



# The Dog Caller

Volume 18 Issue 3

Spiro High School, 600 West Broadway Spiro, Oklahoma 74959

December 13 2019-2020

## Foreign Exchange Student

By Nadia Liste Suero

I am from Spain. Spain is totally different from Mexico, and there most of the people are white. Spain is a beautiful country, but as in all countries, Spain has its good things and bad things. I live in Galicia, in the city of A Coruna. To me, living in the country or in a town is very hard because I am not used to going everywhere by car or having to deal with this bunch of bugs. I studied so hard to get this scholarship and have the best time with the best people trying new experiences.

I arrived here on August 8, 2019. I was very happy because I could not believe I was in the United States.

Being a foreign exchange student is hard, and I am not going to lie, I have been homesick some.

\*Note for reader: What could you do to make Nadia feel more at home?



**Nadia Liste Suero**  
Photo by Leticia Martinez

## Monkey In The Middle

By Mikahyla Ramsey

Have you ever wondered what it's like being a middle child?

In my opinion, being a middle child isn't all fun and games like some people may think. Middle children almost always come last. Sometimes our opinions don't matter, we're the last thought. The other siblings will, in some way, "gang" up on you.

I interviewed two teachers and two students on their opinions of being a middle child.

"In your opinion, what are the pros and cons of being a middle child? Do you like being a middle child? Why?"

"The cons are, they let my little sister get away with everything. She gets away with way more things than I did. I helped raise my younger sister, so the pros would be good mothering skills. I honestly don't really feel like a middle child because of the age gap." - Mrs. Sarah Bridges, school nurse.

"Yes, I like being the middle child. Both of my parents are the middle child, so they understand. The pros, are probably being able to stand in the middle during family pictures. The cons, I get bossed around a lot." - Andon Jerrel, student.

"Being a middle child doesn't bother me none. I can either take them or leave them. The pros of being the middle is that I learned to be independent. The cons of being the middle is the hand me downs." - Ms. Walker, teacher

"The pros of being the middle child is, I'm close to both sides so...if I want to be included with the younger siblings, I can. If I want to be included with the older siblings, I can. The cons are, I'm hardly noticed, The middle kid has to agree with either the older or the younger sibling most of the time. I honestly dislike being a middle child. I would like to be noticed more and included in more things. It would also be nice to have my own voice for once." - Alyssa Cogburn, student



<https://www.apartmenttherapy.com/middle-child>



## Let's Talk About That

By Brionna Porter

I was talking to a fellow classmate the other day, and we both realized that we loved statistics. A sudden spark of curiosity struck me, and I began looking into statistics over high school students. Did you know that in America, only 89.5% of teens report enjoying high school? The article that I had begun to read also continued to say that 98.6% of students reported that they have had at least one teacher that had a positive impact on their life. 82% of students across America believe that their teachers need more recognition for the amount of good they are doing in the schools. I believe that teachers do deserve more recognition!

More articles are to come! If you have any suggestions for Let's Talk About That, please contact me via Email @[porter.brionna@spiro.k12.ok.us](mailto:porter.brionna@spiro.k12.ok.us).





## The Stress Of Senior Year

By Madisyn Allen

Have you ever wondered what senior year is like and if it's stressful? Most people don't know how stressful and expensive it is.

Senior year is not always what it is cracked up to be. How is it stressful? Well there is having to pay for everything like a cap and gown for graduation, announcements and some students didn't get a class ring junior year, so they buy one senior year. Also, letterman jackets can get pricey.

Let's not forget college. Are you going or just going straight to a job? If you're going to college, where do you apply or how will you pay for it? Do you have a way to pay for it or do you have to apply for every scholarship just to go? Do you just take a year off, work, then go to college after?

It's hard to decide what to do. I know for me, I have to tell myself not to stress too much, but it is hard and even if you have siblings who went to college or are in college, they don't always tell you the stress you deal with in high school, let alone senior year. Same

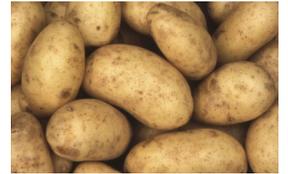
for our parents. They also have some stress too. They have to pay for a lot of stuff for senior year, and let's not forget the senior trip fundraisers are stressful because you have to sell a ton of stuff just to go on the trip, and that's if you even go or want to go.

So whether or not it is stressful for you, that is your opinion and your experience. There's lots to consider.

## Potatoes

By Carson Cotie

I think the best thing you can ever consume is a potato. They come in all shapes and sizes, and they are low in calories. They are a good source of Vitamin C, and they are affordable. There are Ratte Potatoes, Yukon Gold Potatoes, Bintje Potatoes, Kennebec Potatoes, and many more. The best kind of potatoes are fried. French Fries, Pan Fried Potatoes, and Southern Fried Potatoes. They are truly a blessing to this world.



## Best Friend

By Haley Wolff



What is a best friend? We all have them but few of us know what the word itself means. According to the oxford dictionary the word best friend is defined as a person's closest friend. In like manner, if you split the word up into best and friend and look them up you get the word best defined as: of the most excellent, effective, or desirable type or quality, most enjoyable and most appropriate, advantageous, or well advised. On the contrary the word friend being defined as: a person whom one knows and with whom one has a bond of mutual affection, typically exclusive of family relations. So if we were to put them together, the word best friend would be defined as: A person you know and think very well things of with the desired qualities you see in a person. So why did we used to get salty in middle school when our friends would say that they have more than one best friend? Because we thought that the word best friend meant that we were the best and the favorite but the word best friend doesn't even mean what you think it does. It's just another way of saying, "this is my good friend."



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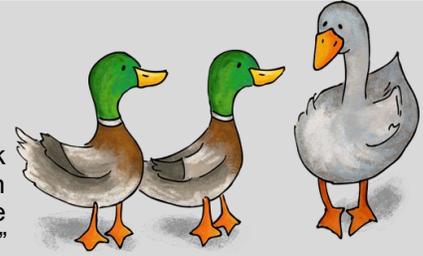
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## Childhood Favorites

By Alyssa Cogburn

I think my favorite childhood game is probably monkey in the middle or duck duck goose. My grandmother has fun telling me about games that she used to play in the 50's. Do you think it would be a fun idea to try and play old games from the 50's or 60's? I've heard of a funny sounding game called "squeak piggy squeak" where everyone sits in a circle with a blindfolded player in the middle.

<https://www.theguardian.com/lifeandstyle/2008/nov/23/active-games-kids-guide-blindman-s-buff>



## Your Best Friend

By Madison Jeffrey

Sixty two percent of all households have some type of animal. This includes dogs, cats, horses, birds, snakes, gerbils, and even rabbits. Often these animals make families feel safe, confident, and not so alone. Pets provide lots of love and affection and they may even help keep us in good health. In recent studies scientists have linked owning a pet to lower blood pressure, reduced stress, heart disease, and lower overall health care costs. In short, companion animals make us happier and healthier.

Instead of having "answers" on a math test, they should just call them "impressions," and if you got a different "impression," so what, can't we all be brothers?

Jack Handey

*yes we can Jack,  
yes we can!*

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## Improving Your Mood

By Breanne Henderson

Have you ever felt sad and just didn't know what to do or how to feel happier? This article will give you tips and tricks on how to improve your sad mood and feel happier.

### TIP 1: Distract yourself

When I get in a sad mood I feel the need to distract myself from what is making me sad but if you are just randomly in a sad mood (which is normal) this could also help. Distract yourself by doing stuff that makes you happy. When I'm in a sad mood I usually distract myself by playing with my puppy or facetimeing my friends. I feel like distracting yourself by doing stuff that makes you happy can help improve your mood.

### TIP 2: Listen to music

When I get in a sad mood I like to listen to music. The number one thing not to do during this is to NOT listen to sad music. Some people say listening to sad music while being sad can help but from personal experience when I listen to sad music while being sad makes me more sad because it's sad and sometime relatable. Listen to happy upbeat music will help you get into a happier mood.

### TIP 3: Hangout with people who make you happy

Sometimes when I'm in a sad mood I go and hangout with friends to make me in a better mood and less sad. Hanging out with people who make you happy will make you feel happy because they make you laugh and smile. Laughing and smiling will for sure put you in a better mood.

### TIP 4: Talk to someone

Sometimes you just need to talk your feelings out. Talking it out with someone about why you're sad can help improve your mood because you are letting out your feelings instead of keeping them bottled up.

Hopefully these tips help you out when you're sad and want and need to improve your mood. These tips help me out a lot.

## How to Get More Work Done in Less Time?

By Haley Wolff

Have you ever been swamped with work and not have enough time to do it? Here are some tips that might help you out with that.

### Create a To-Do-List

Creating a To-do-list can help you be organized and get more of your work responsibilities achieved. Start with prioritizing the more important items and put them on the top of the list. Estimate how long this will take and how much time you have to do them. By doing this, you have split your time into sections and can now get more done with less time.

### Delegate your work

When you delegate your work you entrust another person into doing some of your work for you to get more done. So basically make a solo project a duet project. This allows you to get more done in the same amount of time but having less to do.

### Ignore distractions

Ignoring the class clown is a major help in getting your work done. Although watching the class clown and enjoying the class for once is fun and all that but is it all that productive? You'll find that when you do the work before distractions you will feel more free and accomplished.



## How To Prevent An Anxiety Attack

By Mikahyla Ramsey

About 18% of people suffer with anxiety. Anxiety attacks can come very randomly. Knowing how to prevent one can be very helpful to you or a friend.

Start by breathing deeply through your nose, and out through your mouth. Slowly bring awareness to the following:

- 5 things you can **see**
- 4 things you can **touch**
- 3 things you can **hear**
- 2 things you can **smell**
- 1 emotion you can **feel**

This is called **grounding**. It helps when you've gone too far in your own head and lost all control of your surroundings. Remember this, it could help anyone in need.

## The Past

By Connor Reed

Have your parents ever told you, "when I was a kid, I didn't get the same things as you have now?" Have they ever given you "that" lecture about how life was when they were growing up? Believe it or not, there is a reason for that. Life was incredibly easy when they were growing up compared to now. So in my opinion, times have definitely changed.

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## His and Hers

by Kayli Howard



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## Chapstick: Helpful or Harmful?

By Shianne Musgrove

Chapstick can be a good lip moisturizer if used correctly. If used too often, it can irritate your lips and because of that, you want to apply more, putting you in a never-ending cycle of chapped lips. I developed a habit of putting on chapstick, and this lasted for a couple of months. It was a very difficult habit to break. But if you use some every now and then, it can be very beneficial. As long as you use a good brand with good healthy ingredients. Some ingredients to avoid are: Phenol, menthol, and salicylic acid. Also it's good to limit your use of lip balms containing scents or added flavoring. Some brands I recommend are Burt's Bees or Aquaphor.



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—THE WASHINGTON POST

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## English Reading Assignment

By Breanne Henderson

In my English class, we have been reading *Between Shades of Gray* by Ruta Sepetys. It's a sad but amazing book. I have really enjoyed reading it in class. Usually when we have to read a book as a class, the book doesn't entertain me and seems boring, but this book is the complete opposite. I really love this book so much, and I like reading it in class. I like that our teacher reads it to us also because I have a better understanding of the concept and what is happening than when reading it on my own. I recommend reading this book, and it is in our high school library if anyone wants to check it out.

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Local News & Sports Weekly

**James Fienup**  
Publisher



**John Clark**

Managing Editor/Advertising Sales

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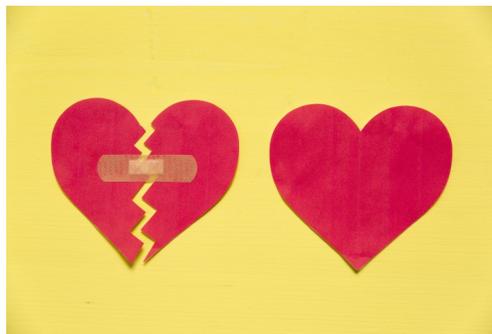
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## How to Get Over Your Ex

By Cheyenne Irvin

High school is a hard time in a person's life, and there is a high chance that some time during your high school years, you'll fall in love with someone and end up with your heart broken. I'm not saying that every person will, but there are so many who struggle with it everyday. Unfortunately, I've been one of those people that have had a broken heart in my high school years. Earlier this year, actually, and I still struggle to this day at times to cope with it. I can't offer much, but what I can do is list some tips that have helped me move on and if you're going through pain from a heartbreak, hopefully will help you too.



Firstly, do not stay in your house or seclude yourself from others. Most people's natural instinct when they're hurt is to become a hermit, and lay in bed all day, but I can say from first hand experience that it will only make things worse. When you're alone, you tend to think more and it will make you even more upset. I encourage you to go out with friends or even family to help yourself be distracted, even if it is just a temporary fix. Having those people around you that care about you will help lift your spirits.

Next, do not go through your pictures together or stalk their social media. That is the first thing many people do after a breakup. I suggest putting the photos into a hidden album so you won't be so tempted to look at them all the time, or even delete them if you feel like you can. Stalking their social media does not help at all either, as you'll always know what they're doing and wishing you could be with them or thinking thoughts like "Are they even upset?" Stay off of social media for a few days.

Make sure you take care of yourself, too. When we are extremely sad, we stray away from our basic needs, such as eating, brushing your teeth, etc. It is so important that you keep up your routine. It will give you a sense of consistency and make you feel good for taking care of the things you need. Eating food and drinking water is important, even if it is not much. Take a shower and brush your teeth, and I'm 99% positive you will feel at least a little bit better.

People who have never experienced this pain tend to see it as overreacting, or being a crybaby, but your pain is real. Having a broken heart not only hurts mentally and emotionally, but physically. There is absolutely nothing wrong with feeling these things and going through the stages of grief. There is not a set time for you to move on, and it will take you as long as it needs. Let it hurt until it can't hurt anymore. Go through it, not around it. In time I promise that you will learn to deal with it, and eventually it won't hurt as bad, and when the time is right, it won't hurt anymore at all anymore. I might not be able to take the pain away, but having someone who understands what you're feeling can be so comforting in itself. I hope my words ease your heart even in the slightest.

## What is P7?

By Brionna Porter

Over the summer, my youth group and I chose to start a P7 Bible Club. If you are curious about what P7 is, I'll explain it! Project 7 (P7) is a Bible Club that can either be started on your High School or Middle School campus. P7 Clubs are student led and driven, and are an opportunity for students to participate in a spiritually inspired, relationship driven, community serving project in their school. I believe that P7 is a place where people aren't just friendly, but make friends. We meet every Thursday at lunch in Mrs. Maynard's room. I hope to see you there!

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## The Secret of Life

By Hannah Miller

Motivation.

Every choice has a price, but when we are motivated, it is easier to deal with the inconvenience of an action than the pain of remaining the same. Therefore, we struggle to do something, so we put it aside for later but never do the work that is provided for you to do...soon we began to not care. Somehow our consciousness procrastinates usually after weeks of it and knowing the pending deadline. It becomes more painful to not do the work than to actually do it.

In other words, it is easier to change than to stay the same. It is easier to take action than to sit still and feel insecure, it is easier to stress about homework than to be failing.

Motivation.

## What to Do if You Think Someone Close to You is Depressed

By Leticia Martinez

First of all, always stay calm and not bombard them because you don't want to overwhelm them. You should ask yourself questions like; Has their mood seemed different? Have they been distancing themselves from you or others? Do they seem to be upset by small things, or are they upset more often than usual? If the answer to these questions is yes, then you should make sure you are there for them as much as possible. Sometimes you are the only positive influence some people have in their lives. You should show them that there are things to be happy about. It can take time for these things to work out. You shouldn't assume that one little thing will cure their depression. They themselves have to work through these personal battles but you can always be there for them and help them along this difficult journey. But if you think that this person is suicidal, you should notify a trusted adult and get them the help they need before they do anything serious to harm themselves or others.

## The Era of Makeup

By Madison Jeffrey



From using mercury for blushy cheeks to wide ranges of eyeshadow colors, makeup has been around for centuries. The earliest record of makeup was in the Egyptian ages. Women would use coal on their top eyelids and a green color on the under eyelids. In the Regency ages people would use lots of white lead and mercury on their face. This was a very bad health hazard that caused hair loss, stomach problems, and sometimes death. In the 1800s men even spent fortunes on powders and wigs. In the 1900s, the first mascara was created by a company we know today as Maybelline. Decades later, red lipstick and heavy lined eyes became popular. In today's generation it has reverted to the more natural look. It's important to remember that not everyone has to wear makeup and remember to be yourself.



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## Field Trips

By Savannah Knotts

When you're in elementary school you have so many fun field trips that take place. You get took to parks, nature centers, pumpkin patches, and just any place that the teachers want to take you to. But once you get in the higher grades like middle school and high school field trips stop unless you're in some group or organization. In my opinion we should have field trips every now and then even if we're not in a group or organization. Everyone deserves to be able to get out of school to go have fun as a whole.

## Reading Counts

### Book Tests

By Breanne Henderson

I'm writing an article over school book tests. School book tests are a good idea because it encourages students to read books and helps them read at a quicker pace. Some books though are not testable but very interesting to read. Some people want to read non testable books in their spare time but then lose time to read testable books for their books tests. I'm one of those people.

## Customer Service

By Leticia Martinez

When just getting a job or a new job, the important thing is to have good customer service. One good thing is to always be polite and have a smile. If you're rude to customers, they are not going to want to go back, and they could go and tell their friends that the employees were rude. And having a smile could simply make them feel welcomed. A second thing is to have patience. Sometimes your customers may be unhappy and you have to stay calm and not take things personally. A third thing is to have good communication skills, always try to speak clearly and not to mumble. And a fourth thing is to not keep your customers waiting. They might have somewhere else to go and they just don't want to be waiting.

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## The Reason for Frizzy Hair and Dry Skin!

By Hannah Miller

Have you ever wondered why the texture of your skin and hair is rough or not healthy? I have reasons and solutions. Starting off with the water you use, now most everyone has a sort of knowledge that when you cook yourself (with hot water) while showering or bathing it is bad for you! So please stop. Yes "meals have to cook," but soon you will not be a meal you will be a dry raisins. Hot water causes damage to the keratin cells, keratin cells are on the outer layer of your skin which causes the skin to dry out and the cells of your skin

will not lock in moisture. But hot water and hair is a yes because it opens the molecules of your hair strains cleaning the dirt out and allows you to clean your hair properly. Now there are more rules of washing your hair. Your hair has a pH balance it is like a 0-14 scale and there are high ph and low. High pH is alkaline and our hair has a lower to neutral pH balance which this means our hair is more to the acidic side (pH 7). Hard water has a high alkaline pH balance, and washing your hair with high alkaline will cause damage to it because hair particles are more acidic.

Tip: To know if you have hard water get a clear glass of room temp water and if it fogs up on the sides you have high alkaline.

If that doesn't help your frizzy hair problem, check your shampoos for sulfate ingredients. Sulfate isn't that bad, but it does have a purpose in shampoo. It cleanses your hair from dirt and unwanted oils but the bad factor is it strips natural oils from the scalp and hair. This results in dry brittle hair. The problem of cleaning hair is that nobody pays attention to what they are putting into the hair.

I recommend cruelty free all natural hair shampoo. This allows you to have the amazing smell and better feeling hair because you aren't stripping away your hair with sulfates in other shampoos.

Another way to help frizzy hair is trying a hair mask this allows the minerals you are lacking in your hair use hair masks at least once every week for results. If you don't have access to any stores that have hair mask, use coconut oil only if your hair is not completely damaged. Because some hair types do not get affected by coconut oil and could cause hair to dry out even more than it already is. One homemade hair mask that works and that I personally use Apple cider vinegar, banana pulp, and all natural honey. My favorite hair products to use for damaged hair would be Sun Bum or love beauty and planet. This also results in good skin care, cruelty free (not tested on animals). It is important to take care of your skin and know what you are putting on it.

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# What if You Think Someone is Taking Advantage of You

By Shianne Musgrove

"If someone takes advantage of you, they treat you unfairly for their own benefit, especially when you are trying to be kind or to help them." First you need to take a moment and think about your situation and try to think of the best way to handle it. You should always be respectful and not do anything to harm them or their reputation. You should look for signs such as them not listening to you and always expecting you to listen to them, or them only wanting to be around you when it's convenient. Other signs may include that person always asking you to do favors for them, or they only try to contact you when they need help. You should always respect yourself and your boundaries, and if they violate those boundaries then you should always make sure to distance yourself. You should always come first and if someone is only friends with you for their benefit or personal gain then they aren't a friend. A friendship is a two-way street.

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## Mental Health

By Alyssa Perry

Mental Health is a big problem in teens today. Mental health can include things such as; depression, anxiety, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and much more. Mental health is something everyone has, often some people don't know how to treat it. Signs include; feeling down for a while, extreme mood swings, withdrawing from people and things, low energy, problems sleeping, often feeling angry, hostile, or violent, feeling paranoid, hearing voices, having hallucinations and often thinking about death or suicide. If you have these signs, chances are you need a break to recoup and take care of yourself. Mental health is just as important as physical health.



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## What Friendship Really Is

By: Sarah Plummer

A friend is a person that is always there for you no matter what the circumstances are. They are the person you go to when you feel the need to vent to somebody, your shoulder to cry on if you're ever feeling down, and the one you always go to if you ever need anything. That person is the one you can always count on. The two of you share a very special bond, that bond being friendship. Friendship is a relationship of mutual affection between people. However, there are also toxic friendships. Those are usually due to "fake" or disloyal friends. Disloyal friends are not the kind of friends you would want to have. They are the type that would turn on you without thinking twice before doing so. That's not something a real friend would ever possibly think of doing. A real friend would help you get through whatever it is that you're going through. They will always be there for you. They will stick up for you and never do you wrong. They will always be loyal, trustworthy, caring, etc. I personally think that those are all good qualities that make up a good friendship.

## Teenage Behavior

By Emily Roy

Teenage behavior is A big deal nowadays, since our generation has drastically changed over the years. There's social media, and we're more exposed to drugs, vaping, and smoking. Some teenagers think it's cool to skip school until they become an adult and wonder what else they could've learned to make life just a little bit easier. Teenagers "like me," tend to isolate themselves when feeling ashamed or when they think they let themselves or others down. We usually take it out on other people like our parents or our guardians even though we'll feel horrible about it right after but, we usually have too much self pride to apologize right then and there. Parents should watch their children carefully, we usually keep a lot too ourselves. Parents should notice little signs like if your child is starting to stay to themselves more, like staying in their room more often. If your kid usually keeps things neat and clean and have been maybe slacking or slipping on that, that's one of many signs of depression. Being a teenagers nowadays is hard, and we're especially hard on ourselves. We see expectations on social media or if we're just out and about and if we don't meet those expectations, we often get angry at ourselves. Teenagers need to realize this is our generation, and we can either destroy this world or try to make it a better place.

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## Spiro School Staff Spotlights

We have a new section we want to introduce this issue. We are proud of all our Spiro staff and faculty, and we want to take this time to thank them for all they do. They say it takes a village to raise a child. It also takes a village to educate a child. From taking care of the buildings that house the classrooms and students, to driving the buses that transport the students from home to school and to a variety of activities and field trips, to some of the behind the scenes jobs of mountains of paper work that it takes to run a school to keeping the buses in shape, to serving as an aide in our elementary classrooms, these are all jobs that keep our school running and play an important role in the education of our students. We appreciate your work whether it is up front and visible to behind the scene work that it takes to keep the school going.

### ***Spiro School Staff Spotlight*** **Mr. James Allen (Wesley)**

By Haley Wolff

James Allen, who also goes by Wesley, is a janitor at Spiro and also a bus driver ( my bus driver). He has worked at Spiro for the past four years and graduated from Keota in 2003. Wesley, who is a really fun and chill man, also has a wife and four kids and enjoys spending time with them and “ chasing his children.” Both of his children show livestock. His daughter has both lambs and a show pig and is the sweetest thing ever. If Wesley could give any good advice to high schoolers, it would be for them to stay in school. So be smart, kids and listen to Wesley.

### ***Spiro School Staff Spotlight*** **Ms. Rhonda Howard**

By Shianne Musgrove

#### **What is your job here at Spiro Schools?**

Encumbrance Clerk, Cafeteria Secretary, Minutes Clerk

#### **How long have you worked here?** 13 years

**Where did you graduate from? What year?** Spiro High School, 1991

**When asked to tell me about her family, she said** she has a daughter named Chelsea who is married and will soon be giving her her first grandchild. She has a son named Braiden who is also married.

**What are your hobbies?** Crafting , Pinterest Projects

#### **Any advice for High School Students?**

“Enjoy your high school years, and when you graduate, go to college.”

### ***Spiro School Staff Spotlight*** **Mrs. Linda Lashley**

By Alyssa Perry

Linda Lashley started working at Spiro High Schools 19 years ago. Her job here is Payroll Clerk, Insurance Coordinator and a Bus Driver. She graduated from Keota High School in 1980. She has been Married to Kevin Lashley for almost 30 years. They have a daughter Bethany who is 27 and a son Dakota who is 19. She has a granddaughter Avery who is 2. Her hobby is cooking. When asked to give a high school student advice she said to “Enjoy the ride!”



## Advice From Seniors

*We can all use advice from time to time. Seniors are in a unique position where they are at the end of their high school career and have lived through 9th, 10th and 11th grades. Here's their advice to underclassmen.*

Sherril Williams—Don't stand in the middle of the hallways. Don't procrastinate. Don't think because it's your senior year, you won't have work.

Dakota Wolff-You're only in high school once.

Marina Campbell-Don't procrastinate. Come to school.

Alexis Doss-Don't miss out on good opportunities.

Nathan Bandy- Make sure to get enough sleep.

Malik Roberson-Be involved in everything.

Gina Damato-Don't waste a moment.

Abby Goins— Try but don't stress yourself out. It's just high school; have fun!

Allie Jackson-Don't make any important decisions yet....on everything!

Kaleb Hendricks-Stay in class.

Gerriah Evans- Walk on the right side of the hall way.

Alicia Clack— Enjoy the little things while they last.

Robert Hand-Turn your work in.

J.T. Hand-Keep going.

Randi Taylor-Enjoy the little things. Keep going never ever give up. Have faith in yourself that you are going to graduate. Don't make a relationship so fast and don't plan anything that you don't want to do. You only live once so I'm telling to enjoy your life as much as you can.

## Advice from Recent Grads

### “Pursue activities that truly interest you.”

“If there's anything I regret, it's that I never tried to do more during my free time,” explains Bona Kang, who attended UC Berkeley. “I was tempted to join Mathletes but never did because of the general unfavorable status... Later I realized that probably would have been a great experience.”

Don't make decisions about extracurricular activities based on what other people think or what might look good on an application. Pick something you find interesting and get involved. Evidence of genuine passion and commitment to any activity is one of the most valuable aspects of a college application, and when you do arrive on campus, it will be easier to join an arts group, sports team, or club if you have some previous experience. Student groups are a great way to find your niche early on in college and may even lead to some of your closest friendships and most meaningful experiences.

### “Ask for advice”

It's amazing how people will open up, so don't hesitate to ask a teacher, parent, or older student for some tips. Even a brief question can lead to further discussion, and you might make a connection or form a friendship you wouldn't have otherwise. Recognize that some things just have to be learned the hard way — through experience. Ask for advice, think about what other people have to say, and ultimately do your best to make the decisions that are right for you.

<https://www.greatschools.org/gk/articles/tips-for-your-high-schooler-advice-from-recent-grads/>

## Favorite Holidays

By Madison Jeffrey

Most people say Christmas is their favorite holiday, others say Halloween. I asked 5 students their favorite holidays.

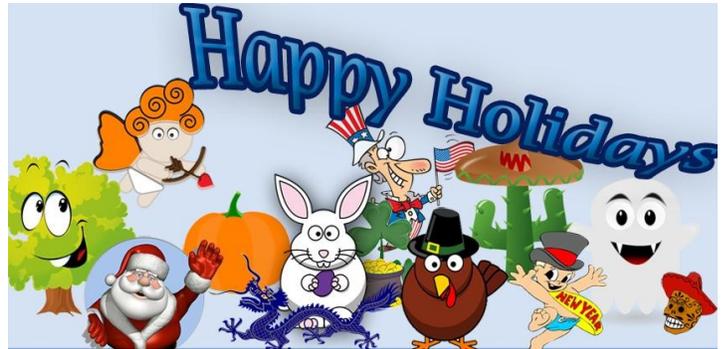
"My favorite holiday is Christmas, because Santa Claus blesses my stocking with candy and toys. Mrs. Claus blesses me too" - Carson Cotie

"Halloween, because we get to dress up however you want and steal candy from people" - Alyssa Cogburn

"I would say Halloween or Christmas. I like Halloween because you can dress up and become someone's nightmare. Christmas because I like to get gifts for others and be Santa Claus and eat" - Hannah Miller

"I like Christmas because I like being able to get people gifts and see their faces when they open them" - Mikahyla Ramsey

"I like Thanksgiving because of all the food" - Brionna Porter



## Christmas Time is Here!!

By Alyssa Cogburn

Every year, around this time, the whole world lights up. Mostly everyone participates in putting up Christmas trees and decorations, drinking hot chocolate, and singing Christmas music. However, not everyone enjoys this holiday. Sadly, there are people who cannot afford to give Christmas and a lot of people don't get Christmas. Although this season brings lots of joy and fun, it also brings really cold weather. This year I think we should come together to share our Christmas cheer with everyone! If you have any old jackets, gloves, hats or warm clothing, you should donate it. Or, some people cannot get to those stores so something I enjoy doing is going to parks all around the area and tying scarves and other things to poles or monkey bars. You can put them anywhere. And maybe you could include a small gift for children. Like, mini toy trucks or board games to entertain people. This year I hope everyone gets the Christmas they have wanted. And I hope by making others happy, you are happy as well. Everyone have a Merry Christmas and enjoy the rest of 2019!!

## Thanksgiving

By Leticia Martinez

Thanksgiving is one of my favorite holidays because of the food! In my family we usually make everything homemade and it's always so good. I usually always help my with Thanksgiving, with making some food but I mostly help with making pies. So much food is made for thanksgiving and then you have extras for a few days after. And another reason I like Thanksgiving is because family gets together and it's just nice to have everyone together. It's just a great feeling to have the ones you love around you and also enjoying the amazing food.



## Christmas Music

By Connor Reed

Do you like Christmas music? Most people I know absolutely love Christmas music, but personally I do not like it because it's annoying, and I can't really stand it. Unfortunately, everyone in my family loves it, so I have to deal with it and it gets old very quick.