



The Dog Caller

Volume 20 Issue 4

Spiro High School, 600 West Broadway Spiro, Oklahoma 74959

April 19 2021-2022



Spiro High School Basketball Homecoming 2022

SHS Homecoming and Senior Night

Spiro High School sponsored basketball homecoming and senior night on February 14, 2022. Seniors included Braxton Peterson, Matt Watts, Ethan Robbins, Alan McKeefry, Ryan Rogers, Jared Huff, Jaryn Restine, Jeni Smith, Taryn Ridenour, Ashlyn Perry, Lily Blankenship, and Kaylyn Upchurch. Each senior girl was crowned, and each senior boy received a special medallion. A unique and special handshake was enjoyed by each set of seniors who walked together. Parents were spotlighted as seniors presented them with a hug and a rose. All in all, it was a great night.

PTO: May 5th last skate night of the school year for 6th-8th grades with admission \$4

Glasses

By Alyssa Cogburn

Even though it sounds like glasses would be made of glass, they generally are not. Glasses usually start off being a liquid which is tested and made uniquely for the prescription. Then, they are poured into a mold to fit the frame and cured. And finally they are placed into the frame to create a pair of glasses fitted perfectly for the owner. Isn't that cool to think about? We have always called them "glasses" just naturally assuming they are glass. If you think about it, if they were glass, then we would not be able to see out of them so easily. Have you ever looked at someone through a jar or just a window? Usually, it will make whatever you are looking at look a little messed up and wobbly.



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OCEAN WONDERS

By Jayleigh Featherston

Did you know that the ocean's trench is four times deeper than the Grand canyon. The ocean is mostly unknown. 80% of the ocean is unexplored. The pacific ocean is 5 times as wide as the moon.

Random facts about the ocean you didn't know:

- By 2050 the trash in the ocean will outweigh the fish.
- There are 3 million shipwrecks in the ocean
- One iceberg can provide water for a million people for five years.

Would you go to the bottom of the ocean alone?

Health Benefits of Cinnamon

By Spence Ainsworth

We are in a time where we are looking for better ways to keep up with our health. Whether it is the newest vitamin or an ancient way being brought back. Cinnamon is a spice that is made from the inner bark of trees with powerful medicinal properties. Cinnamon is loaded with antioxidants, which protect your body from free radicals. These cause oxidative damage. Cinnamon also has anti-inflammatory properties. This helps to fight off infections and repair tissue damage. Cinnamon has been linked to reducing the risk of heart disease, "bad" level of cholesterol, and reducing blood pressure. Cinnamon is known for its blood-sugar lowering properties. It decreases the amount of glucose that enters your bloodstream after a meal. These are only some of the major health benefits that cinnamon can help improve.



Prom

By: Julie Knobelsdorff

Prom began in the late 1800s in colleges like Harvard and Yale, when university education of any kind was a privilege for the wealthy. Today, proms are available to almost every school and some colleges. Prom comes once a year for high school. Prom is a chance to have fun and, of course, get dressed up. Not everyone likes the idea of prom, but some people love dressing up and showing up. Some people go there to hang out with their friends and of course have a good time. Prom symbolizes the end of high school and the beginning of your adult years. Prom can be stressful sometimes, with finding the right dress or makeup or anything. Prom should be fun and enjoyable! So just remember not to stress and just have a good time.

By Amya Barnes

Things that make me go hmmm are when I see people whispering and telling secrets. It makes me nervous, and I feel like they are talking about me, and it makes my anxiety go up. Or when people sleep in class because I always wonder if they have done their work.

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The Importance of Having Hope

By Lacey Reed

Hope is something that we have from a very young age. We are basically born with it. One of the definitions of hope is grounds for believing something good may happen. One reason I believe we see children as innocent is because they are full of hope and the world around them has yet to break it down. Over the years as we get older, our hope tends to decrease due to the negativity, let downs, heart breaks, and the overall disappointments and hardships of life.

Although our hope tends to decrease, it's important to stay hopeful no matter the hard situations you are going through. Without hope that tomorrow will be better or hope that it will get better, what's the purpose of living. I know that sounds morbid, but really think about it, if you go throughout your days sad and thinking that it's always going to be bad then what's the point? It's okay to have bad days and be sad but you need to be hopeful that it will get better soon. It's not always easy to be that way. I know from personal experience, but it's definitely worth it. Within my years of living, I've noticed that the strongest people in life are the most hopeful. The ones that always say tomorrow will be better are the ones that will make it through everything and the ones that have no hope are the ones that tend to give up on life completely. Even when things are hard, just remember to have hope and keep your head high. You are strong, and you got this.

Synchronized Fireflies

By Spence Ainsworth

Synchronous fireflies or lightning bugs are found in the Great Smoky Mountains National Park. In North America, they are one of only a couple species that synchronize their flashing light patterns. The flash patterns of a firefly are part of their mating display. Each species has their own pattern. This helps the fireflies to recognize their species. This only happens a couple weeks out of the year, and there are only two places in the world this happens and one of them is Gatlinburg, TN. I had the privilege of witnessing this spectacular display a few years ago when we vacationed in Gatlinburg. It was really a cool sight.



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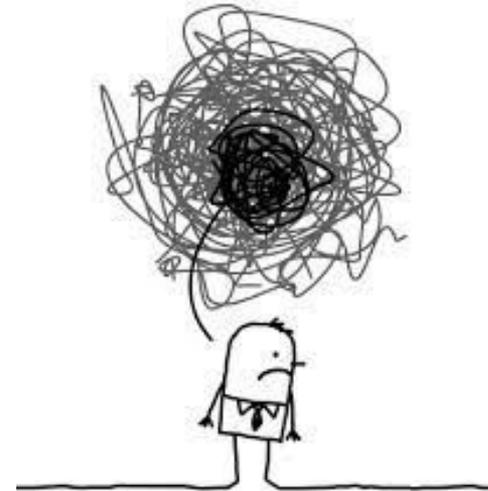
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Julie Knobelsdorff
Lacey Reed

Is the Second Semester the Worst Semester?

By Amya Barnes

Second semester of high school makes you not want to be at school. It's harder to wake up, and senioritis starts kicking in really bad and, personally, I never want to get up for school anymore. My mom texts me sometimes to make sure I am awake, or my dad will make a trip to my room. Some people decided to go online or do distant learning. I even had a few friends who decided to graduate at the end of last semester, but I decided I would want the whole high school experience. It doesn't really seem like much is happening, so I'm just really waiting on the big events like senior trip and senior prom and graduation.



The Mandela Effect

By Alyssa Cogburn

The Mandela effect refers to a situation where a large number of people think something has happened but it in fact has never occurred. Some people think that maybe there's another dimension that we travel in and out of. There are many examples to prove this theory. Such as: Is the peanut butter brand JIF or JIFFY? It is JIF. Is it FROOT LOOPS or FRUIT LOOPS? It is FROOT LOOPS. So many people get these answers confused. There are many other scenarios but with events. Fiona Broome is the one who discovered the effect when she specifically remembered the death of Nelson Mandela in a south African prison in 1980. However, Mandela didn't pass until 2013. That isn't as convincing until you hear that many other people can remember the exact event, and they even talk about his widow giving a speech on television. The Mandela effect is a crazy concept to get into. I am not sure why it's caused or what is causing it. I just know it is there and it is honestly pretty chilling.



Are Chromebooks the Way to Go for School?

By Jayleigh Featherston

Some say that Chromebooks are good for school work, while others disagree. "I would rather use chromebooks because we are now in a time where we use technology everyday, we are used to it more, and I don't have good handwriting so it's easier for teachers to read," an eighth grader says.

"I like chromebooks better because you can log in on different things and can copy and paste instead of retyping it all. Also you won't lose it, you just log on and find our assignments." –Coy Clark

"I would like paper more because I don't have to hurt my eyes like I do with chromebooks." –Laylah Steele

"I like paper more because I can take it home because I don't have wifi." –Zoe Adams.

"I like paper because it's easier to keep up with." –Karson

Most doctors say that students are better off to write things down because they retain the information better than if it was digital materials.

What's your opinion?

Things That Make You Go Hmmm

By Christian D.

There are a lot of things in the world that make me go hmmm, such as how cars work or how TVs were invented. There are lots of things that are very confusing like how math was discovered or who thought of the first plane. In the world there are a lot of things that are very questionable on how they were discovered or founded or even made. One that puzzles me is how someone figured out that cows milk was good for you and safe to drink, like who was the man or woman who just drank without questions. It's kind of weird when you think about it. There are many things that can make you think this way and some have funny answers.



It's Tax Time

By Spence Ainsworth

Around my house, there are five seasons; spring, summer, fall, winter and tax season. My mom is a tax preparer, and it keeps her quite busy. Here are some tips to make your tax preparation appointment go more smoothly. You should bring your social security card for you and any dependents, your driver's license, and W-2's, 1099's for income, and any expenses that you think might be deductible. It's better to have too much information than not enough. You should also have a canceled check for direct deposit for a faster refund. Most importantly, remember the tax preparer is not the IRS and doesn't have the ability to make your refund larger. Don't get angry with them when it doesn't turn out how you expected. Don't shoot the messenger.

Martin The Gecko

By Jayleigh Featherston

We've all seen the Geico commercials. We have all wondered about the gecko too. Well, did you know that his real name is Martin, and he's been in over 150 commercials? Well, he sure has! Martin is British and still working today to get Geico customers. Martin started working for Geico in 1999. This year will be his twenty-third birthday! British actor Jake Wood is now the voice of the GEICO Gecko, giving the lizard its now-famous Cockney accent. Wood is also well known in the UK. He starred in the BBC soap opera EastEnders as Max Branning for 15 years. The GEICO Gecko made its first appearance during the 2000 television season and quickly became an advertising icon. Meanwhile, in 2001, Leo Goodwin was named to the International Insurance Society Hall of Fame, and by 2002, GEICO had passed the 5 million policyholder mark.

Page Layout by Alyssa Cogburn



Winter Olympics: Snowboarding

By Julie Knobelsdorff

Snowboarding was first included in the 1988 Winter Olympics in Nagano, Japan. Snowboarding was one of 5 new sports added to the winter olympic program between 1992 and 2002. It was also the only sport not to have been a previous medal event. There are 10 snowboarding events in the Winter Olympics. The longest rail ever ridden was 275.5 feet. A famous American professional snowboarder is Shaun White. He is a five-time Olympic champion and a three-time Olympic gold medalist in half-pipe snowboarding. He holds the world record for most X-Games gold medals and most Olympic gold medals by a snowboarder. Snowboarding is a very fun and very risky sport. Lots of competitors do all kinds of tricks and flips to earn points and are very difficult to land. It takes a lot of practice and training to even come close to competing in the Winter Olympics.

Technology and Covid

By Alyssa Cogburn

Just almost a whole year ago, the Covid vaccine was available. Now, you can download an app that will have a digital QR code to scan when needed that works just the same as the paper copy. It just hides all your personal information. Slowly, more states are joining and making it available for everyone who is vaccinated to use. It works just the same as Apple pay. You just open the app and scan the code. Simple and easy.

Teens Vaping

By Ryan Rogers

A new survey found an alarming rise in the number of American teens who tried vaping last year. The study suggests that vaping may be driving an increase in nicotine use for kids. In vaping, a battery powered device called an e-cigarette heats a liquid into a vapor that can be inhaled.

The vapor may include nicotine (the addictive drug in tobacco), flavoring, and other chemicals. E-cigarettes can also be used with marijuana, hash oil, or other substances.

Vaping may pose serious and avoidable health risks. Exposure to nicotine during youth can lead to addiction and cause long-term harm to brain development. The vapor can also contain toxins (including ones that cause cancer) and tiny particles that are harmful when breathed in.

More than 44,000 students took part in the 2018 annual survey of drug, alcohol, and cigarette use in 8th, 10th, and 12th graders. About 37% of 12th graders reported vaping in 2018, compared with 28% in 2017. Vaping of each substance that was asked about increased. This includes nicotine, flavored liquids, marijuana, and hash oil.



French Fries

By:Julie Knobelsdorff



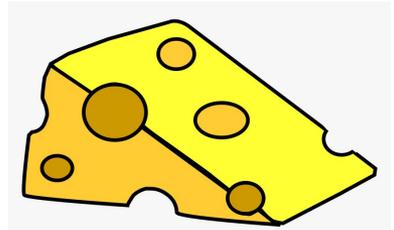
Who doesn't love French fries? Even if you don't, here's my article about them.

It is very debatable over which restaurant has the best fries. Is it Mcdonald's? Arby's? Braum's?

There are many opinions on which has the superior fry, but my opinion is Mcdonald's. When they are fresh and hot, that's when they are the best. When they are cold, not so much. Also, I like most fries I've tried, but Mcdonald's is pretty good. The history of fries is pretty interesting. Thomas Jefferson himself was credited for inventing the French fry. Also in 1789, French fries were introduced by street vendors in Paris, France. They were calling them "pieces of fried potato" before the name French was put in front of it. Fries are a perfect snack food and side dish for almost anything! Fries will indeed continue as the future moves forward.

The Law of Cheese

By Jayleigh Featherston



The law states that any cheese the state produces must be "highly pleasing and free from undesirable flavors and odors, except that the cheese may have a very slight feed flavor." As the law firm Nicolet Law wrote, the law makes it clear that some cheeses should be either highly pleasing or fairly pleasing. It is actually a law that you have to make 'decent' cheese. A soft Spanish goat's cheese has done enough to seduce this year's judges at the World Cheese Awards, with Olavidia being crowned the best cheese in the world and beating more than 4000 entries from over 40 countries on five continents. A cheese from the United States has been named the world's top cheese. Rogue River Blue has taken the top prize at the 2019 World Cheese Awards, marking the first time a US cheese has ever been named World Champion Cheese.

Graduating Class of 2022

By Haley Wolff

As you may already know, it's that time of the year where the class of students that have grown up together are now graduating and sent out into the world. Some of us couldn't be happier to get out of high school and to get out of Spiro, but then again, some of us are afraid to leave it all and to be out in the world.

Now don't get me wrong, the world is great. But are we really ready to be by ourselves? This is a question I find myself thinking about a lot recently. There is still so much to learn about how to manage money and how to just live by yourself and be a successful adult. As a little kid you don't think much about how hard it is to be an adult, to pay bills, to raise a child, to go to college and to succeed at all these things just seems impossible sometimes.

And honestly, when it comes down to it, the graduating class will persevere and overcome their obstacles because we were raised to know how to survive hard times, and I have all the faith in the world that myself and the others in my class will be just fine after graduating. But it's still scary.

How Can David Blaine Eat Glass

By Spence Ainsworth

One of David Blaine's many tricks is that he can eat real glass without any injury. Most people would assume that it isn't real glass or that he isn't actually eating it. However, he often uses someone else's glass to show that he isn't using a prepared one with fake glass. He can eat pieces of glass by chewing it only with his teeth until it is a powder and then he swallows it. This act can still easily go wrong if he doesn't chew it enough or if it comes into contact with his tongue. Even if these things don't happen, it can still be harmful to him.



Dalton Dollar

By Alyssa Cogburn

Dalton is 17 years old. 25 years old if needed. He has lived in Spiro his whole life. He is one the best football players for Spiro High School(my opinion). Number 54. He has a beard. And, he is a ginger. In the future he wants to be a football coach. He would like to stay in Oklahoma. His shoe size is 13, and he wears boots every day of his life. Sometimes he wears boots with shorts which is really weird. He has been with his girlfriend, Jayleigh Featherston for almost 3 years now. His favorite food is chicken. Every day for lunch he eats chicken. Any time he goes out to eat, he orders chicken. He is 5'11" and weighs 230 lbs.

I Mean Business

By Natalee Harper

While starting a small business has been amazing, it has also came with its hardships. I, Natalee Harper, am a 17 year old girl, trying to keep good grades in school, working long hours on the weekends, being very active in FFA, and trying to keep a good social life is nothing but a challenge! While I love my business, sometimes it can be very hard to keep going because I feel like someone is always looking down on me or someone is saying "well, I could do better than that," and it is true. There will always be haters in the world and I try to prove that my work is good by advertising as much as possible, proving that as much as people try to put me down, I will not back down from the challenge!

Pros and Cons of having a Swim Class:

By Jayleigh Featherston

Some pros, I think that the people interested in that particular class would have an elective they are happy with instead of settling with the options we do have. Another pro being that it's also an exercise in a way. Students would get exercise and also enjoy the class they've picked. Some cons are that some students may get to class late because of the amount of time it would take to change back into your clothes. We wouldn't be able to change the whole school schedule just for that class because that isn't fair for the kids who have to change in other classes, such as ag for welding. Another con would be that some students aren't comfortable with their body and may not feel comfortable around people, sometimes if you don't know what classes to choose then the school will choose one for you. What do you think?

How to Get Through a Breakup in 3 Simple Steps

By Lacey Reed

Going through a breakup is hard no matter how old you are or how long you were together (as long as you actually liked the person and weren't using them). For the most part, half of you reading this have been through at least one breakup in your life. Let's be realistic, when you first get broken up with, it's hard, you blame yourself and wonder what you did wrong. The hard truth is that unless they tell you, you likely didn't do anything wrong, and it wasn't your fault. The first thing you need to do is realize that, and stop blaming yourself. Second, don't instantly get yourself into another relationship. Spend time working on you. Finally remember everything happens for a reason, and you are perfect just how you are. Don't change yourself for anyone.

Page Layout by Jayleigh Featherston

Do Violent Video Games Make People More Violent

By Christian Dukes

Over the years, it seems that violence has appeared a lot more in the media. From movies to video games to newspapers. People are worried that their children are picking up bad habits because maybe the character in their favorite movie or video game has some terrible habits or is really vulgar. So naturally people are going to worry about their children and try to shelter them from these things. Personally, I believe that violence doesn't rub off on children if they watch movies or play their video games. There is a difference between fiction and reality, and you have to parent them and show them that these things are not things you can just do or say when out in the real world. I think that violence in movies and games do nothing to the child or children if they play because there is a fine line between real and fake violence and as long as they are old enough to understand that and you don't try to shelter but teach about why these things aren't allowed in public places then there is no reason for people to push away violence in anything. I believe that it is no different from reading a Holocaust book such as *Between Shades of Grey* and more. Violence in pop culture doesn't make people violent. People can learn lessons from it. Violence in movies and games has always been around, but with new technology, some people feel as if it is too real for the children to watch or play, and it is understandable, but there is a difference between real and fake and as long as you teach that there is nothing wrong with violent games and movies.



90s Style

By: Julie Knobelsdorff

The 90's styles were such a cool decade of clothing, and some of the 90s trends are making a comeback to 2022! There's some clothes such as mom jeans, animal print, corsets, and so much more. On tik tok there are a lot of the 90s styles ranging from clothes to hair and pretty much everything else. Some people have 90s style rooms, along with accessories and vintage things also. Although these styles were popular years ago, they have come back with changes to make them more appealing to everyone. The 90s was a great era and also very fashionable. Some researchers think that trends repeat because of generational changes as well as people taking inspiration from styles that their parents wore.



Skeleton

By Spence Ainsworth

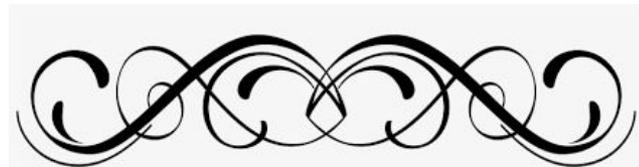
Similar to luge, skeleton is a sled sport where you slide down a long frozen track. The main difference is that instead of going feet first, you lay on your stomach and go head first. You might think this is more dangerous than luge but it's actually considered safer because the athletes have a better view of where they are going. Many professional skeleton athletes have a background in track or luge. Training involves sprints, weight training, and plyometrics. The name skeleton comes from the fact that the sled is the skeletal foundation of a bobsled.

Page Layout by Jayleigh Featherston

Chillin at Work

By Alyssa Cogburn

So I was just chilling at work with Julie, right? And this guy ordered a sandwich, but he wanted me to cut the ends of the bread off. You know the sub sandwich bread? It was zesty parmesan flavored, so I had the most brilliant idea. I quickly ran to the kitchen and left Julie with a long to-do list to complete on her own while I fixed maybe my greatest invention yet. I took the bread and put it on a greased pizza pan. I then took Casey's famous garlic butter sauce and put it on the bread. I also added some mozzarella cheese from our pizza line and threw it into the oven. The oven runs for about 6 minutes which is way too long. So, I put them halfway through for the perfect amount of crispiness. Cooking it in a pizza pan is key, because it has little holes in the bottom so that the bottom of the pizza gets crispy as well. I took the toast out of the oven and dusted it lightly with our garlic parmesan seasoning. Then I put them on a plate and hid them in my breakroom from my boss because using store ingredients that haven't been paid for and especially making things that don't exist is a big no no at our store. However, my boss didn't seem to care at all. She just said "It's always something with you Alyssa." Anyways, me and Julie tried the bread and brooo- Chef's Kiss.



Cymophobia

By Jayleigh Featherston

Cymophobia is a fear of waves or wave-like motions which is closely related to Aquaphobia which is the fear of water. People suffering from this specific phobia feel extreme anxiety when exposed to waves or wave-like motions. Because Cymophobia comes under the category of anxiety disorders in the DSM-V, one gets extremely anxious at the mere thought of getting exposed to their fear stimuli.

As mentioned above, Cymophobia is the abnormal, irrational fear of waves, swell, and other wave-like motions. The level of anxiety caused by this fear will differ from person to person. For example, individuals suffering from a traumatic tsunami experience may only fear movement in the ocean and not waves caused in a swimming pool. On the other hand, if you suffer from a deep-rooted childhood trauma related to waves in a controlled environment such as a pool, you will likely fear the ocean as well.

It should be noted, however, that Cymophobia and the exaggerated fear of waves shouldn't be confused with a natural fear and caution experienced when surfing some of the world's biggest waves.

Figure Skating

Olympics 2022

By: Amya Barnes

Figure skating is one of the most popular sports at the Winter Olympics; one could argue it's synonymous with the games themselves, seeing as it's the oldest sport in the winter program. Figure skating was first contested at the 1908 London Summer Games and again in 1920 in Antwerp before being permanently transferred to the program of the Winter Olympic Games, first held in 1924 in Chamonix, France. At the 2022 Beijing Winter Olympics there are five events in the figure skating competition - men's individual, women's individual, pairs, ice dancing and the team event.

Why Cats Purr

By Spence Ainsworth

A cat's purr is made by the muscles that control the closing and opening of their vocal cords. While they are kittens, the purring reminds the mama cat to keep nursing them. Older domestic cats purr to encourage you to pet them. Not only does a purring cat in your lap reduce stress, but it is also believed to have a healing effect on human muscle and bone tissue.



Spiro High School Choir

By Alyssa Cogburn

When I was a freshman, I took vocal. I thought, "I like singing, and I need a music credit. So, why not? That class has so far been my favorite memory of high school. I made so many new friends and had so much fun learning new things. When people think of vocal, they think of a bunch of people standing in a room singing. It is way more than that! When I first started the class, I was worried people would judge me and half the time I just mouthed the lyrics. By the end of the year I was singing as loud as I could because I realized that it is a judgement free class where you can be yourself. We also took quite a few trips going to concerts, honor choir tryouts, etc. You also get many chances to meet with other choirs from different schools in Oklahoma. I think that each student should take into consideration if they would like to take part in the fun as well.

Earbuds in Class

By:Christian Dukes

As years pass, more and more students have been using earbuds in class. They use it until they get caught, and I think that we should make it allowed to listen to music in class. For some people, it helps them focus on their work. Others might get motivated to work even harder. I understand if they are blasting their music at full volume, and it gets distracting to all the other students, but there is nothing wrong with it. It doesn't bother anyone and if they aren't paying attention to your lesson then that's on them for not paying attention. It would make the school day so much better if I could listen to my music in all my classes than if I couldn't. It helps me focus on my work and pushes me to continue to work on my school work. On top of that, you can just push everything and everyone out of your ears too. Earbuds don't affect anyone honestly, and I think the rule should change.

Ready for Summer

By: Julie Knobelsdorff

I don't know about anyone else, but I am most definitely ready for summer. It's been really cold outside, and I want it to be warm. I can't wait to do all the summer things like go swimming, go to waterparks, go on vacation, a break from school, and so much more. I feel like there are a lot more things to do in summer than winter. In summer, you can go outside and pretty much do anything. You can make a slip and slide in your yard or have a big cookout. You could also go out for ice cream and go to parks or even enjoy a nice time outside in the sunshine. It can get really hot in summer though, so sunscreen is good to have. Also, you can overheat from being outside too long. Summer is fun, but like everything else there are pros and cons.



Page Layout by Julie Knobelsdorff

Biathlon

By Alyssa Cogburn

Biathlon is a mixture of cross-country skiing and rifle shooting. The word “Biathlon” is greek for “two tests”.



They have to ski through the track and are stopped at checkpoints where they have to shoot at a target. If you miss then you have an additional lap called a “penalty lap” for each target missed. If you hit the target then you can move on. Usually, early in a race you can tell who can win by who is far ahead. In Biathlon, the person who is ahead may miss a target and end up in last place. Or the person who is behind may hit every target and end up the winner.

Dream Catchers

By Alyssa Cogburn

The shape of the dream catcher is a circle or the circle of life. The dreamcatcher web symbolizes protection, a kind of spiritual safety net, and the infinity of everything (the web has no beginning and end). The feathers symbolize softness and caution, but also the power of the air and the wind. The dream catcher is most commonly associated with Native American culture. Originating from the Ojibwe people, who lived primarily in the northern USA and Canada, the dream catcher shares a story that bends the seams between dreams and reality.



The Struggles of Being a Senior By Amya Barnes

The struggles of being a senior in high school is senior pictures in the yearbook and class pictures and then there's prom and finally senior trip and then there's the big one **Graduation....** There's a lot of students that stress out about these things, and I'm one of them. I have nightmares about graduating just because the fact that I've been here for 12 years of my life and have always been with these people I've been in school with and I'm going to miss seeing their faces even if I don't always talk to them now.