



# The Dog Caller

Volume 17 Issue 6

Spiro High School, 600 West Broadway Spiro, Oklahoma 74959

May 9 2018-2019



**Jessica Roeder**  
**Class Valedictorian**

**What is your most prized possession?**

My most prized possession would have to be my St. Michael's necklace. St. Michael is the saint of first responders, police, fire fighters, and military personnel. With how many family members and friends I have in these fields, I can't help but feel better wearing it.

**How would you describe your sense of humor?**

I don't really know, I guess I just like the same things as everyone else.

**What motivates you?**

What I want for my future and how I want to be in the future is what motivates me. I make my decisions now based on what I want for myself in the future.



**Deontei Braggs**  
**Class Salutatorian**

**What is your most prized possession?**

The special rock I took from the Catoosa track meet my freshman year.

**How would you describe your sense of humor?**

Dry

**What motivates you?**

Food

**Please give some advice to underclassmen.**

Don't procrastinate, be friends with as many people as you can, and try your best to stay out of unnecessary drama

**Words to live by?**

Do not fear failure but rather fear not trying.



**Jaycee Cox**  
**Class Historian**

**What is your most prized possession?**

My dog Izzy.

**How would you describe your sense of humor?**

Truthful dry humor.

**What motivates you?**

Joy of success.

**Please give some advice to underclassmen.**

Don't care what other people think. You do you.

**Words to live by?**

I never lose. Either I win or I learn.



## Books vs. Movies

By: Madisyn Allen

Which one is better? That is a good question. I can't always say that the book is always better nor the movie. Books always have the details in them considering it is what the movie is based off of but movies give you another aspect of the books. The only difference is that some movies give more details then some, and some books don't give you enough details or images to imagine. Bethany Tobler says, "It depends, I guess because some movies are better than the books."

Coetyn Jerrell prefers movies over books.

I can't decide on if either is better or not. If you would rather read the book first or if you would rather watch the movie first then do you.



## My Hair Products Review

By: Inspiration Blaine

Bella Curl Coconut curl defining creme- I like this product. it is a very thick product. It can weigh your hair down if you use too much. I normally mix my hair products, but this is one product I can use on its own because it's a really thick product.

Cantu Natural hair wave curling mousse- I LOVE LOVE LOVE this product. It helps my hair curl, and it doesn't leave your hair crunchy. This is my go 2 product.

Shea moisture curl enhancing smoothie- This product smells really great. It's sulfate free which is safe for the curls. I use this product daily it reduces my frizz and leaves my hair moisturized and soft.

Fructis leave-in conditioning cream- I use this product daily it works better when your hair is damp. It helps with the frizzies and it smells great. I personally have to mix this product with others because it does not have a good hold to it.

Eco styling gel- If you want a nice slick ponytail then go to the store and get some eco styling gel okay. I use eco every time I want to do a ponytail or a bun. And if you want your edges to look good... honey eco is your best bet.



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## A Star is Born

By Britney Ford



In my opinion, I would never watch this movie again. If you're going to watch this movie, I recommend not to wear makeup or eyelashes. The movie started out great. If you're even the slightest bit sensitive to sad situations, I can save you the time by telling you not to watch it. It was an extremely long movie, around 3 hours. On the other hand, if you are into love movies, you will like the start of the movie through the middle of it. I cannot say it is a bad movie, but it was too emotional for me to watch again.

## What are the Best Acne/Face Care Products?

By: Megan Ford

I've had my fair share of face and acne products and I'm here to tell you what products I've found that I love. Now I've tried products like proactive, the brand Biore, and the Clean & Clear brand. None of those really worked for me because my face gets very dry. One day I found a gel like cream called Differin gel. I didn't have a lot of hope in this product, but I gave it a try and I was not disappointed. My acne started going away maybe a week after, and I was very pleased. But with this product, my face started getting dry a lot, and so I wanted to look for a good moisturizer and I started using the "Neutrogena hydro boost water gel" and it made my face moisturized and soft.



## Retro Jordan 12 Shoe Review 'The Masters'

By: Jasmine Hopkins

The Retro Master 12 Jordan was a shoe that I had planned to purchase for a long time. I loved the colorway and the overall style of the shoe was unique to me. I knew it was a shoe that could be easily paired with various outfits, and it wasn't too exotic. It was very professional. When I ordered the shoes, they came in the original box with the shoe paper & a verified authentication tag with my receipt. I ordered a size 6Y because my feet are small and the price is lower that way. Although the fit of the shoe was nice, the only thing that bothered me was that the Retro 12 is a really stiff shoe, so a lot of bending is limited. The good thing about that though is that you don't have to worry as much about accidentally creasing the toe of the shoe. The lacing is good so you can just tie and go or tuck the laces into side loops and let hang for a looser fit. Overall I loved the shoe,



## Bohemian Rhapsody Movie

By: Hunter Robinson

One of the best movies of all time. It is very sad, yet interesting to see the story of Queen. There's a lot that you don't realize happened in their lives and it's always great to see the face behind the music. I also believe that it did a good job portraying the things that were most significant in Freddie Mercury's life. Overall the movie is 5/5 and 10/10!

## Advice from Seniors Work Hard

When I was in 8th grade, a friend from the high school told me I would absolutely *need* to work hard from the minute I entered high school. I listened. So many of my friends fell behind freshmen year because it was so different from middle school. But I was ready because I got that advice, and I worked hard from day one. So listen to me, and you'll be all set. —Edi, headed to Holy Cross College

## Luna Guitars Ukulele Review

By: Mika Manning

So I recently bought a concert Tattoo Mahogany ukulele. It is my first ever Uke. It was fairly inexpensive (99 \$). The sound quality is very good, and it stays in tune for a good amount of time. It took about a week to ship, and it came with a gigbag. Overall I'd say that if you were wanting to buy a ukulele then this would be a great one to buy or really any of their ukes. Everything they sell is amazing quality. and it comes at a good price and to top it all off, everything ships free.



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## Pepsi or Coke?

By: Destiny Ridenour

Pepsi or Coke?

Pepsi! (sings it) -Britany Ford

Both. I can't really tell the difference. -Trulie Oudomparamy

Coke. -Bree Buffington

Did you just ask if Pepsi is okkurt? -Bre Heartsfield

Can you taste a difference in Pepsi and Coke?

The difference is in the soul. -Hunter Robinson

One is red and one is blue. I like blue better! -Britany Ford

I like Coke better. - Todd Winn

## "Greta" Movie Review

By: Bethany Tobler

I saw this movie over the weekend. I was expecting something that I would jump a lot at and I didn't. I jumped maybe once the entire movie. I get scared easily! It just didn't catch my attention. It also took forever to get started. It was really slow. I mean it did show you what could happen in actual life, but it wasn't scary. Also it ended in a cliff-hanger kind of, and I really didn't like that. It wasn't my favorite.



## Graduation

By: Bethany Tobler

Graduation is honestly really important to me. I'll be the first to graduate out of my mom, sister, aunt and uncle. It's been a long time since someone has actually graduated, and I'm next in line and I'm going to do everything I can to get where I want. Graduation is only the beginning of my life and the beginning of something big and the start of my future. Graduation gives me so many choices in life. So, it means a lot to me, and it means a lot to my family. Just thinking I graduate next year is honestly shocking for me, but I am so ready!



## Family Vacations

By: Madisyn Allen

Family vacations...are you for them or against them?

Whether you are or not that's okay.

To me, family vacations are fun. My dad and I like to go to different states we have already been to a lot of them with my mom. We like to go the camp and go to the beach. Whatever you do on your family vacation, it is up to you. My dad and I like to do fun activities or go to historic landmarks. When do you go on your vacation, do you go when it is burning hot or when it is just now summer? My dad and I normally go when it is May while with my mom we go in like June or July. Bethany Tobler does like vacations. She says she rarely goes on them though, and the last one was last summer.

## Some of My Fav Places to Eat in Fort Smith, Arkansas

By: Inspiration Blaine

If you're like me, you love to eat. Sometimes deciding on what to eat is a struggle. Here are my top picks.

1. Buffalo Wild Wings- This has to be my favorite place to eat. I love the food but it is a bit expensive. I always get the boneless wings, and I prefer the wings to be hot.
2. Cheddars- Cheddars is a great place to eat. I love it. I mainly get the spicy chicken strips.
3. Fried Rice- Best fried rice I have ever eaten! They give you so much food, and the prices are very affordable.
4. Papa's Pub and Pizzeria- They have really bomb pizza! I think this is the best pizza I've tried so far. So If you like pizza I would most definitely recommend this pizza place. It is a little more on the pricey side though.
5. Calico County- They have a lot of different food to choose from. I really do enjoy eating here even though I haven't been here in a while.
6. Chick-fil-a- SOOOO BOMB! It's really good and plus affordable! And the employees are so nice.
7. Firehouse Sub- It's fire! My favorite thing to eat is the beef and cheddar brisket. It is kind of expensive but you do get really full, and it tastes really good so you get your money's worth.
8. Patrick's- This is a burger joint, and they have really great burgers! They give you a lot of fries. The burgers are always made fresh. I would really recommend this.



## Senior Pictures

By: Destiny Ridenour

No one has ever told you that senior pictures will be awkward. Posing for three minutes and faking a smile to make the perfect picture. Then after the session is all done and the pictures are ready for you to look at them, you look weird, your eyes are close, your body is doing the weirdest position, and your smile looks fake. So you decide to take them again, try to recreate the same picture just less awkward. Then repeat the cycle.



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## Cutest Breeds of Dogs

By: Megan Ford

Have you ever wondered what dogs the world thinks are the "cutest?" Well if you have, then here's your answer:

1. The King Charles Spaniel
2. The French bulldog
3. The Pomeranian
4. The Dachshund
5. The Pug
6. The Golden retriever
7. The Bernese mountain dog
8. The Siberian Husky
9. The Boston terrier
10. The Labrador retriever

All of these dogs on the list are definitely some of the cutest dogs you could ever find, and well lets just say that a few of them aren't very cheap if you want one. They would for sure be worth all of the money with how cute they are though.



## My Life Goals

By: Bethany Tobler

My life goals are to be a hair dresser and be able to do makeup and nails. Then later on I want to sell houses. I have the hair, nails, and makeup goal because it's what I really want to do in life. Selling houses is so that I can make more money. I want to be able to get my little sister if my grandpa passes away, so that she has someone she actually knows. I just want to be able to do the best me when I get older for myself. I want to prove to people that I can do what I put my mind to. That's basically all the life goals.

## How to Set Goals and Achieve Them

By: Jasmine Hopkins

People all around the world are always setting goals for themselves whether it be something small like going to bed 15 minutes earlier at night or something more challenging like saving up enough money to purchase a new car. Big or small, it's always important to learn how to stay consistent with your goals and keep a healthy mindset to achieve them. Here are a few tips you can use if you're thinking about setting some goals:

1. Know your goal. Find a goal you want to achieve and stick with it. Make sure it's something you're sure you want to do.
2. Ask yourself why. It's always to know that there's a logical reason behind the goals you've set. If you know why, it should help you stay motivated.
3. Write them down. Write down your goal(s) and hang them up somewhere that you will frequently see them, this will keep you from forgetting the goals you've set.
4. Have a plan. Having a plan is one of the most important keys to goal setting. When you have a plan to stick to, you have a stronger chance of staying on track and actually completing your task. This also makes the process more organized and run smoothly.
5. Stay Motivated. Tell family, friends, or anyone about your goals that you believe could interfere with them in any way. When the people around you are on the same page and are aware of your plan, they can help you stay motivated and hopefully encourage you to keep pushing towards your goals if things begins to get difficult.



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## Drive Better

By: Hunter Robinson

Driving. A very easy task that is hard for many people to grasp and understand. This can lead to a lot of anger, especially when you're a good driver and other people are not. For example, when someone behind you is very obviously driving faster than you, it's usually best to get into the slow lane. If there is a car beside you and you can't get into the slow lane, you should probably speed up and get in front of that car, because it is very obvious that if you are driving the same speed limit as someone in the slow lane, you too should be in the slow lane. Another example of bad driving is using the turning lane as a yielding lane. When you turn out of a place, you're immediately suppose to get onto the highway, not stop in the turning lane, wait, and then go when there is no one coming. This is obviously annoying because maybe someone else wants to use the turning lane but they can't because you're in their way. These situations can cause a lot of anger in people who are just trying to get from one place to another without any inconveniences. The best way to not irritate people is to actually drive the correct way. Avoid stupid and obvious mistakes. Make smart and obvious choices.



## How to Better Your Sleep

By: Britney Ford

Lately I have been hearing a lot of complaints about people having problems sleeping. I have even had problems sleeping due to infections. Researchers have proven that not getting enough sleep at night has immediate negative effects on your brain function, performance, hormones, and exercise. It can cause weight gain and increase the risk of disease. Getting a good nights sleep can help you eat less, exercise better, and be healthier. Here are some ways to sleep better:

- Increase bright light exposure during the day and decrease it as it gets closer to night time. Phone screens and TV screens should also be dimmed before trying to go to sleep.
- Do not consume any caffeine late in the day
- Reduce "nap" time
- Try to go to sleep and wake up at consistent times, even during the weekend.
- Take a melatonin supplement as long as you are not on another medicine prescribed by your doctor. Also consider other supplements and talk to your doctor before consuming them.
- Fix your bedroom environment. I have learned that I cannot sleep when my sheets are on the edge of popping off of my bed or if my pillows are falling out of the pillowcases. It's always best to keep the environment you sleep in nice and clean.
- Set a better bedroom temperature. Most people sleep better in cold rooms. But if you start to notice that your bedroom is almost a bit too cold, you might warm it up a little.
- Don't eat late in the evening. It causes tummy aches and digestion problems.
- Try something that relaxes your mind in the evening.
- Take a relaxing shower or bath. Warm baths are very helpful when it comes to relaxation. Cold baths will more than likely give you energy
- Make sure your mattress, comforter, and pillows are very comfortable. If they aren't go get new ones.
- Try to exercise consistently but not before bed.
- Do not drink any liquids before bed. It causes excessive urination during the night.



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# 2019 Spiro Academic All-Stars



## Senior Academic All Star Students

### Advice from Seniors Keep It Real

Be realistic about your future decisions. If you want to head to a top college, you need to start thinking and working for that immediately. And while that includes getting good grades, it's not just about grades. You also have to be involved and take leadership positions because at the end of the day, that's what makes you stand out. —Alondra, headed to University of Massachusetts - Amherst

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## SHS Ensemble

We went to a festival competition in Branson, MO this past weekend and they did extremely well! The SHS Women's Ensemble received superior ratings which grants them the sweepstakes trophy and plaque.

The SHS Ensemble also received superior ratings and received the sweepstakes trophy and plaque as well as earning the Distinguished Performance Award (Director's Choice). Hannah Hurst also received an Outstanding Solo trophy for her performance.

It was a great trip with well deserved recognition!

If you see an SHS Ensemble member, be sure and tell them congratulations on their accomplishments.

SHS Ensemble Members:

Hannah Hurst  
Gaia Raglione  
Taylor Holmes  
Rebekah Stout  
Nathan Nolan  
Adonis Wilson  
Dalton Moody  
Jayleena Briscoe  
Kearstin Burch  
Jacelyn Wright  
Lindsey Roberge

*\*Information and picture obtained by Mrs. Moriah Schmidt*



## Advice from Seniors Understand Procrastination

Don't deny that you are going to procrastinate. Procrastination is a part of the high school experience. However, with good friends, a good support network, and a good head on your shoulders, you can turn procrastination into action. The pressure you put on yourself will mirror the pressure you'll experience in college and at work, and that will help you deal with high-stress situations in the future. — Scott, headed to Boston College

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