



AMERICAN LEGION AUXILIARY  
OKLAHOMA GIRLS STATE

# THE GIRLS Stater

Vol. 82, Issue 3

## QUOTES OF THE DAY

SOURCED BY:  
MACY CLARK,  
DEMKE CITY

"IF MY MIND CAN CONCEIVE IT, IF MY HEART CAN BELIEVE IT, THEN I CAN ACHIEVE IT."  
- MUHAMMAD ALI

"ANYONE WHO HAS NEVER MADE A MISTAKE HAS NEVER TRIED ANYTHING NEW"  
-ALBERT EINSTEIN

This evening, we had a *Journey of Hope* assembly. This poem is dedicated to what we discussed in the first part of the assembly, the April 19th bombing in Oklahoma City.

### *A Day of Darkness. Years of Light.*

A calm soon scorned by flame,  
Grief etched in stone, no one to blame.  
The glass and ash, the sounds of pain,  
Still cry out through the plain.  
Loss holds the heart of every soul,  
Each torn family, a shattered whole.  
Still candles gleamed through the night,  
A nice glow, a steady light.  
Now flowers spring where tears once fell,  
Survivors prosper with tales to tell.  
From ashes came a quiet grace  
Hope is shown in every healing face.

-Sophie Ferrero, Keene City



# Journey of Hope

Wednesday afternoon, the OKC Memorial Museum held a "Journey of Hope" to commemorate the tragic events of April 19, 1995. The program focused on honoring the lives lost and celebrating the legacy of resilience and hope forged by those who took immediate action in response to the tragedy.

As a guest speaker, Secretary of Agriculture Blayne Arthur discussed her navigation through the grief of losing her mother in the bombing, noting that grief gave her a greater appreciation for the mundane. "It's given us a much greater appreciation for a lot of the blessings that we have had," Arthur said.

In addition, Arthur discussed the hatred that political polarization caused and its connection to the bombing. "Timothy McVeigh had been so encased in this hatred and anger and was driven amongst a group of people that he justified that that was okay," Arthur said.

Finally, Arthur left delegates with a final message before they held discussions on how they could improve communication; "I think when we drive that dialogue to that extreme, really bad things happen, but I think as a community we can kind of turn the tide a little bit," Arthur said.

**-Kate Menz, Chisolm City**



## Better Conversations

Today, we had the amazing opportunity to be presented on the "Journey of Hope" tour. At the tables, we were given "Better Conversations" cards which covered six grounding virtues: words that matter, humility, generous listening, hospitality, patience, and adventurous civility. They included a wide variety of topics that correlated to the six grounding virtues. Many of us became vulnerable with the girls at our table and learned some deeper meaning of uplifting others around us.

**-Lexi Ring, Reed City**

# Historical Mayor Sandoval

Another influential governmental figure spoke to the Girls State delegates on Wednesday, May 28th. Girls State had the privilege of having Mayor Amanda Sandoval, the first Latina mayor in Oklahoma. As mayor of Bethany, she is an advocate for mental health and seeing adversity as a chance to prove one's strength.

Beside the fact Mayor Sandoval took the stage and captivated the delegates' hearts with her bright red glasses, she also captivated them with her message. Sandoval broke through many barriers and made history several times as the first Latina mayor in the state of Oklahoma. This was not an easy feat to accomplish, and it was through continuous campaigning and door to door knocking that she was able to secure her votes. She began this process six months in advance while her male opponent began a week before the election, yet their vote counts were close to the same. This only proves the fact that in the society of today, a woman works on average three times as hard as a man just to receive the same opportunities and attention. Even so, she ran for and was elected to office, because "we enact change in the positions we have."

In her position as candidate for mayor, she increased voter turnout drastically. She views this as her greatest accomplishment. The delegates at Girls State are encouraged to also make a change and accomplish many great things. Sandoval promised the delegates, "You belong in these spaces. It all starts with you."

-AJ Harmon, Parker City





# Show and Sing

## Show and Sing

Show and sing is definitely the peak of the entertainment industry at Girls State. Every city creates its own skit or dance to entertain the entire delegation. Productions range from choreographed dances to the finale of the Bachelorette (with a wedding to end the night). From made-up stories about cowboys and ballerinas to real stories like Alice and Wonderland, there is always quality literature performed. There is also Broadway-level musicality with rap battles such as "the Broadway Boomers v.s. the Sassy Sooners." No matter who was performing, everyone was entertained the entire time.

**Delilah Johns, Engstrom city**

## Fashion

### What We Wear, Who We Are

At Girls State, everyone's doing their best to dress professionally, but that doesn't mean we all look the same. Sure, there are lots of blazers and skirts, but each outfit still shows off a little personality. Some girls go for bright colors, fun patterns, or cool shoes, while others keep it simple and classic. It's really cool to see how people can follow the dress code and still make it their own.

What we wear here isn't just about looking nice. It actually makes us feel more confident. One girl told me she wore a pink blazer because it made her feel powerful. Another had a pin from her grandma, who used to run for office. Even little things like earrings or tote bags can tell you something about someone. Our outfits say a lot about who we are as leaders, and we're definitely not afraid to show it.

**-Lola Graham, Chinn City**



# Author of our Anthem

“Raise your voices” for Haroldeene Heeren, a former Nebraska delegate. Later known as Heroldeene Shreck, Heeren grew up in Nebraska before moving to Illinois to live with her husband. She pursued a career as a pianist and played in cities across the United States. However, her connection to Girls State goes back much farther. In 1947, Heeren was a junior at Hemingford High School when she was chosen to attend Nebraska’s own Girls State. While there, she entered her original song, “Here’s to Girls State,” and received the award for “Best Song.” On June 26, 1947, Heeren made the headline in the local newspaper that read, “Local girl writes best song at Girls State.”

Since then, her song has been sung and celebrated at many Girls State camps, including Oklahoma’s. Today, delegates can be heard singing the lyrics loud and proud at every assembly. Each and every girl is carrying on a legacy that started almost 78 years ago. The next time the delegates and counselors are “builders in a band,” take the time to remember the woman behind the song, and honor the one and only Haroldeene Heeren.

**-Avery Collier, Akin City**



Wade, Aaron. “Shreck, the girl behind the Girls’ State song.” Scottsbluff Star-Herald. 2025

Scottsbluff Star-Herald Online. 2020.

“Haroldeene Anne “Hal” Shreck.” Aiken Standard. 2025 Legacy.com. 2018.

# HOW WE FEELING, CHAT?

Ladies, we are nearing the end of one of the most exciting and empowering weeks of our youth. In case you forgot, you were all surrounded by some of the most impressive girls in our state. You have been among a group of current leaders who are continuing to build their platforms for a government system they are influencing. For a lot of you, this week may have been your first loss, your first speech, your first time bragging on yourself, and your first and last time being at ALA Oklahoma Girls State. Throughout the week, you have been influenced, inspired, and your views challenged, and among all of the lessons you have learned and gained, remember what drove you to be here in the first place. Remember what made you step up and run in the first place, and hold on to that. Let it drive you, guide you, and keep you chasing the impact you came here knowing you wanted to make. This week was just the start to an incredibly bright future led by impactful young ladies!

"You did not come this far, to only come this far."

-Tylor Aary, Bonham City

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## Business Casual, Blisters, and Band-aids

As the Girls State candidates line up for their speeches, I can't help but notice a commonality.

Each delegate has a vibrant, unique band aid hidden inside the heel of their shoe. It's no secret

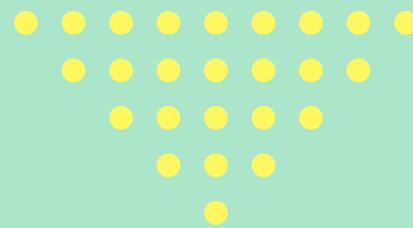
that the "business casual" choice isn't always the comfiest choice. While it's probably too late,

I'd like to share some advice regarding this blister pandemic.

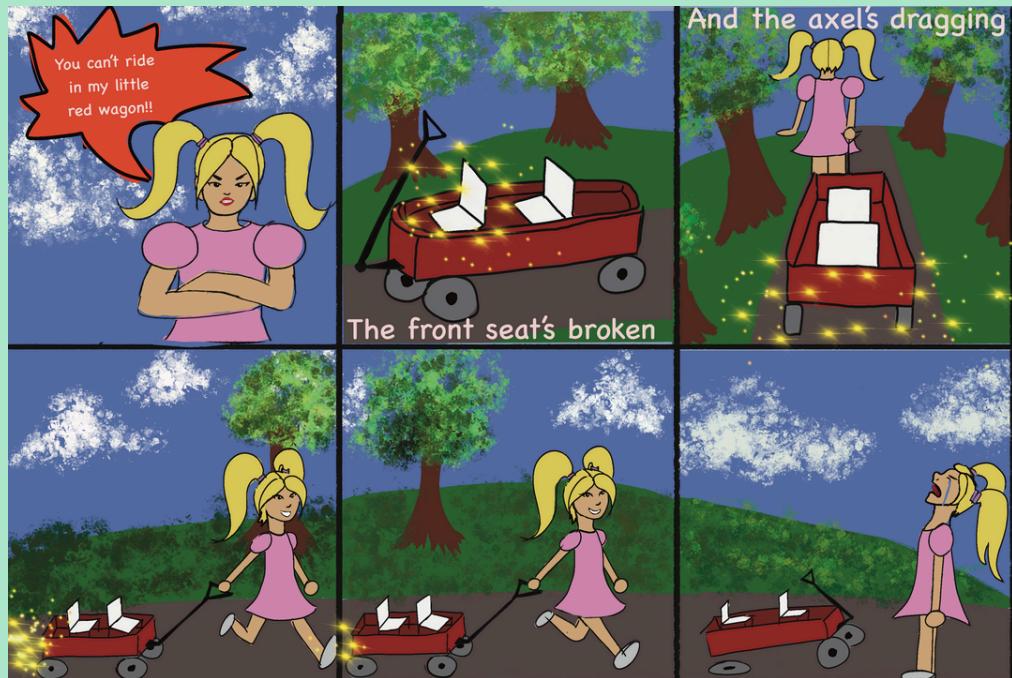
1. Bring an extra pair of shoes! (tennis shoes for optimal happiness)
2. Break in your heels BEFORE Girls State Week
3. Try no-show socks or gel pads

-Leah White, O'Leary

## ADVICE FROM THE GIRLS STATER CITY REPORTERS



## Comics with Ava O'Neill



## The Girls Stater

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