



# The Dog Caller

Volume 19 Issue 4

Spiro High School, 600 West Broadway Spiro, Oklahoma 74959

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## College

By Alyssa Cogburn

High school is the last four years of free education. High school is getting you ready for either college, or just life after high school. If you are wanting to go to college, there are a lot of things you need to consider and look into. When I first started searching for a good college, all I was paying attention to was the tuition and how far away from home it was.

At the time it seemed like all I needed to worry about, but now I've realized there are a lot of things you need to know before choosing a college. For starters, you need to look into the requirements. Most colleges have three top requirements. 1.) What is your GPA? You need to know what the GPA requirements are for the college you are looking into. 2.) What percentage of your graduating class are you in? When I was looking at my favorite three colleges, two of them said "You must be in the top 10% of your class" and the other one said "You must be in the top 50% of your class." 3.) What did you score on your ACT? Your ACT score is the top thing you must know before looking into colleges.



Picture courtesy EdSurge

## Walls Between People and Technology

By Jayleigh Featherston

Is technology a bad thing? No, not necessarily. Technology does many good things for the world. Because of technology, we know the weather, news, date, and time. We can talk to people from long distances that we miss and also have reminders to help us remember to go to the places we forgot we had to go.

Doctors use technology to keep people alive and safe. Missing kids are found with technology a lot too. However, many bad things happen as well. Fires, people losing friends, more cyber bullying which causes more suicides. More and more people are drifting away from family and friends because they are always distracted by their phones, tablets, and computers. People need to be more mature and responsible with technology.



Picture courtesy Human Resource

## Wrong Advice

By Madison Jeffrey

One piece of advice that has stuck with me since my youth was to enjoy life while I am young. When you become an adult, you have an entirely new set of responsibilities, and a lot more is expected from you. Most people believe being a teenager is the happiest point in our lives. I have never agreed with this advice. I believe life is what you make it. I realize this more and more as I get older. Of course, after graduating high school, a lot of people are thrown into a lot of responsibility when having a job and being in college. Everything can be so stressful, but I also think there's a lot people don't realize. You have a fresh new start to travel anywhere, meet a lot of different people, and experience new things. There is an endless amount of great opportunities. I believe you should always keep an optimistic view of things no matter what the situation or what age.

## Pre-Covid Vs. During Covid

By Brooklyn Jack, guest writer

Let's all just take a moment to remember back to when COVID-19 wasn't a thing. We all had nothing to worry about. No masks, no social distancing, no quarantine. Then, the whole world started hearing about it. At first it was no big deal, just a little virus in China, right? Well, we were wrong. March 13, 2020 is the day the president called COVID-19 a "National Emergency." Our schools were shut down for about 5 months. When we came back from that extremely long spring break, a lot had changed. Suddenly all of the things we didn't have to worry about before, we started worrying about. People started wearing masks, social distancing, and even getting quarantined from exposure of the virus. Our school has been trying to keep our students healthy and safe, and stop the spread. As we continue our lives through this pandemic, we need to be cautious of what we're doing. Stay safe!

# The Journey of High School

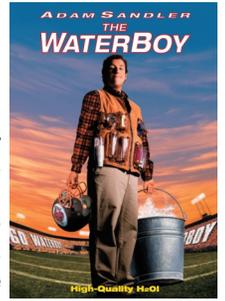
By Mikahyla Ramsey

High school is one of the most complicated courses of someone's life. You'll go through so many things and so many changes. You face so many challenges and one of those is losing friends. They'll come and go, even the ones you thought would last forever. I like to think of the lost friendships as a learning opportunity. That's pretty much what high school is. Not only will you learn your basic common knowledge, but you'll always learn some kind of "life lesson." Pay attention to those around you and keep in mind the way they treat you. It could make a huge difference.

# The WaterBoy

By Dylan Dees

My favorite movie of all time is The Water-boy starring Adam Sandler. The movie is about a guy named Bobby who has been serving water to football players since he was a little kid. One day the football players picked on him, and the coach said he should stand up for himself. Well he got upset and sacked the quarterback really hard. The coach had him join the team. Even though his mom didn't want him to play, he kept it a secret. You'll have to watch to see what happens!



Picture courtesy Business First

# Bad Habits

By Arella Stimac

Breaking habits is hard. Whether you've failed your latest diet or felt the urge to refresh your Instagram instead of making progress on homework that is late. Each time we try to soothe ourselves from an assignment, we reinforce the reward to the point where unhealthy distractions can become a habit. Some of the most common habits are checking your cell phone all the time, smoking, drinking, eating fast food, picking your nose, and drinking too much coffee. To break bad habits you can focus on why you want to change

your habits, prepare for slip ups, leave yourself reminders, get a friend's support, and identify your triggers. Go by the three R's which are replacement, reduction, and refinement.

# Setting Goals for Your Future

By Jayleigh Featherston

Did you know that 44% of high school students don't know what they want to do after graduation? Also, 14.8% drop out and become jobless. 18.2% don't enroll in college. Many students end up going to a small school for only a short amount of time for a career that only requires a small amount of schooling.



Most students study about what colleges and universities they might want to attend. Before going to college you have to study and work to get your grades up. ACT scores make a huge impact also. If you want to get into a really amazing school, you might want to work hard on aiming for a high score on the ACT. You might spot people in jobs that you might be interested in. You can also go to tour schools you may want to apply for. Also, having a plan for what your living arrangements might be is good too. Getting a job that pays well, making financial and academic goals and plans are very important. Making plans and goals is a very good way to start your career or future.

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- Hannah Miller
- Arella Stimach
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- Lisa Vincent
- Cole Warner
- Hunter Williams
- Haylie Woods
- Princess Young

# If I Ran the World

By Cole Warner

If I ran the world I would probably have to start off with lowering taxes because the taxes that are taken out of people's checks are a lot, and people really work hard for their money. They dedicate themselves to that job, and it would be good if they could bring home more of their check. People that have kids, especially, could use that money. My second thing I would like to do is make sure kids have a good education because the more they learn and know helps everyone out in the future. Kids are our future, and we want the best for them.



## Y'all Need Help Advice Column

*We are not experts, and it's possible our advice should never be followed, but we promise to give your questions our best shot.*

**Dear Y'all Need Help:** I'm having trouble cooking lasagna. I can never get the consistency right and the noodles always come out hard. How can I fix it to where it is perfect? —Tryna be Italian

*Dear Tryna: I know you're having an issue cooking Lasagna and not being able to make the noodles. A rule of thumb is to just remember to drop the noodles in a pot of boiling water with a pinch of salt and have an extra noodle to check frequently to see if you like the texture. Problem solved!!!*

**Dear Y'all Need Help:** I have multiple college choices, and I don't know which one to choose. They are both full rides, and they seem great. What do I do? What college do I choose? —Don't Know

*Dear Don't Know: To figure out the best option for you I would weigh the pros and cons of both college options. Maybe ask yourself how far away you'd like to go, which one has a better program for the career you're wanting, which one seems a better fit for you. Think about every little detail of both of these options and then decide. I wouldn't make the choice fast I would definitely take time and choose wisely.*



## What Music Inspires

By Arella Stimac

I think Christian music is inspiring. It can put you in a better mood when you've had a rough day. When you play it in the morning on the way to work, it could make you happier or just give you a boost in your day and have a better day.

## Graduation and College

By Lisa Vincent



No matter what grade you're in at the moment, you've probably thought about college, right? What college you want to go to, what you want to major in, and how long you want to go to college are probably questions you've asked yourself. Maybe you don't even want to go to college at all! That's a good choice as well. Recently, I've been thinking about college and my graduation. It's both exciting and stressful at the same time. I'm excited to get out of high school and finally get started on my career, yet I'm confused and overwhelmed about all the choices I have to make all of a sudden. I started off with making sure I've got all my credits and classes I need to graduate, then I scheduled a day for me to take my ACT. I've been looking into the colleges I want to go to, somewhere not too far from home that traveling for holidays is expensive, but far enough that I can be independent and not depend on my parents. At first, I thought it might be a little bit too much for me to handle during my junior year, but it actually made me excited and motivated to learn more! I'm ready to finally move on with my life and get my future started.

## Looking Forward

By Alyssa Perry

Going into this school year was a lot of dread, we had a long time off so coming back felt hard. After the first week it got easier each day. Now, this school year I am looking forward to finishing my last year of high school with all my friends. I look forward to seeing what God has in store for my future. This year hasn't been the best with Covid, but I plan on trying to make it the best last year of high school.



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## Music I Enjoy

By Xaylie Burney

I made a table of all the musical artists I listen to and what genres they fit into. The ones I listen to the most are Cavetown, My Chemical Romance, Melanie Martinez, Girl in Red, and The Neighbourhood. Also on October 26, 2019, I went to Houston, Texas to see Robin Skinner/Cavetown live. It was my first concert, and I got this really cool hoodie. You've probably seen me wearing it in the halls. I really recommend his music. If you're just now learning who he is, then I suggest listening to his song "Hug all your friends." It's a sweet song. I also really recommend listening to "Welcome to the Black Parade" by My Chemical Romance if you're more into rock. Cavetown and My Chemical Romance, as you can obviously tell, hold a special place in my heart.

cavetown	Indie Pop	Lo Fi	Indie rock				
Addison G	pop						
Sub urban	Indie Pop	Electro	Anti pop				
mel	Indie pop	Alternative rock	Electro pop				
MCR	Alternative rock	emo	Pop punk	Post hardcore	Punk rock	Hard rock	
PIATD	alternative/ indie	Pop rock					
G I R	Indie pop	Lof fi	Indie rock	Dream pop			
TOP	Alternative hip hop	Electro pop	Indie pop	Pop rock	Rap rock	Alternative rock	
Oliver tree	Alternative rock	Pop rock	Electro pop	Hip hop	Electronic dance	Rap rock	Indie pop
Hayley K	Dream pop	Synth pop					
Tessa V	Indie pop						
Mike P	pop	Hip hop	R&B	folk			
Halsey	pop	Electro pop	Synth pop	R&B			
The N	Alternative rock	Indie rock					
Fall out boy	Emo	Pop rock	Alternative rock	Emo pop			



### Pop-u-lar

*I know about pop-uuuu-lar. (Check out the Wicked soundtrack!)*

By Richard Gray

Would you rather be the most popular person in school or the smartest person in school? Why?

I know some people that being popular in school would be appealing to them, but in a long-term situation you probably already know the more realistic answer. Being known/popular is cool and all, but in reality, everyone needs smarts and being the smartest person in school would 100% be the most popular person in my eyes. This person could help, teach, and influence others to study and become better students. The concept of being popular today has changed a lot and doesn't mean anything anymore and, after high school, let's be honest... a lot of popular people go downhill just because they're not necessarily in that public eye as much and are pretty much just one-trick ponies. The moral of the story...being popular and having that high social status doesn't mean anything without some good old smarts to back it up and that's what matters.

### Cats

The global population of cats is quite hard to ascertain with their estimates ranging from 200 million to over 600 million, and this includes all the feral cats, strays, and pets.

### Calories Per Day?

An ideal daily intake of calories varies depending on age, metabolism and levels of physical activity, among other things. Generally, the recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

## Distracted by Technology

By Cole Warner

Are you distracted by technology? I think that, yes, technology distracts a lot of people. If you look at the way people act nowadays, you can be right next to someone, and they might be texting you instead of just talking to you. People can't go anywhere without their phone. They have to have them. Their phones are always on them. Yes, phones do help a lot, but I would rather just talk to a person instead of being on my phone 24/7.

## Why Oranges Are the Worst Fruit

By Haylie Woods



Oranges. The fruit that grows off of a tree and somehow makes it into peoples' homes. Oranges do provide a vast amount of the ever powerful vitamin C. It helps boost your immune system which is great for the yearly flu season, and prevents other illnesses. But there are plenty of terrible things about them that outweigh the positives.

The first terrible thing about an orange, is the name. Other fruits have some nice names like 'apple' and 'dragon fruit' and 'papaya.' Meanwhile, this fruit has one of the simplest names out there. Yes, there are fruits like blackberry, blueberry, and so on and so forth. They describe the fruit, but the 'berry' at the end differentiates it from the color itself. An orange's name does not do that. You don't name a person 'Blonde' or 'Black.' There are nicknames like that, but nobody's name on their birth certificate is anything like that. Therefore, the name is awful, but to be fair, it's not the worst thing about it.

The next worst thing about oranges is having to peel them. Peeling them with your fingers is anything but easy unless you have at least some nails. Which, personally, I usually don't. Even if you do have nails and can peel it that way, it will turn your nails an ugly yellow color that is anything but pleasant on someone's finger. The peel itself is a burden. After you eventually do get the peel off, you have the burden of the peel. It's not like you can eat it or anything like you can with others. You can just bite into other fruits like apples. Or at least grapes that you can just pop in your mouth whenever you want. You could say "oh, you have to peel pineapples too." True, but at least pineapples LOOK hard to peel unlike oranges. Oranges look as if it should be easy and not very troublesome. Plot twist, they are difficult!

After you get the peel off, you're left with a squishy, juicy blob of orange. The fruit part on the inside isn't the problem. Just kidding, yes, it is. It's the fruit and the juice both that make it not exactly worth eating. The taste is pretty good to be honest, but the little white string part on the inside is bitter, and just weird to eat. You could take off all of the white parts, but not only does it take a long time, but afterwards it looks like something that wasn't supposed to be seen.

The juice is also not great. Bottled orange juice is good, but when the juice comes off the fruit itself, it's sticky and acidic. I don't know about other people exactly, but the juice kind of burns. Last but not least, is the smell. The smell of oranges could actually be pretty good if it weren't so strong. After eating it and throwing it away, the smell lingers around for a while and really isn't so bad. In class however, when somebody is eating an orange, and I can smell it all the way across the classroom, this is what I expect to see when I turn around and look.

## Dinosaurs

By Xaylie Burney

This article is going to mainly be about the T-rex and Diplodocus, two of my favorite dinosaurs. The Tyrannosaurus's name literally means king lizard, but it's usually abbreviated to T-rex. The first skeleton of the T-rex was found in 1902 by a famous fossil hunter Barnum Brown. Diplodocus's name comes from Greece and means double beam, which refers to its weird shaped bones in its tail. Researchers think that the diplodocus could've been around 35m long and weigh 10 to 15 tons.



## What Sense Would You Be Willing to Give Up?

By Princess Young

I would give up my sense of smell because I need to hear to enjoy music. I need my vision, so I can read and see where I am going/ I need my sense of touch, so I can feel my surroundings—don't want to bump my head or cut my hand and not know how much damage has been done. I guess when you give up the sense of smell, you are also giving up the sense of taste. But I feel I could do without smell easier than doing without one of my other senses.

## Snapchat...or Instagram!!?

By Lauren Satterfield, guest writer

Did you know that these two apps are in competition with each other? Snapchat and Instagram have always been the top two apps that teens use. Which one is your favorite? I personally find that Snapchat is more stimulating to me than Instagram. Let's talk about the pros and cons of these two wonderful apps. Snapchat, as we all know, has tons of amazing filters, and you can easily get around on this app too. On Snapchat, you can snap your friends and post on your story. It's fun to see which of your friends has the highest snap score! You can also look at you and your friends friendship profile. On the friendship profile you can read about the sign, compatibilities, and likes and dislikes of your friend. Snapchat is pretty fun. Now let's talk about Instagram. On Instagram, you can do most of the things you can do on Snapchat like posting on your story, and messaging your friends. Instagram has a different set up than Snapchat. For example, you can go to your profile and instead of just seeing posts on one's story, you can actually post pictures to your feed, and they will stay there. So when people look on your profile, they will see the pictures you have posted. On top of this, you can also set up a bio on your profile and let people know a little bit about yourself. On Instagram, you can also have a business account if for example you have a small business. Instagram is a great app to advertise your business. All in all, both apps have their own things that make them special. If you are a Snapchat lover, like myself, maybe you should go and explore Instagram! You might find something you enjoy.

## The Real GOAT

By Bradley Restine, guest writer

What do you know about goats? What would you like to know? Well for one, they are really funny, and they eat a lot. My goat eats 5 cups of food a day. When you buy a show goat, they can cost anywhere from 50 bucks to 10,000 dollars. I spent \$200 on my goat last year. I made county and got \$863 and then sold him for \$262. I only spent \$700, so I made around \$400. My goat's name was Hurts. This year, I've probably spent \$700 total this year. We have 5 shows: Coalgate, the start out show that is in Poteau, the Big 8 Show and that's in McCurtain county, then we have county...

the big show. This is where you win your money. If you win here, then you go back the next week to show and win money. Then there's OYE. That's the big one for me. I'm looking for redemption this year because last year the corona virus had it shut down. It was the last thing still open. Then there was a call from President Trump himself saying it's time to shut it down, and my class of goats was the last class. I cried all night because he was sold. That goat was like a dog to me. I could kneel down, and he would get up on my shoulders and give me a kiss.



Photo courtesy of Bradley Restine

## What is Beauty?

By Zach Stimac

What is beauty to me? Beauty to me is seeing physical attractiveness in someone. Beauty can also come from within a person. What other people may consider beauty to be is a combination of qualities, such as shape, color, or form, that pleases the aesthetic senses, especially the sight. A child's first laugh is another thing that can be beautiful, and someone's voice can be beautiful. They say that beauty is in the eye of the beholder, and all women are beautiful to the man who thinks she is the prettiest creature on Earth.

But not every man has the same standard of beauty, and this is never more apparent than when taking a gander at various cultures throughout the world to see what men consider beautiful.



## Coffee

By Alyssa Cogburn

There are many different coffee flavors, grounds, types, shops, etc. One of my personal favorites is from Starbucks. I get a grande

cup with two shots of espresso over ice with almond milk. It is very good! My favorite coffee grounds are from Death Wish coffee company. There are some coffee places around the Fort Smith area, like Starbucks, Sweet Bay, Dunkin, etc. My favorite place is Dunkin! They have a variety of cold brews. Some people prefer strong coffee flavors more and some people prefer chocolate with coffee flavoring!

## Drawing

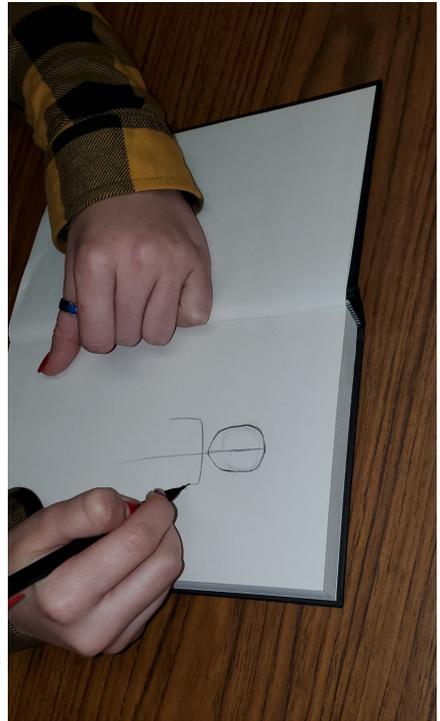
By Kharma Perry, guest writer

Good morning everyone! As we know, for some people drawing can be good for entertainment, as a job, or a get away. Today I will briefly cover these three ways that drawing can enter our lives. It could come in a way of reading a comic for entertainment to sketches of a building for a job, or just to release stress.

Someone can draw to entertain others by making a comic or manga. Another way drawings are used for entertainment is by watching an animation or TV. One way someone can entertain themselves is by drawing or making your own character. You can also edit pictures or make your own version.

There are also different ways you can draw for a job. Drafting for a building is a way to do what you enjoy for a living. According to salary.com the average drafter makes \$48,546 as a yearly salary. It is not the most stable way to make a living, with an average tenure of one year. An animator is a job where you can draw, and according to indeed.com, there are jobs available that pay between \$30- 77 per hour.

Drawing can be good to get away. It can be used when you don't know how you're feeling or if you don't know how to express yourself. When you want to escape or you need to relax and let your feelings out, you can draw. It can help you express anger, sadness, or if you're happy, it just gives you something to do.



Artist, Kharma Perry, at work.



## Broccoli is My Favorite

By Xaylie Burney

My favorite vegetable is broccoli. Five different ways to use it in recipes are broccoli cheese soup, steamed broccoli and cheese, just steamed broccoli, broccoli in a salad, and beef with broccoli.

My favorite way to eat broccoli is either the broccoli cheese soup or steamed broccoli and cheese. All are really straightforward recipes, all require steaming besides the salad which is just raw, uncooked, washed broccoli. I asked my friend Emily McDonald what her favorite vegetable is and she said green bell peppers are her favorite. She likes to eat them pretty much in any way whether it be cooked or uncooked. Her least favorite vegetable is carrots because she got sick eating them one day, and just hasn't eaten them since.

## Redheads

By Jayleigh Featherston

Did you know that 2 percent of the world's population are redheads. That's crazy! Redheads are made by a genetic mutation. Most people with red hair commonly have very thick hair. It's not very common to come across a thin haired redhead. Redheads also don't get grey hair! Their temperatures can change much faster than others with brown or blonde hair. Redheads also produce their own vitamin D. I asked a sophomore, Dalton Dollar, how it feels to be a red head, and he says, "I've always had good hair and have been complimented for it. I do have anger issues and get hot a lot."

2,400

Roller coasters that exist in the world today.

# The Shoes People Want

By Justice Barnes, guest writer

One of the main shoes that everyone wants is the Jordan 1. The main reason people like these shoes so much is because Michael Jordan was possibly the best basketball player of all time. There are many different silhouettes of this shoe. The first Jordan was made in 11-17-1984. The original price of the Jordan 1 was \$65.

The Air Force 1 is a very popular shoe. If you go to Fort Smith, you will see multiple people wearing them. The main one that people want is the all white low top. They were first made in 1997. You can go to the mall and get a pair for around \$90.

The next shoe I will be talking about is the Jordan 4. They have come out with many different colors. One of the most popular silhouettes is the Travis Scott Jordan 4. They were originally released in the year of 1989.

The Nike SB is a very comfortable shoe. My personal favorite is the chunky dunk SB. The first Nike SB was released in March 2002. They are very affordable. You can go to Academy or Dick's Sporting Goods and get a Nike SB for \$65. It is definitely the cheapest shoe on my list.

The next shoe on my list is an Adidas Yeezy. They are kind of on the expensive side. People all over the world buy these shoes. These shoes go for around \$1,000. They are not really affordable, but for some reason, people will spend that much on shoes.



# Is Online Dating Worth the Hype?

By Richard Gray

I was talking to my grandfather the other day and he brought up an interesting point, especially because of all the isolation we all experienced during the hard Covid19 times. That topic was online dating. I know that the situation sounds crazy and especially getting told by your grandparents that you should try to find a significant other online, but I thought to myself, dang does this even really work, and more or less "is this just really overrated?" I looked into the statistics and found that 47% percent of relationships started by online dating lead to marriage and honestly, that's more than none, so there could be something in that and possibly more positive than negative. I don't know or see any of the reasons why I should try, but what do you think? Is it worth the hype?

