conjunction with the Oklahoma Publishing Company's Newspapers in Education service.

The 11-week program is for high school students interested in different areas of journalism and is designed to cultivate the skills needed to be a good journalist.

This publication contains content produced by the 2014 program participants and will be distributed to Oklahoma high schools and other locations.

Newsroom 101 publications have won the National Association of Educational Publishers awards twice, most recently in 2006.

The program also works in cooperation with NewsOK.com, which carries the contents of this publication at www.NewsOK.com/HotInk.

NEWSROOM 101

JACLYN COSGROVE
Program coordinator

NATE BILLINGS
Assistant coordinator

GRAHAM LEE BREWER
JENNI CARLSON
KYLE FREDRICKSON
SARAH HUSSAIN
ADAM KEMP
ANDREW KNITTLE
BEN LUSCHEN
LEIGHANNE MANWARREN
JAY MARKS
JENNIFER PALMER
Mentors

CAROLINE DUKE
Publication designer

THE OKLAHOMAN AND NEWSOK.COM

KELLY DYER FRY
Editor and vice president of the News and Information Center

MIKE SHANNON
Managing editor

ALAN HERZBERGER
Managing editor of digital content

ROBBY TRAMMELL
News director

CLYTIE BUNYAN
Director of business and lifestyles

OKC DISTRICTS KEEP GROWING, ENTERTAINING

BY CERA GREWELL | EDMOND NORTH HIGH SCHOOL

CROWDS are becoming more commonplace in Oklahoma City as the city's growth has created a wealth of new entertainment and dining options.

The influx of people attending events like Oklahoma City Thunder games or the monthly H&8th Night Market often leaves many struggling to find a place to park.

More than 15,000 people braved frigid temperatures at March's H&8th, a gathering of food trucks, live music and shopping opportunities, but many had to walk several blocks to get there.

"I would say the biggest thing missing in downtown are family-friendly activities and shopping — and along with that comes a need for easy parking and walking access," said Bobbie Earles, director of business development at Insight Creative Group. "If you go to somewhere like Dallas, there is a four-story science museum in the middle of downtown, within walking

distance of a huge aquarium, all with easy parking and easy access to and from the highway?"

With an expanding city, maintenance and construction are guaranteed. A maze of detours and construction sites is a price commuters and tourists are forced to pay.

Oklahoma City is growing as a tourist attraction, with events and attractions in many parts of the city.

"I think all of the districts truly enhance each other," said Elizabeth Newton, event coordinator for Downtown Oklahoma City Inc. "I can't tell you how many stories I've heard that go a little something like this: the person was in Midtown shopping and one of the employees suggested they go to Automobile Alley to visit a few of the shops there, then head to Film Row for pizza at Joey's.

"...We truly have a community mindset in downtown and the various districts value the importance of supporting one another."



People mingle during a recent H&8th Night Market food truck festival in downtown Oklahoma City. The festival is held monthly for part of the year.

PHOTO BY NATHAN POPPE, THE OKLAHOMAN



GROWING STRONGER

Man overcomes obstacles after bipolar disorder diagnosis at 15

BY JORDAN EVANS | YUKON HIGH SCHOOL

Preston Northcraft started high school off well, taking honors courses and making straight A's.

But by his sophomore year, Northcraft's grades started to slip, and his attitude changed.

At 15, Northcraft was diagnosed with bipolar disorder, a brain disorder that causes unusual shifts in mood and energy.

However, unlike the staggering 40 percent of Oklahoma youth with mental illnesses who didn't receive treatment in 2013, Northcraft was



PHOTO ILLUSTRATION/GETTY IMAGES

◀◀◀ diagnosed and began treatment.

“One of the things we talk about is that early intervention is key,” said Jeff Dismukes, spokesman of the Oklahoma Department of Mental Health and Substance Abuse Services. “The earlier we identify an illness, the earlier we can give the appropriate care, and the more successful we are on helping them to that road to recovery.”

With half of all mental illnesses occurring by 14 and three-fourths by 24, Northcraft was not out of the norm when the diagnosis was given.

Bipolar disorder often develops in a person's late teens or early adult years, and at least half of all cases start before age 25, according to the National Institute of Mental Health. Some people have their first symptoms during childhood, while others may develop symptoms late in life, according to NIMH.

But a majority of the time, people don't receive treatment until well into adulthood for a disease they developed in adolescence, according to NIMH.

Getting help

Northcraft's treatment plan began with bi-monthly therapy, and then changed to seeing a counselor once a month. He now goes to a psychiatrist every three months for a check-up and continues the medication regiment prescribed to him at 15.

“An essential piece of treatment is helping people understand their own lives,” said Teresa Capps, executive director of the Children's Recovery Center in Norman. “Helping them understand what pressures have a negative outcome on their recovery, helping understand what triggers exist, and teaching coping skills is really helpful. Education is key.”

After graduating from high school, Northcraft went on to college at the University of Oklahoma, but found the large campus life overwhelming.

“ONE THING I'VE LEARNED IS NO MATTER WHAT YOU'VE GONE THROUGH IN LIFE, IT DOESN'T MATTER IF YOU'VE GONE THROUGH REALLY TOUGH TIMES, AS LONG AS YOU REALLY WORK AT LIFE AND TRY TO GROW EVERYDAY AND GROW STRONGER.”

**PRESTON
NORTHCRAFT**

21 PERCENT

Oklahomans who report having a mental illness in the past year

**70 PERCENT/
40 PERCENT**

Adult Oklahomans and Oklahoma youth, respectively, who need mental health treatment and do not receive it

NO. 3

In Oklahoma, mental health disorders are the third-leading cause of chronic disease

58

Age, on average, to which Oklahomans with mental illness live

OKLAHOMAN ARCHIVE

SOURCE:
THE OKLAHOMA DEPARTMENT OF MENTAL HEALTH
AND SUBSTANCE ABUSE SERVICES

Unearthing talents

Northcraft dropped out but later moved to the University of Central Oklahoma. In college, he began to unearth his passion for writing.

Northcraft is now a published novelist with his second book scheduled for release in September. Both works discuss his personal struggles with his mental health and the ways he overcame them. Writing the novel was a form of therapy itself, he said.

“One thing I've learned is no matter what you've gone through in life, it doesn't matter if you've gone through really tough times, as long as you really work at life and try to grow everyday and grow stronger,” Northcraft said. “I think that you'll be a better person because of it.”

When he was 21, Northcraft fulfilled his desire to give back by starting Flashpoint, a non-profit organization that he began with his father. The organization aims to support people with mental illness and also help their families understand what their loved ones experience through their illness.

He works as a young adult coordinator and has played a role in implementing multiple programs geared toward bringing awareness about mental disorders to young adults.

One of these programs is a support group for young people ages 16 to 29 who either have been diagnosed with a mental health disorder or have a family member or friend who has been diagnosed. Another program will focus on education, with Northcraft and other advocates traveling to schools across the Oklahoma City metro to speak about topics like suicide prevention.

“I've had friends that have told me they struggle with depression or anxiety,” Northcraft said. “I've even had a friend who said he's bipolar just because I talked to him and told him about that. So I think once you open up and start talking to people, people will really open up to you about issues they have.”

SILENT SIGNALS

BY ASHLEY MURDOCK | BETHEL HIGH SCHOOL



I STARTED cutting myself last March. I can honestly say I have changed since then.

I thought cutting could help me through a lot of emotional pain.

I never knew how to open up to people. I couldn't explain my feelings in words — and it felt like when I tried to open up to someone, it would always end up with the other person talking about themselves.

I had always felt like no one understood me or what I was going through. Adults and friends would make assumptions and assume they could answer my “problems.”

All they would say is — “Try using something else besides cutting.” Their conversations led nowhere.

Although the most common type of self harm involves cutting oneself with any sharp or jagged object, self-injury encompasses a range of other destructive behaviors, such as burning, hitting, hair-pulling and even breaking bones, according to the National Alliance on Mental Illness.

Self-injury can become a pattern of behaviors that are ritualistic, and the individual must use the same tool and cut in the same places, according to NAMI.

My parents found out a few months after I started.

Often times, as teens mature, their personalities are changing, and parents might miss the warning signs of cutting. They might not think much of their teen wearing long sleeves or long pants, even in hot weather, or claiming to have frequent accidents.

Also, children and teens cut themselves in the privacy of their bedroom and in locations on their bodies that are usually covered when they're around their parents.

And sometimes parents don't know because they have a hard time believing that their kids would have trouble talking to them.

In actuality, cutting is a sign of a person suffering, oftentimes in silence.

There's no one single or simple cause that leads someone to self-injure, according to the Mayo Clinic.

For me, my main problem was being alone. I always knew I wasn't good at making friends.

I'm very quiet, but I am kind to others. During my depression, I would smile often, hoping no one would know how messed up I felt inside.

I thought negatively about myself, and I would put myself down.

Music and cutting was my way to release my pain until the day was over. I wanted to be alone and be myself and try to be happy for who I am, but I always would end up crying, feeling terrible about who I was.

When you're depressed, it feels like everyone

ignores you.

People would just walk by me and not ask me what's wrong — when it's obvious I'm sad and about to cry.

Usually, I would have a break down and stay in the school bathroom so that no one could bother me.

I've thought about suicide but never attempted it. I would wonder if everyone would be happy without me.

I've been called terrible things.

I've been called worthless, a waste of time or stupid. I acted like it didn't offend me, but honestly, it did and still does. It hurts me knowing that's what others think of me.

In talking with one of my mentors, B.J. Trousdale, I asked her how people can help teens struggling.

“The most important thing is that we don't judge them,” said Trousdale, the coordinator at the Citizen Potawatomi Nation Tribal Youth Program. “I think about how parents think about cutting — they're worried about the safety of it, the danger. ... A lot of times, I think it's just that teenager's way of communicating because they don't have the words. They don't have the ability to say or don't know what they're really fearful of.”

In sharing my story, I must admit that I'm afraid people will just think “She's just another crazy teenager who cuts herself.” But more importantly, I hope my story can help others so they don't have to go through what I've been through.

Cutting isn't the answer. Asking for help is.

HOW TO GET HELP

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. If you or someone you know is having suicidal thoughts, you can call the lifeline at 1-800-273-TALK(8255). The call is routed to the nearest crisis center in a national network of more than 150 crisis centers.

STOPPING BULLYING A SIGN AT A TIME

FROM STAFF REPORTS



There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others.

Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It is important to talk with children who show signs of being bullied or bullying others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.

GETTING HELP

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs. If you know someone in serious distress or danger, don't ignore the problem. Get help right away. The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing (800) 273-TALK (8255), the call is routed to the nearest crisis center in our national network of more than 150 crisis centers.

SIGNS A CHILD IS BEING BULLIED

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

SIGNS A CHILD MAY BE BULLYING OTHERS

- Gets into physical or verbal fights
- Has friends who bully others
- Is increasingly aggressive
- Gets sent to the principal's office or to detention frequently
- Has unexplained extra money or new belongings
- Blames others for their problems
- Doesn't accept responsibility for their actions
- Is competitive and worries about their reputation or popularity

SOURCE: U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

THINKSTOCK



STEPHANIE MEYER



SUZANNE COLLINS



VERONICA ROTH

FOR TEEN AUTHORS, GETTING PUBLISHED IS RARE — BUT IT’S NOT UNHEARD OF

BY JESSICA PIRKLE | COYLE HIGH SCHOOL

ALTHOUGH teen fiction is a flourishing genre, many of the books written for teens aren't by teens.

The Twilight book series about Edward and Bella's love affair? Author Stephanie Meyer is 40.

And The Hunger Games author Suzanne Collins is 51.

The closest is Veronica Roth, author of the best-selling novel Divergent, who is 25.

Although their work might not be published, teen authors abound — many adult authors started to write seriously in their teens.

John Scalzi, a science fiction author, wrote in a blog post encouraging teen authors that it's OK that a teenager's writing

isn't up to par with their adult counterparts.

"Writing is tricky thing, because everyone assumes that the act of writing to move and amuse people with words is somehow only slightly more difficult than the act of writing to place words into vaguely coherent sentences," Scalzi wrote. "This is like saying that playing professional baseball is only slightly more difficult than hitting a beach ball with a stick. Most everyone can hit a beach ball with a stick, but very few people would think that means they're ready to play in the World Series. Given that, it's funny that people think that they're going to be really excellent writers from the first time they try to tell a story

with the written word."

Kenzie Williams, an Oklahoma high school student who is writing a book, said she encouraged her fellow teens to not give up.

"You should write about what you like and what you know," Williams said.

Oklahoma author Anna Myers, who writes young adult novels, said teens should read as much as possible and save whatever they write.

"You might never use it exactly as it is, but looking back on it will be valuable to you some day," Myers said. "Also, get an education. Most of us needed something to support ourselves while we were trying to make it in publishing."

"... GET AN EDUCATION. MOST OF US NEEDED SOMETHING TO SUPPORT OURSELVES WHILE WE WERE TRYING TO MAKE IT IN PUBLISHING."

ANNA MYERS
OKLAHOMA AUTHOR

CENSORSHIP

A common fight for library and free speech advocates

BY CLAIRE OLSON | EDMOND NORTH HIGH SCHOOL

TO MANY, the practice of censoring books and other media may seem like something only done by oppressive dictator-led governments.

In reality, books are challenged and banned in schools and libraries across the country every year, including Oklahoma.

Most books are challenged because of offensive language or sexual explicitness or because their content is deemed unsuitable for an age group, according to the American Library Association, a group that

supports the freedom of individual reading.

The Oklahoma Library Association, a group dedicated to intellectual freedom, agrees.

“Children and teen materials are challenged the most,” said Leanne Cheek, committee chair of the Intellectual Freedom Committee of the Oklahoma Library Association. “We try to always be respectful of the concerned person while trying hard to protect everyone’s right to have materials they are interested in, which includes religion, sexual orientation (and) teen issues.”

The Oklahoma group’s most

recently recorded book to be challenged is “The Kite Runner” by Khaled Hosseini, a novel about two boys who grow up in Afghanistan in the 1970s. The book is required for sophomore English classes in Edmond Public Schools, Lawton Public Schools and Deer Creek Public Schools, among others.

A parent who believed “The Kite Runner” was too sexually explicit and violent for their child challenged the book, and thus did not want any student to read it.

Some action has been taken to ensure that schools and libraries cannot ban books simply because those on the school or organization’s boards dislike

some of the ideals or themes portrayed in books.

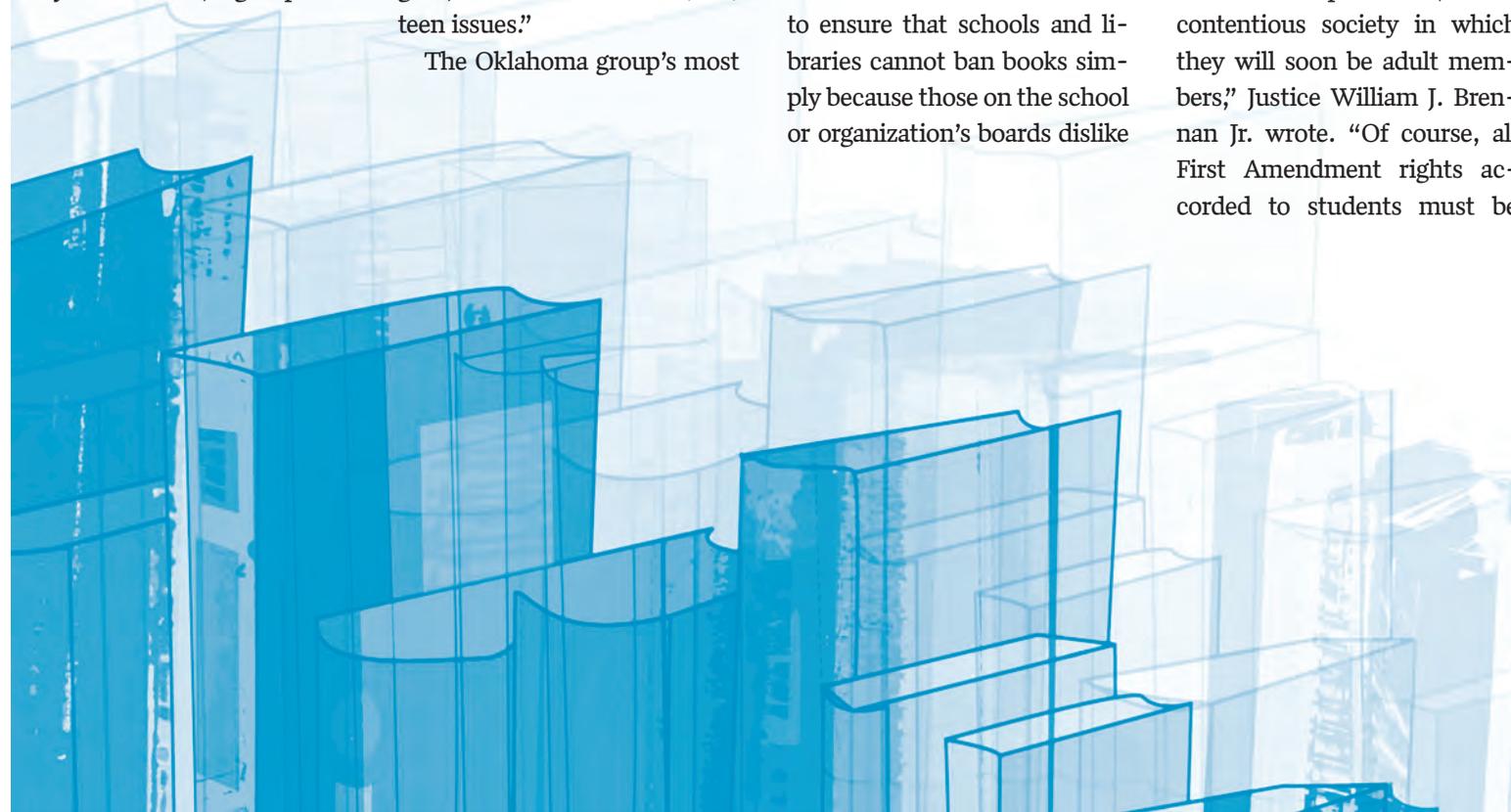
In the 1982 U.S. Supreme Court case *Island Trees Union Free School District v. Pico*, the Supreme Court determined that schools and libraries could not ban books based on opinion alone.

“In sum, just as access to ideas makes it possible for citizens generally to exercise their rights of free speech and press in a meaningful manner, such access prepares students for active and effective participation in the pluralistic, often contentious society in which they will soon be adult members,” Justice William J. Brennan Jr. wrote. “Of course, all First Amendment rights accorded to students must be

construed 'in light of the special characteristics of the school environment.' ... But the special characteristics of the school library make that environment appropriate for the recognition of the First Amendment rights of students.”

Numerous studies have shown the importance of reading. Researchers Keith Stanovich and Anne Cunningham found that the amount a child reads significantly contributes to that child’s vocabulary knowledge. Other studies have found that students’ reading abilities directly correlate to success in school. Additional research shows reading increases one’s vocabulary, world awareness and understanding.

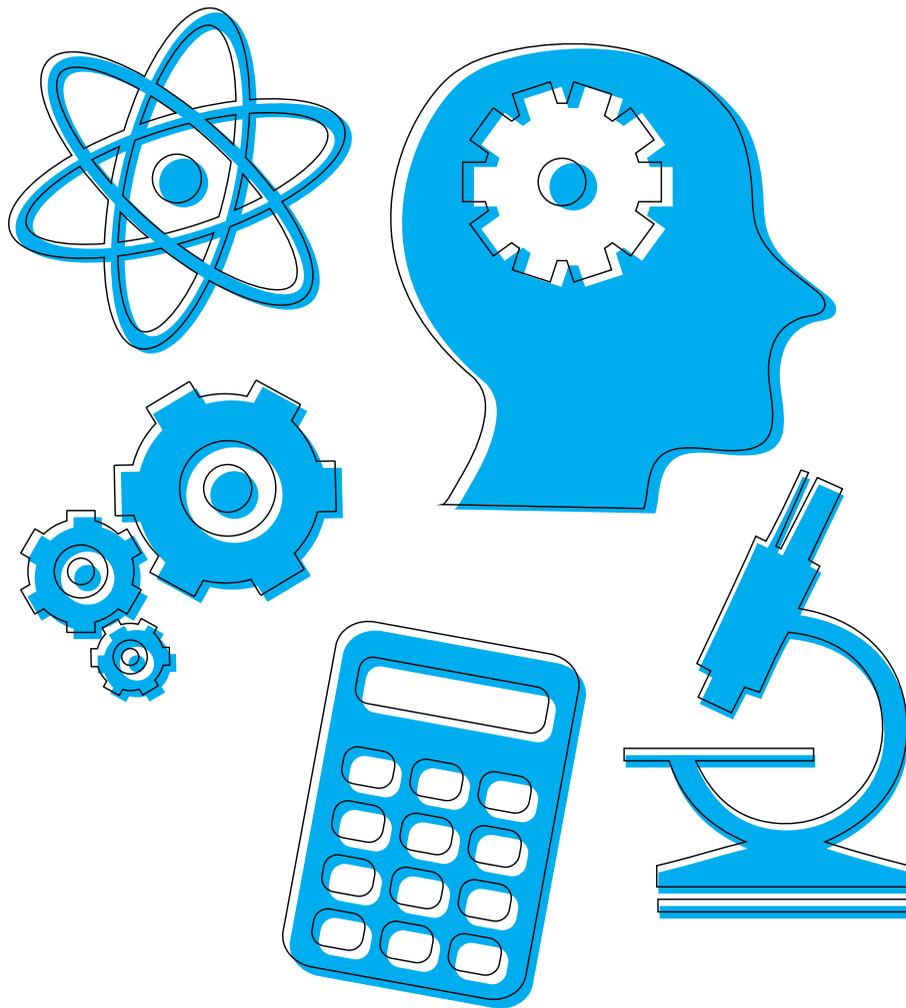
“Independent reading builds background knowledge,” Bernice E. Cullinan, professor emeritus of New York University, wrote in an essay about the effects of independent reading on school achievement. “It contributes to knowledge of text content and familiarity with standard text structures. Independent reading contributes to vocabulary growth. Readers with a rich vocabulary understand content and appreciate the language used in well-written texts.”



Women earning STEM degrees in Oklahoma

< 1/3

BY DEFNE ALTAN | CASADY SCHOOL



IN OKLAHOMA, women make up nearly half of the college-age population but earn only 31 percent of the degrees and certificates in STEM fields – science, technology, engineering and math, according to a recent report.

And in fields such as computer science, engineering and engineering technology, the percentages are even lower, according to reports from Change the Equation, a nonprofit STEM education awareness group.

Experts say that tackling these issues might include initiatives to raise the percentage of women who enter science, math and engineering in college. However, another challenge is retaining women in those fields.

“For my undergraduate class, I graduated with a class of 16, and only three of us were female,” said Jennifer Newman, a meteorology doctoral student at the University of Oklahoma.

Newman said that a lot of women dropped out of the program, even in sophomore and junior year, and the same phenomenon happened in graduate school.

“There is attrition from STEM fields, period, in college,” said Simin Pulat, a professor in industrial engi-

neering and senior associate dean for undergraduate programs at the OU College of Engineering. “There is a problem in retaining men as well in STEM fields. Specifically, the attrition rate for women is higher than men.”

The topic has been widely contested, and numerous theories try to explain the high male-to-female ratio in STEM fields.

In traditionally male-dominated fields, women might feel isolated or lose confidence in themselves, or perhaps they suffer from social stereotypes or an overly macho environment.

Other theories include that long hours and competitive atmospheres push away female students who might plan to work in science or math.

“We’ve got more women doctors than men,” said Camille DeYong, an associate professor in industrial engineering at Oklahoma State University. “It’s not that women can’t do it.”

Pulat said the drop-off is greatest in the first year, after which most students will go on to graduate in STEM.

The first year of college is often more difficult for freshmen who face new demands as they transi-





tion from high school to college.

Freshmen who might have come out of high school with perfect GPAs find themselves with grades lower than anticipated, Pulat said.

However, men and women react differently to these grades.

“Men, when they don’t do so well, they might just say, next time I’ll study a little harder, and I’ll get an A,” Pulat said. “Women in college, they’re a lot more quickly discouraged.”

After getting a B or C in freshman year, some women project that they might not be so successful in STEM fields, and they leave.

Later in their careers, many STEM students apply for competitive scholarships and grants, but rejection is common.

Newman said her female adviser had observed that women don’t take as many chances for those scholarships because they are more worried about being turned down.

“Females tend to take rejection harder,” Newman said. “I know that I do, personally.”

Flexibility and understanding, especially from mentors, can go a long way in retaining women.

“There’s this idea that the career can’t happen at the same time as your life, that one can’t gracefully trade off with the other,” said Kerry Leehan, a graduate student studying autoimmune diseases

at OU.

She has seen mentors actively discourage women from having children because their productivity will go down.

“I think that’s a decision that most women end up having to make,” Leehan said.

Attrition of female students affects engineering in particular.

With preconceived ideas that surround the field, engineering might appear inaccessible to female students. The notion that engineering is only for the gifted and talented is discouraging to students who might not consider themselves on that level.

But why should educators emphasize retaining women in STEM fields?

DeYong said diversity in STEM fields allows the creative interplay of ideas from varying viewpoints, spurring innovation. Women are an important part of this diversity.

“We all see the world a bit differently,” DeYong said. “When you’re trying to come up with the solution to a difficult problem, it helps to have different perspectives.”

And innovation and technology are significant factors in maintaining economic advantage.

“Innovation in new businesses brings new jobs,” Pulat said. “Jobs increase the quality of living. You can’t really increase the number of STEM graduates by focusing on a specific gender. It has to be everyone.”

COMMON CORE COULD BRING BIG CHANGES

BY KAYLA LEINNEWEBER | CHRISTIAN HERITAGE ACADEMY

AS THIS school year begins to slowly fade into summer, thousands of high school students are touring colleges and thinking about their future.

While they prepare for their next step in education, many educators are preparing for the changes that are coming for the fall of this year.

Reforming education is a daunting task; however, adjusting to changes is not a new concept.

This year, with Common Core coming in, the reforms might have a larger impact than usual.

State education chiefs and governors in 48 states developed the Common Core, a set of “college- and career-ready standards for kindergarten through 12th grade in English language, arts/literacy and mathematics,” according to the Common Core State Standards Initiative.

Forty-four states, the District of Columbia, four territories and the Department of Defense Education Activity have adopted the Common Core State Standards, according to the initiative.

Although the changes from Common Core might help students who

are just entering high school, older students who soon hit college could be overlooked through this transition stage.

Levi Patrick, the secondary math director at the state Education Department, said this is exactly what teachers and students should be thinking about.

“This is something where we have a lot of working parts and, as the state Department of Education, we’re not intending to tell a teacher how to change their curriculum for next year,” Patrick said. “We are focused on the standard, but it’s still and always will be up to the teacher to decide how to make those changes because they are the ones who know what to change in their classroom.”

The Education Department is trying to keep students, teachers and administrations in mind as changes are implemented because of Common Core.

However, that comes with challenges, department spokeswoman Tricia Pemberton said.

“There is never a good jumping in point,” Pemberton said. “There are always [new] students in school at some level.”

A SHIFT TO THE LEFT?

MAYBE WITH GROWING IMMIGRANT POPULATION



BY ANNA MAYER | EDMOND NORTH

Oklahoma has been hailed by many as the reddest state in the U.S., with President Barack Obama not winning a single county in the state in either of his elections.

But as the state's immigrant population continues to grow, experts say Oklahoma could see a political shift to the left.

"Generally speaking, it is true that recent immigrants are more likely to align with the Democratic Party than the Republican Party," University of Tulsa political science professor Matt Hindman said.

Oklahoma, with a population of around 3.8 million, has more than 200,000 foreign-born citizens. The percent of foreign-born citizens in Oklahoma was about 5.6 percent, according to the 2012 American Community Survey. In comparison, Louisiana, a state of 4.6 million, had only 3.7 percent.

"I definitely think more and more immigrants are and will move to Oklahoma," Dream Act OK leader Judith Huerta said. "Oklahoma is slowly progressing."

But what type of progress is Oklahoma experiencing?

The sort that spreads new cultures, ideas, foods and arts, which will all have a hand in shaping Oklahoma's future.

5.6
PERCENT OF
FOREIGN-BORN
CITIZENS IN STATE
IN 2012

Currently in Oklahoma City, there are several different ethnic communities, including a growing Latino population and also the Asian District. The spread of cultures is already in motion. New foods and styles are being introduced to Oklahoma, where foreign influences used to be few. New restaurants are opening with various cuisines. Thai. Argentinian. German.

Perhaps due to the inspiration of new cultures, a growth in art has burst through Oklahoma. Stroll through the art districts in Oklahoma City, and you will not only see more pieces by Oklahoman-born citizens but also more creations by immigrants. They have brought art to Oklahoma that represents their home countries.

But immigrants are not only

changing Oklahoma culturally. According to several studies, many immigrants tend to lean the same direction when it comes to politics -- left.

A 2012 National Survey of Latinos by the Pew Research Center said that 54 percent of foreign-born Latino citizens now living in the U.S. were Democrats, another 15 percent leaned left, and 14 percent were undecided. That far outweighed the 11 percent who were Republicans and the 6 percent who leaned right.

Latinos are not the only ethnic group that has been proven to be liberal. In 2009, Gallup conducted a survey among 4,000 Asian-Americans across the U.S., and 61 percent stated that they were

Democrats.

This news is significant in Oklahoma, considering that those two groups combine to make up a rather large percent of Oklahoma's total population. Latinos make up 8.9 percent of the state's population, Asians 1.7 percent.

"Today's immigrants arrive predominantly from Latin America and Asia," Hindman said. "Both tend to align with the Democratic Party over Republicans. This is true not only for immigrants born outside of the U.S., but for the first and second generation born in the U.S. as well."

To some, this news is not welcome. Although America is a "land of immigrants" and was built by immigrants, ten-

sions persist between foreign-born citizens and natives, particularly in historically conservative states like Oklahoma.

Specialists like Craig St. John, a sociology professor at the University of Oklahoma, said that though there could be initial conflict between immigrants and natives, the increase of more foreigners should in the end create a balance between the two groups as they learn to work together.

"As the foreign-born have children in the U.S., the children will be U.S.-born, and thus the population of foreign-born and the population of U.S.-born will become more similar, improving relations between them," St. John said. "The values and attitudes of the foreign-born will likely change as they adapt to living in Oklahoma, but they should also cause the overall values and attitudes of the Oklahoma population to shift toward their own values and attitudes as well."

So, with a state immigrant population that is already one of the largest in the South and is ever-increasing in numbers, it seems Oklahoma is already heading down the road to change.

Iranian painter chooses U.S. for freedom

BY ANNA MAYER | EDMOND NORTH

Just like the vibrant colors in her paintings, Behnaz Sohrabian is full of variety and contrast.

She likes making determined points with her artwork, but enjoys the serenity of it as well.

Sohrabian said the art she creates is just a reflection of herself and the way she views the world around her.

“My work is about me, my life, being a woman,” Sohrabian said. “What I have encountered throughout my life inspires my artworks.”

Sohrabian moved to Oklahoma in 2010 from Tehran, Iran.

In Tehran, she received not only a bachelor’s degree in painting and a master’s degree in art studies, but also earned a bachelor’s degree in applied chemistry.

After graduating, Sohrabian decided to move somewhere where she could paint without having to worry about her exhibitions being controlled by the government. Having a sister already in Oklahoma made the choice an easy one.

“What I love about Oklahoma is the peace and quiet,” Sohrabian said. “I also like the freedom and opportunities that are offered here. I came here because I wanted to paint freely with no limitations or censors.”

As an artist, Sohrabian is inspired by the allure of women and tries to encompass that in her work.

“Historically, men have depicted women as possessions, either as mothers or lovers,” Sohrabian said. “I paint woman as people — strong people with depth and power. I paint them as delicate and sensitive, but not weak.”

Since coming to Oklahoma, not only



Painter Behnaz Sohrabian, who moved to Oklahoma from Iran in 2010, poses for a photo at her Edmond home.

PHOTO BY NATE BILLINGS, THE OKLAHOMAN

“WHAT I LOVE ABOUT OKLAHOMA IS THE PEACE AND QUIET. I ALSO LIKE THE FREEDOM AND OPPORTUNITIES THAT ARE OFFERED HERE. I CAME HERE BECAUSE I WANTED TO PAINT FREELY WITH NO LIMITATIONS OR CENSORS.”

BEHNAZ SOHRABIAN

has Sohrabian been motivated by the freedom of expression found in the U.S., but she has also seen a change in her art.

“I can see that most of my works

have changed from abstract figurative to realistic figurative,” Sohrabian said. “My paintings are also more colorful than before.”

As her life in Oklahoma continues,

Sohrabian hopes to connect with more people by producing more and more artwork — all with the influence of Oklahoma shaping her perspective.

FROM ITALY TO EDMOND

BY ANNA MAYER | EDMOND NORTH

EDMOND – The ecstatic voice of Angelo Caprilli is one of the first things a customer will hear as they walk into his cafe.

Caprilli, owner of Roma's Gelato in Edmond, welcomes everyone in as if they are already old friends.

He is the type of character that writers dream about meeting, complete with a booming laugh and large hand gestures.

He speaks with a thick Italian accent, wears an apron with spots of whatever he was just cooking, and can be seen pacing around fixing every imperfection in his shop – such as a crooked picture frame.

“My nickname at home is Monk, like the TV detective,” Caprilli said. “I shake hands and stuff, but I’m OCD. Everything must be in the right place.”

Caprilli was born and raised in Milan and later moved to Rome.

In Italy, he met his wife, an Oklahoman opera singer.

Together they moved to North Carolina, where they lived for eight years, then continued to Nova Scotia, Canada, for a year.

After his wife received a job offer to teach at the University of Central Oklahoma, the couple moved to the state.

Although he originally worked in information technology, Caprilli decided to open up his own gelato restaurant with the help of his family and friends.

“My friend in Italy owns a gelato restaurant, and he told me I could go learn how to make good gelato anywhere. I could do it here in America,” Caprilli said. “Then he said to come to his shop in Italy for two or three weeks, and he would teach me how to

make great gelato!”

Caprilli and his family have lived in Oklahoma for nearly two years now. He thinks the people in Oklahoma are incredible, but he is not so fond of other aspects of the state.

“(Oklahoma) is an odd state because I don’t like too many tornadoes,” Caprilli said. “I don’t think anybody likes them. And then the ocean is pretty far away from here. These are two major issues. But everything else is fine. I like the people.”

Although he has enjoyed living in Oklahoma thus far, to him the state, and America in general, has room for improvement.

“Being from Italy has a certain influence,” Caprilli said. “Europe is a totally different world. In Europe there’s a different idea about everything. For us, if you’re gay, well ... so what? LBGT doesn’t bother me. Italy is very liberal compared to here.”

He also enjoys the thought of more immigrants moving to Oklahoma and America.

“America is built on immigration,” Caprilli said. “Even Native Americans were at one point immigrants a long time ago. And I believe that diversity helps because we are not standardized. We can have different races, different mentalities, different points of view. I think immigration is a positive thing, of course should be regulated somehow. I’m impressed with the all the immigrants in Oklahoma.”

Caprilli’s goals are to present Oklahoma with authentic, quality Italian food. He believes there is nothing like the experience of trying new good food and feels like that is something Oklahoma could benefit from.



Italian immigrant Angelo Caprilli poses for a portrait over the gelato at his store, Roma's Gelato in Edmond. Caprilli has lived in the United States for 10 years and holds dual citizenship.

PHOTO BY K.T. KING, THE OKLAHOMAN

THE (INTER)NATIONAL BASKETBALL ASSOCIATION

BY ALEX MCLOUGHLIN | EDMOND NORTH

The NBA is an American league, but it has many people from outside the U.S. playing in it. There were a record high 92 players from 39 countries and territories to start this season. That comes out to be roughly 20 percent of players in the entire league. The Thunder has four international players currently on its roster. Let's get to know them.



STEVEN ADAMS

Home country: New Zealand

Birthplace: Rotorua, population 68,900

Fun fact about Steven: Grew up playing rugby and is the youngest of 18 siblings.

Fun fact about New Zealand: Organized commercial bungee jumping originated in New Zealand.

Impact on Thunder: Steven is a tough and physical center who doesn't mind the extra contact. He helps the Thunder get offensive rebounds that lead to easy layups and dunks.



SERGE IBAKA

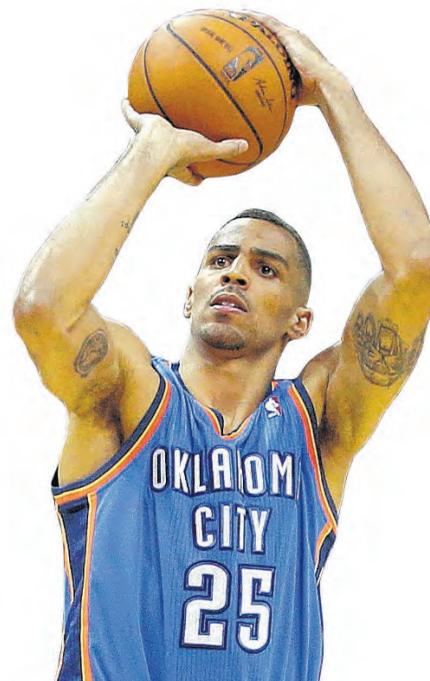
Home country: Republic of Congo

Birthplace: Brazzaville, population 1.6 million

Fun fact about Serge: He speaks five different languages — Lingala, French, Spanish, Catalan and English.

Fun fact about the Congo: Endangered species, including chimpanzees and gorillas, live here.

Impact on the Thunder: Serge is widely regarded as the best shot-blocker in the NBA. He is also the third-leading scorer on the team.



THABO SEFOLOSHA

Home country: Switzerland

Birthplace: Vevey, population 17,676

Fun fact about Thabo: He is the first Swiss-born player in the NBA.

Fun fact about Switzerland: It has one of the world's highest life expectancies.

Impact on the Thunder: Thabo is one of the best perimeter defenders in the NBA and regularly shuts down the shooting guards opposing him.



HASHEEM THABEET

Home country: Tanzania

Birthplace: Dar es Salaam, population 3.2 million

Fun fact about Hasheem: At 7-foot-3, he is the tallest player currently in the NBA.

Fun fact about Tanzania: It is home to Africa's tallest mountain, Mt. Kilimanjaro.

Impact on the Thunder: Hash-eem brings energy to the game in every situation. He's worked hard on his jumper, and his size makes every opponent think twice about trying to shoot over him.

DON'T THINK — JUST JAM

A ROLLER DERBY GIRL'S MOTTO

BY CAMILA GONZALEZ | HARDING CHARTER PREPARATORY HIGH SCHOOL



Elizabeth Quinlan, known as "Eliza Jukes You," is a member of the Oklahoma City Roller Derby league. She's shown after practice April 26 at Skate Galaxy in Oklahoma City.

PHOTO BY NATE BILLINGS, THE OKLAHOMAN

IF YOU THINK it's tough making your way through a crowd on the street, just try to make your way through a pack of women on roller skates — especially when their aim is to knock you as far as they can.

"Your body goes into a fight or flight response," said Elizabeth Quinlan, a member of the Oklahoma City Roller Derby league.

Quinlan, also known as 'Eliza Jukes You,' plays for the Tornado Alley Roller girls, one of the teams in the Oklahoma City Roller Derby league.

From the mid-2000s, roller derby in the Oklahoma City metro has continued to grow.

In the Oklahoma City metro, roller derby leagues include not only the OKC Roller Derby league but also the Oklahoma Victory Dolls; the OKC Wolf Pack, a men's roller derby team; and the OKC Outlaws, a banked track team.

Outside of the OKC metro, there are leagues in Tulsa, Enid, Ada and Lawton, among other cities.

The term "roller derby" dates to the 1920s, originally used to describe roller skate races, according to the Women's Flat Track Derby Association. In the late 1930s, Leo Seltzer's touring competition, Transcontinental Roller Derby, began to evolve from a marathon skating race on a raised track to a more physical competition emphasizing skater collisions and falls, according to the organization.





This became the foundation of the team sport that still exists today: two teams of five skaters who score points by passing members of the opposing team.

In the early 2000s, modern women's roller derby got its start in Austin, Texas.

The flat track version of the sport — different from the banked track roller derby of the 1970s — spread like wildfire in subsequent years, as the ability to mark track boundaries on a skating rink floor or other venues, rather than building and storing a large banked track, made it possible to play the game just about anywhere, according to the Women's Flat Track Derby Association.

By 2011, there were nearly 500 flat track roller derby leagues worldwide.

Quinlan started playing roller derby about three years ago.

Her mom was supportive from the start, but at first, Quinlan's dad didn't understand. However, once he went to a bout, he changed his mind about the sport.

Because it's a physical sport, injuries can happen.

Quinlan's first injury was a bruised rib. She once was out for six weeks because of a separated shoulder. Other teammates have broken arms and ankles and gone home with a multitude of bruises.

"I've been pretty lucky," Quinlan said.

Although it's a physical game, modern-day roller derby has an extensive set of rules and a structure to the way its played.

Each roller derby game, or bout, is made up of about 40 jams, which each lasts for up to two minutes.

Four blockers from each team create the pack. One player, the jammer, passes through the pack once.

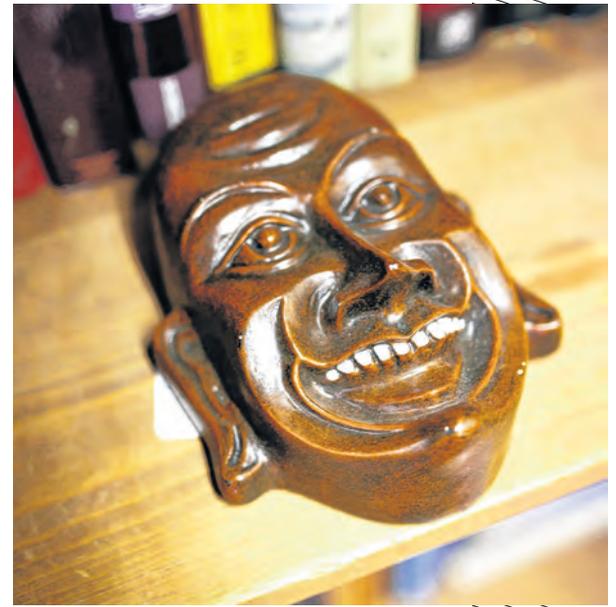
When the jammer comes back around, every player she passes gets her team a point. There is one jammer for each team per jam.

People might think that roller derby is "fake" or that the players are mean. For example, people might assume, while attending a roller derby bout, they might see a lot of elbows thrown and players beating each other up. However, that's largely not the case.

"It's just a normal sport," Quinlan said.



PHOTOS BY NATE BILLINGS, THE OKLAHOMAN



Bad Granny's Bazaar has a variety of unique items for sale, including mannequins with hats and head pieces, records and masks. The bazaar, located in Oklahoma City's Plaza District, feels both like a store and a museum.

'SOMEWHERE BETWEEN a thrift shop and a boutique'

BY DESTINY WASHINGTON | CLASSEN SCHOOL OF ADVANCED STUDIES

A PAINTING OF a woman in a purple and white dress and cat-eye glasses greets you, her bright red lipstick and sunset orange hair hard to miss.

In bold white letters, the sign reads, "Bad Granny's Bazaar."

Inside this popular Plaza District shop, owner Diana Harris stands among racks of clothes, the shelves of shoes, comic books or records in the back room.

For Harris, a stay-at-home mom for 16 years, Bad Granny's just "landed right in her lap."

While her son was off at school, she wanted to find a hobby, and garage and estate sales seemed like a good fit.

When a booth space opened up at Bad Granny's, she seized the opportunity and began her own booth. She fell in love with Bad Granny's. It was only natural when the owner put the bazaar up for

sale she bought it.

When Harris bought the bazaar, only six vendors sold there. Four years later, she has 50 vendors and a three-page waiting list.

"My vendors just kind of found me," Harris said. "I use no judgment and am open to just about everything."

The vendors inside of Bad Granny's make the store truly a bazaar.

It's full of individuality, with things



"MY VENDORS JUST KIND OF FOUND ME. I USE NO JUDGMENT
AND AM OPEN TO JUST ABOUT EVERYTHING."

DIANA HARRIS
OWNER, BAD GRANNY'S BAZAAR



Diana Harris, the lone worker and owner of Bad Granny's Bazaar, poses for a picture inside her store in Oklahoma City's Plaza District.

PHOTO BY K.T. KING, THE OKLAHOMAN

from every corner of the state packed under one roof.

"It is not a thrift shop," Harris said. "It is truly a bazaar. My vendors do the thrift store shopping for you. Although it's not a vintage boutique because the prices aren't too high and not a thrift shop because it's more organized, but it's just somewhere between a thrift

shop and a vintage boutique."

More and more bazaars and vintage stores have popped up across Oklahoma, with the concept of thrifting continuing to thrive in popular culture.

Susan Miller, associate Professor of fashion marketing at the University of Central Oklahoma, said she sees bazaars and thrift shops as a compliment to the

fashion world.

Miller said she sees a lot of her students as well as the fashion industry embracing the art of "thrifting," and predicts that thrifting will not be going out of style anytime soon.

"Thrifting is all about the mystery of finding something unique," Miller said. "It's all about the search."



FINDING A 'SECOND CHANCE'

VOLUNTEERS HELP NORMAN SANCTUARY SAVE LIVES

BY BRITTANY REYES | NORMAN NORTH HIGH SCHOOL

NORMAN – True to its name, Second Chance Animal Sanctuary saves more than 700 dogs and cats from euthanasia each year by picking them up from animal control offices across the Oklahoma City metro.

“We want (the stray problem) to get better,” Cindy Adams, Second Chance office manager, said. “We want to educate people to be responsible for the animals that they have, spay and neuter their pets so that no unwanted litters end up in pounds, and hopefully we won’t need to save animals because they all would have homes.”

Second Chance Animal Sanctuary, 4500 24th Ave. NW, has been open since 1989.

The non-profit “no-kill” shelter takes in about 700 dogs and cats a year and cares for up to 75 animals at a time.

Adams and other employees work daily to make sure their pets are in good care and go to good homes. It takes a lot of help to take care of the animals that are brought in. That’s why Second Chance actively recruits volunteers.

“Volunteers at Second Chance work to help with whatever needs to be done,” Michelle Herrin, staff member at Second Chance, said. “We have dogs that need walking, cats that need to be played with, help with giving the pet’s baths, nail trimming, and over all just cleaning up the sanctuary so that it look nice.”

Each day, between 10 and 15 volunteers – often times students from the University of Oklahoma – come to help.

One of those volunteers is 19-year-old Elizabeth Armstrong.

Armstrong started volunteering once a week about three months ago. She grew up around animals and wanted to find a way to be around them.

“I was just like ‘Second Chance? That sounds fantastic!’” Armstrong said. “And then I found out it was no-kill, and that was the selling point because I don’t agree with killing shelters.”

Adams said if animal sanctuaries did not exist, the animals they take in would not ever make it to a permanent home.

“Unfortunately there would be a lot of animals that would be euthanized because there would be nowhere else for them to go,” she said. “We adopt out 700 to 800 a year, so that’s from our sanctuary alone 700 to 800 animals that would’ve probably been euthanized.”

Adams finds that some pets that they retrieve from shelters have many behavioral and medical problems when they arrive. Second Chance, which is funded solely from private donations, takes care of the expenses of caring for pets who come in sick or injured.

“When they come in they have to go through quarantine, for two weeks at least, in the back so we can get all their vetting finished. We actually have a lot of animals that are sick right now, ’cause unfortunately ... they’re coming from shelters. They are exposed to illness and disease, so until they are cleared by our vet they are not available for adoption, so we probably have another 30 dogs in the back.”



These cats and dogs are among the pets that have been available for adoption from Second Chance Animal Sanctuary in Norman. Find current pets up for adoption by going to www.secondchancenorman.com/adopt.htm.

OKLAHOMAN ARCHIVE PHOTOS

TILL DEATH DO US PART ...

HOW MARRIAGE HAS CHANGED OVER THE PAST 50 YEARS



BY HAYLEY BLEDSOE | MUSTANG HIGH SCHOOL

Society is changing, and so is marriage — from the age people get married to how many people will get to celebrate a 50th wedding anniversary with the people they love.

Some couples may never even marry, which is a more widely accepted concept than ever before.

In the 1960s, the American Dream was to have a successful, picturesque family within the bonds of matrimony.

It was not uncommon for girls to marry soon after high school. Marriage was the next step in life.

The Revs. Jim and Linda McNabb, pastors at The Bridge in Mustang, have been married for 42 years.

The couple starting dating when they were 17 and 15 years old.

The McNabbs had their first date at a church bowling party. Jim called Linda soon after for a second date, and they never looked back.

Things have changed since then.

“I’m not seeing any 18- (or) 19-year-olds getting married like I used to,” Jim McNabb, who has officiated countless weddings in his 35 years at The Bridge.

In 2014, the average age for a woman to get married is 28 and for men, it is 26, both all-time highs, according to the 2010 U.S. Census.

Jorgie and Isais Amaya were 42 and 29 when they got married.

The couple met one night at Remington Park, and Jorgie knew from that night on that Isais was the man for her.

When talking about how she and her husband met, Jorgie Amaya said, “To you, your story is the best because it's yours. It's the one you write. It's our story.”

Both the McNabbs and the Amayas had quick courtships — but the couples had very different weddings.

The McNabb's wedding was traditional and held in their church with the reception on-site.

Meanwhile, the Amaya's wedding was held outside in the Myriad Botanical Gardens downtown. They used their own vows during the ceremony. Afterward, the couple and their guests had dinner reservations at a restaurant.

“Our wedding was very special,” Jorgie Amaya said.

Another factor in these delayed commitments is money.

According to the Cost of Wedding, in Oklahoma County the average cost of a wedding is anywhere between \$17,000 and \$28,000, whereas 40 years ago, it was only about \$7,800.

Often times, people choose to wait until they have graduated college or have a steady income. As a result, an estimated 60 percent of couples live together before they are married.

Meanwhile, an estimated 40 percent of all first-time marriages end in divorce, according to the American Psychological Association.

Despite this, a survey that Stage of Life conducted in 2006 showed that most high school seniors expect to get married, and 90 percent of those students want to stay married to one person.

Every student who participated agreed that marriage, regardless of whether it was for better or worse, is a serious commitment.

It looks like the quest for true love never will go out of style — even if your wedding colors do.



GETTY IMAGES

DIVORCE LEAVES LASTING EFFECTS

BY ZILLE HUMA |
MERCY SCHOOL INSTITUTE

The moment Sarah saw her family move out of their house, she knew things would never be the same.

When Sarah was 5, her parents told her they were getting a divorce. She was confused.

"I did not fully understand what divorce was," said Sarah, who asked that her last name not be used. "All I knew watching my family leave the house was that things would never be the same again."

Many Oklahoma children and teens go through struggles similar to what Sarah experienced.

About 12 percent of Oklahomans were divorced in 2000, according to the U.S. Census Bureau. In 2012, that number grew to 14 percent.

Lois Pokorny, a child psychologist, said divorce occurs for a variety of reasons, including couples who become distant from one another or who grow unforgiving or less accepting.

"They stop remembering the good times and remember all of the negative things about each other," Pokorny said.

Pokorny said couples should spend more time with one another and live in the real world.

"There's no way you will love your husband or wife every day — that's just a silly fantasy," Pokorny said.



GETTY IMAGES

'There was something missing'

Jessica, who asked that her last name not be used, takes marriage classes in Oklahoma.

She said when her parents were divorced, she felt empty inside.

"There was something missing," Jessica said. "When my parents were together, I felt like there was hope. I never actually accepted the fact that they have divorced each other."

Jessica said she still misses the relationship that her parents had.

"To this day, I get dreams that they are together," Jessica said. "I miss sitting with them like a complete family."

Jaime Schultheis, a trained divorce mediator, said no child should have to go through the traumatic experience of divorce and they shouldn't have to choose between their parents.

"They deserve both role models to be present before them," Schultheis said.

No more family dinners

Allison was 17 when her parents "officially" separated.

Allison, who asked that her last name not be used, said that signing the divorce papers was just a legal process.

"I felt they separated the day they stopped talking, sleeping, or even standing in the same rooms," she said.

After the divorce, there were no more family dinners. Allison saw her family tear apart when she saw them arguing.

The divorce was difficult for her, but overall, it made her a stronger and more compassionate person.

"I was much more compassionate for people who go through any traumatic events in life, and the fact that I had to grow up faster than the kids around me

made me stronger," she said. "And I felt sad for my parents, not angry, because I knew how hard it was for both of them. I remember watching them both break down in the middle of conversations and letting the stress pour out in the form of tears."

Pokorny said people who aren't married and haven't been through a traumatic event in life should be sympathetic toward those who have.

"I think someone who might come across this article and isn't married and is also not a child whose parents were divorced should become more sympathetic toward the children who do," Pokorny said.

"...As for those couples who are happily married and read this article, (they) should be more appreciative of one another and stay that way."

What's your obsession?

The Newsroom 101 staff polled their fellow high school students ...

"My obsession is Vine because there are tons of funny things to watch on there."

SKYLAR HAMLETT,
HERITAGE HALL

"Drums because it's just my passion."

DANTE LALLI, EDMOND MEMORIAL HIGH SCHOOL

"Cowboy boots."

SAVANNAH MAYO,
HOME SCHOOL
STUDENT

"Taco cats."

CHONG DOOLIN,
HARDING CHARTER
PREP HIGH SCHOOL

"I suppose my latest obsession is the Ender's Game series. I've read all of them since the movie's premiere. They're philosophically interesting and adventurous in a way unique to anything I've read before."

SYDNEY GIBSON,
CASADY SCHOOL

"These pelicans that have been living down at the boathouse. They're huge and pure white, and they do everything in sync. When they fly, you can see the black tips of their wings. It makes me think 'Their dark side is only visible when they're up in the sky, exposed, and doing their own thing.'"

GRACE GLIVA, CASADY SCHOOL

"Shoes, all sorts of them."

HIBA CHEEMA,
MERCY SCHOOL
INSTITUTE

"Poetry."

EMILY STEELE,
EDMOND NORTH
HIGH SCHOOL

"A book series that I really like ... called Mortal Instruments. I watched the movie and then I was like 'What?!' at the end."

SUPRIYA SRIDHAR, NORMAN
NORTH HIGH SCHOOL

"Classy things are my latest obsession, like elegant parties and suits."

JANNIK VOELLINK,
EDMOND SANTA FE

"Death Note, because of the character L."

TORI TEMPLIN, COYLE HIGH SCHOOL

"I'm not an obsessive person."

DAILY WILSON,
WELLSTON HIGH

"Mine would have to be painting and drawing because I feel a sense of calmness come over me when I'm in front of a canvas. It's really hard to describe what makes me want to paint. I guess you could say that every teenager finds their click and painting became mine."

BRITTANY HORN,
JENKS HIGH SCHOOL

"Classic rock. I've listened to it for all my life and my parents have cultured me in that genre of music, and that really helps me on a daily basis."

RICHARD WOLCOTT,
NORMAN HIGH SCHOOL

"My biggest obsession is music because it's one thing that's always definitely there. When everything's gone bad, music is the thing that understands me and the thing I understand most."

CHRIS PEREZ,
YUKON HIGH SCHOOL

"I am currently obsessed with Downton Abbey ... It's interesting how much we relate to the issues they had even today."

KATIE CAROLLO, TUTTLE HIGH SCHOOL



Runners sprint past the 9:03 Gate of Time on April 27 at the beginning of the 14th annual Oklahoma City Memorial Marathon.

PHOTO BY K.T. KING, THE OKLAHOMAN

WHAT IT TAKES RUNNING TO REMEMBER A FRIEND

BY KATELYNN MCLAUGHLIN | HARDING CHARTER PREP

All Leora Lee Sells was doing that day was going to work, just like so many others.

Sells, a legal secretary for the U.S. Department of Housing and Urban Development, was later remembered for her friendliness when answering the telephone.

That's who Kevin Lynes ran in honor of at this year's Oklahoma City Memorial Mara-

thon, remembering Sells, one of the 168 people who died on April 19, 1995, when a massive explosion removed the entire north side of the Alfred P. Murrah Federal Building.

Sells was close friends with Lynes and his family.

He said it was an honor to run in her honor.

"(The marathon) reminds me of how precious and fragile hu-

man life is," Lynes, an OKC Landrunners board member, said. "All the victims did that day was go to work as any other day."

When asked of his favorite memory of Sells, he started to laugh.

"I don't think I should even tell you this," he said, laughing.

"She thought the





Marathon participants run in downtown Oklahoma City at the start of the 14th annual marathon.

PHOTO BY K.T. KING, THE OKLAHOMAN



dog was about to die so she gave it mouth-to-mouth resuscitation.”

Lynes has been running for almost 10 years, running in the OKC Memorial Marathon six times. In total, he has participated in 17 other marathons and three ultra-marathons.

After his first marathon in 2008, Lynes didn't break down, which some

runners at the memorial run do, overcome with emotion.

“I just found something to eat, sat down and thought about what I had just done,” he said.

After finishing the marathon, Lynes said he felt a sense of accomplishment and disbelief.

“I couldn't believe I had done it,” he said.

“I JUST FOUND SOMETHING TO EAT, SAT DOWN AND THOUGHT ABOUT WHAT I HAD JUST DONE. I COULDN'T BELIEVE I HAD DONE IT.”

KEVIN LYNES

Pope Francis makes an impact — even as far away as Oklahoma

BY LUCILLE SHERMAN | EDMOND MEMORIAL HIGH SCHOOL

Pope Francis has yet to make a trip to the United States, but his kindness and charisma has a far-reaching impact, including among Oklahoma City's young Catholic population.

Becky Ortman, a 17-year-old Oklahoma City Catholic, said Francis has drawn her toward the faith and inspired her to do research on what the Catholic church believes.

"He's focusing on different things than previous popes have," Ortman said "... He makes me excited about the faith."

Pope Francis was elected supreme pontiff on March 13, 2013. Since then, the Catholic leader has grown in popularity, receiving TIME Magazine's Person of the Year in 2013.

During World Youth Day, a worldwide encounter celebrated with the pope every three years, Francis told the crowd of young people: "The Church needs you, your enthusiasm, your creativity and the joy that is so characteristic of you."

Francis exhibits an investment in the youth of the church, causing them to reciprocate interest in him, as well as the Catholic Church, church leaders say.



Pope Francis blesses a child July 28 in Rio de Janeiro, Brazil. Hundreds of thousands of young people slept under chilly skies in the white sand of Copacabana awaiting Pope Francis' final Mass for World Youth Day.

AP PHOTO

"After World Youth Day, he was a hit with the youth," said Sister Barbara Joseph Foley, a Carmelite nun in Oklahoma City who worked with high school youth for 13 years. "I think that's because the youth want truth — and he speaks truth, both in word and by example. Our youth will be able to relate to him because of his simplicity."

Because of Francis' simplicity and humility, he has been able to adapt Catholic teachings to current times, further capturing the attention of the youth.

"Francis has an ability to speak in parables and metaphors just as Jesus did, which also enhances his effectiveness with youth and young adults,"

said the Most Rev. Paul S. Coakley, archbishop of the Archdiocese of Oklahoma City.

The innovation and "youthfulness" Francis brings to the church is welcome to many, including some of the adults of the church.

"He brings a youthfulness to something that used to be very traditional and somewhat 'adult,'" said Matt Bond, a youth minister at St. John the Baptist Catholic Church in Edmond.

Unlike past pontiffs, Francis has taken a nonjudgmental stance on controversial issues within the church, such as abortion, contraception and homosexuality.

As a world leader, he has

humbled himself when it comes to these issues saying, "Who am I to judge?" and "We cannot insist only on issues related to abortion, gay marriage and the use of contraceptive methods."

"It seems to me that Francis embodies in a very attractive way 'the joy of the Gospel,'" Coakley said. "He has been gifted by the Holy Spirit with the charisma — or power — of evangelization, of sharing the good news of Jesus Christ in a way that attracts and intrigues those who previously might have had the wrong idea of who Jesus is or why the Church exists."

Although Francis has spoken out on heated issues within the church, and even within the world, his views do not contra-

dict the views of the church.

"Francis has expanded the embrace of the Church," said Michelle Blasquez, a Catholic sophomore at the University of Oklahoma. "He has changed the delivery of Catholic beliefs, however he has not changed the beauty and constancy of the doctrine."

He has deviated from the tradition of the papacy, refusing to wear the red slip-on shoes that popes before him have worn, and instead of staying in the official papal apartments, modestly living in the Vatican's Santa Marta hotel.

It is thought that Francis sneaks out into the city at night with Archbishop Konrad Krajewski to give alms to the poor and meet with the homeless.

He kissed a man in Saint Peter's Square at the Vatican who suffered from neurofibromatosis, a genetic disorder that had caused the man to develop severe deformities.

"He reminds us that even the best of us are still not exempt from the pull of sin, but that shouldn't stop us from persevering in our love and compassion," said Nate Yokell, a Catholic sophomore at the University of Oklahoma.

UNITS OFFER SPECIAL TOUCH FOR NEWBORNS IN NEED

BY JIM ZHANG | HERITAGE HALL

An effort is underway in Oklahoma to reduce the rate of premature birth to 9.6 percent or less by 2020, a goal set by the March of Dimes's prematurity campaign.

Oklahoma has a premature birth rate of 13 percent, according to the March of Dimes premature birth report card of 2013.

Nationwide, 1 out of every 8 baby is born prematurely due to many different circumstances.

Many of those babies end up at a hospital's neonatal intensive care unit, or NICU.

Ashlie Wilhelm remembers her time in the NICU when her son John was born at 23 weeks and weighed only 1.5 pounds in 2011.

"The NICU experience is difficult and every family's journey is different," Wilhelm said.

During the family's three-month stay at the NICU, John received a heart valve surgery and several blood transfusions before he returned home with stable health conditions.

"Our family's time at the NICU was very unusual since we lost baby John's twin sister at 22 weeks and me staying pregnant with John for another 9 days in labor," Wilhelm said.

Today, John does not have any major health issue besides a scratchy voice from a slightly damaged vocal chord during his medical procedure and is about to enter school with children who are his age.



Nurse Beverly McCoy injects milk into a feeding tube for an infant in an incubator at the Mercy Hospital neonatal intensive care unit in Oklahoma City. Such units provide care for premature infants who are born at least 3 weeks before his or her due date.

PHOTO BY CHRIS LANDSBERGER,
THE OKLAHOMAN ARCHIVE

The Wilhelm family is currently involved in many of Mercy Hospital's NICU activities and is active in March of Dimes events, in hopes that they can give back to the organizations after "receiving such an outpouring of love and support" during such a special time, Wilhelm said.

Inside the NICU, a team of neonatologists, pediatricians, nurses, physician assistants, respiratory therapist and social workers provides nurturing care to the premature infants, who are born at least 3 weeks before their due date.

The earlier the baby is born, the more severe his or her health problems are likely to be.

Cigarette smoking, alcohol use, illegal drug use and extreme physical activities during pregnancy are all known risk factors to having a premature infant.

Overall, premature birth has become an increasingly serious issue across the nation.

In an average week in Oklahoma, 1,039 babies are born, according to the state Health Department. Of that, 144 babies are born preterm. Eight die before reaching their first birthday.

Julie Leclercq, the March of Dimes NICU family support specialist, is in charge of weekly craft sessions, parent education classes and discharge meetings as part of her routine to provide

support to the families at the NICU.

Lecercq said NICU infants are attended by nurses during the "touch schedule" for medical intervention, temperature checkup, or diaper changes.

The babies will spend most of their stay at the NICU sleeping in a contained position with adequate humidity and darkness that's similar to a mom's womb, an ideal environment for preterm infants to grow, and to learn how to survive.

Each nurse at NICU has two to three babies on service during their 12-hour shifts.

The nurses also will teach the infant's parent, or parents, how to take better care of their babies by handing over some tasks, such as temperature checking, diaper changing, and kangaroo care: a skin-to-skin contact with the infants to stimulate better recovery.

The NICU does not just simply make sure that these babies can go home with the families — it's also preparing them for the rest of their life with all of their efforts, Leclercq said.

TIME TRAVEL

The Hot Ink staff polled their fellow high school students and asked — if you could choose another century, which one would you live in?

"I probably want to live in the 70s because it was the birth of all sorts of great music, especially the Beatles. I think it would be interesting to live during the 70s since it was basically the beginning of standing up for what you believe in and protesting against it."

ADAM SCHIFFERDECKER,
HERITAGE HALL

"(The) 80's because it seems really cool, and I've always liked the 80's."

KENZIE
WILLIAMS,
COYLE HIGH
SCHOOL

"I feel like the 1980s was just a simpler time. It was an age that kids played outside and we didn't have our eyes constantly glued to a phone."

ALLISON SMITH,
EDMOND NORTH
HIGH SCHOOL

"The 20's because I would love to dress like a flapper and enjoy all that stuff and the jazz — jazz is where it's at!"

EMILY STEELE,
EDMOND NORTH HIGH SCHOOL

"Medieval time era because it was the time of kings, queens, knights, ponies, Shetland ponies, royalty, magic and wizards."

COLTEN LOBB,
NORMAN NORTH HIGH
SCHOOL

"I'd live in England, in the 1500's."

MALLORY
WYATT,
HARDING
CHARTER
PREP HIGH
SCHOOL

"(The) 1960s cause that just sounds like a rad time."

NICOLE MACLEAN,
EDMOND NORTH HIGH SCHOOL

"The future, like the year 3000"

CHONG DOOLIN,
HARDING CHARTER PREP
HIGH SCHOOL

What century would you want to live in?

"Woodstock was the greatest event in human history in the 1900's so I would go to that time period."

CAMERON FLETCHER,
NORMAN HIGH SCHOOL

"I would like to live in the Renaissance period, because there are so many different art works being created at this time."

JONATHAN CONLEY,
HARDING CHARTER PREP

"If I could choose any time to live I would choose now because I'm quite happy with my current life."

SABA SANDHU,
MERCY SCHOOL INSTITUTE

"I'd prefer to have lived during the Renaissance because of the blooming of culture. The fine arts were at the peak of their blossoming and were incorporated into everyday life."

RYAN HERNANDEZ,
YUKON HIGH SCHOOL

"1920s because of the outburst of music art and literature and just culture and it seems like a really cool time period to be a part of."

LINDSEY SHOWN,
MUSTANG HIGH SCHOOL

"The 1920's because of all the big, beautiful parties and glamorous dresses that embodied the extravagance of the Jazz Age."

MEGAN CARMAN,
THOMAS FAY
CUSTER HIGH SCHOOL

"I like the era I live in because I'm not the type of person to whine about when, where, and how I live if I can't control it. So I refuse to believe living in another time was better than living now."

DAILY WILSON,
WELLSTON HIGH SCHOOL



HOT INK STAFF

Read more about Newsroom 101 online at NewsOK.com/hotink.