



# The Dog Caller

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Spiro High School, 600 West Broadway Spiro, Oklahoma 74959

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## How to Keep Your Room Clean

By: Lisa Vincent

Is your room always a mess? Or maybe you've gotten busy and haven't been able to clean it? Here are some simple steps to keep your room clean.

**Step 1: Make Your Bed.** Making your bed can be the start of something great. Whether you're changing the sheets or simply straightening up the blankets, it can always help to start with a clean slate.

**Step 2: Clean Up Any Trash.** If there are any excess paper, plastic, or glass items in your room, be sure to put them in the right place, whether that be the trash, recycling bin, or even the kitchen sink. Just be sure to get them out of your room.

**Step 3: Do Some Laundry.** Putting away clothes that have been sitting in a basket is a vital step in getting your room decluttered. Be sure to sort through what clothes go where and fold them as necessary. If you have any dirty clothes, throw them in the washer along with any other dirty clothes in the house. Don't forget to wash separate loads for denim, towels, sheets, etc.!

**Step 4: Organize Miscellaneous Items.** Maybe you have a few odds and ends here and there that don't exactly fit into your regular drawers, or perhaps some things have gotten scattered around your room from constant use. No problem! A simple solution can be to make your own box for them! You can pick up a cheap box from the dollar store, or even use and decorate an old shoebox to store all those fun thingamabobs!



Lisa Vincent making her bed.  
Photo by Lisa Vincent



Haylie's pets  
Photo by Haylie Woods

## The Importance of Pets

By Haylie Woods

Humans have been domesticating animals around 15,000 years ago, starting with the gray wolf, producing the dogs that we now have today. Around 4,400 BC, today's domestic cats started spreading and migrating from Asia into Europe, and people started keeping them around for rodent control. Connections with these animals were ultimately formed. So really, cats domesticated themselves. That, however, doesn't mean that people love them any less.

Dog or cat, any animal can make a person not only happier, but healthier than they would be without one. Pets help to decrease loneliness and stress levels. They can also, depending on the pet, give you opportunities to get outside and into the outdoors.

Being outside has its benefits, of course; getting sunlight and fresh air.

Any pet, whether it be birds, fish lizards, some people even own tigers, are all capable of building a connection with people. Building something like that with an animal means an unbreakable bond and everlasting love that isn't usually, or easily, formed with another human being. Simply having another living being who cares for you, and depends on you, could make one feel less lonely. Interacting with and petting an animal has been proven to decrease stress levels.

However, allergies can prohibit a person from getting a cat or a dog, or any other pet they might want. There are always alternatives to these. For example, fish make perfect pets to be depended on. You may not be able to pet a fish, but you could always feed it and care for it. They can also be very nice to look at depending on your preference of fish. Caring for it, and watching it can produce its own serotonin to the person taking care of it, or even watching it; hence, aquariums.

There are so many strays out on the streets that don't have homes and are fending for themselves. Taking care of even just one can reduce that number. That fact alone could help a person feel good. Adopt, pick up, or even just care for the animals you have, if you have any. Because not only does it benefit the animal, it benefits you too.



## Do You Have Helicopter Parents?

By: Arella Stimac

Helicopter parents are parents that are overbearing or take an excessive interest in their child's life. Helicopter parenting isn't good for the kids. It can cause them to not know anything for themselves. It also stresses out the parents. When a parent is overprotective, their children have a harder time learning to manage their emotions. Children are more likely to use prescription medication for anxiety or depression.

Parents of socially anxious children are emotional to the possibility of threat or failure. Their reactions can keep children from learning to fail or succeed on their own. The effects of helicopter parenting can even increase anxiety. Teenagers developing an independent sense of self is crucial, they need to test their own capabilities and explore the world on their own. Teens need to learn how to face and cope with the consequences of their actions.

## Why I Love Fishing

By: Cole Warner

I would like to start off talking about fishing because I think you kids will like fishing.

The most fun thing about fishing is fishing with your buddies because you can do a little tournament against them to have the best five fish maybe and whoever has the most weight wins, but there's nothing like catching a FAT BAG that means like a lot of weight around like 25 pounds is really, really good. But there's nothing better than setting the hook, and then getting in the boat. That is the best feeling to me because it's just so fun to go out with your friends and have a fun time. I suggest you go out and try it some time. It will be really really fun. You don't have to have a nice reel or rod to catch fish. You just need a senko and line and an old or new rod and go to a pond or a dock and fish.

And if you want to buy some of our Merch or take you on a guide, contact us at:

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Pictured above: Cole Warner and Laken Corley



An example of the "Merch"

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## Beetlejuice

By: Madison Jeffrey

This movie is about a ghost named Beetlejuice and a couple that dies after drowning. The couple does not realize they are dead until a new family moves into their house. The



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undead couple then tries to scare the new family away out of their residence but fails. They then call upon Beetlejuice to scare them away. After several attempts, he does not succeed. After the family that is in their house realizes there are ghosts, they call on the couple to appear. The couple's ghost bodies seem to be decaying and withering away. The new family's daughter wants to help them, so she makes a deal with Beetlejuice. Watch Beetlejuice to find out more!

## Do Schools Start Too Early?

By: Haylie Woods

As a student attending a public school in the United States, I can definitely say that the school starting times are not up to par with the students' needs. The times that classes start don't allow the students the amount of sleep they need. This can lead to a number of problems that affect most, if not all teenagers. Students rely on school for their education and academic futures. If the system doesn't cater towards the students, who is it catering to?

The argument that school starts too early isn't new, but its relevance is still apparent. Schools starting before 8:30 AM don't give their students enough time to get proper sleep. An adolescent's internal clock changes when they are in their teenage years and tells them to go to sleep later in the night and wake up later in the day. Multiple studies have found that teens need at least 9 hours of sleep. This paired with early school means a lack of essential sleep, which will lead to a number of problems presenting themselves.

No sleep means no motivation. Sleep deprivation can lead to students not really caring about school and only wanting to follow their biological clocks and go to sleep. Trying to work while feeling drowsy isn't good for a student's grades. The brain works best after 10:00 AM and working before then, when the mind isn't doing its best, can be devastating to a student's grades. Not only that, but nobody really wants to work while they are tired.

When a student's grades start to fall, the student will either stop caring or stay up even later trying to fix them. This can be very stressful and may lead to the student developing depression and taking up smoking, abusing drugs, alcohol, or even marijuana. Almost all of which can be detrimental to a person's health...especially a teenager. Drugs and alcohol pose a major risk to anyone who takes part in using them, no matter the age. In themselves, they can lead to major accidents or even death.

On the other side of things, people may think that it is the students' fault if they aren't getting enough sleep. To go to sleep earlier, the student may take some melatonin to help. Getting sleep is a personal problem for the teen and should be taken care of by themselves. The school's starting times helps the students get up earlier and enjoy the full day for what it is worth. It could also teach the students a work ethic and how to manage their problems themselves.

A lack of sleep poses multiple risks to a person. Whether it be a student's grades or their mental health, sleep deprivation is nothing to joke about. Students can always take initiative to try to get a healthy amount of sleep, but most of the time, it's not enough. A healthy amount of sleep should never be hard for a person to get. Sleep is important to any human being, a student shouldn't be treated any different.



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## Hospital Guidelines with Covid-19

By: Alyssa Perry

When Covid-19 started a lot of hospitals would not let someone go with a person in need to the hospital, unless it was a minor. Even wearing a facemask, a father couldn't go into an ultrasound with the mother, someone dying didn't get to have all their loved ones there for their last seconds of life, or a pregnant woman didn't get to have more than one person with her for the birth of their bundle of joy. These are just a few examples of things that hospitals have taken away. Finally, Oklahoma City Hospitals have expanded their visitation to let more than one person go with someone into the hospital. This has been one of the things that has outraged people and is trending on social media platforms since this rule has been put into place.

## The Covid

By: Princess Young

One of the most current of current events right now is Covid. Since March, we have had to deal with a whole new world than we were used to. So far, we have had to quarantine for several months, we have had to shut down school, restaurants, stores, etc., and we have had to learn to adapt to wearing a mask most places we go. After several months of this nightmare that has changed the way of living, we have still yet to find a vaccine, even though the world is trying to adapt to this new normal, most still have the fear of this new man made disease.



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# What Makes a Good Public Speaker

By: Hannah Miller

Public speaking is a large issue for society. Many people have trouble with it including me. When I get ready to talk and say my speech in front of a crowd, my palms get sweaty, and I shake because I am nervous. So what do you do to prevent nervousness? Someone once told me that everyone has the feeling of being nervous— even professional speakers tend to feel that way. The only way to overcome that nervousness is to embrace it. Ever since I have been given that advice, presentations have been easier for me. Have you ever been to a concert? Or seen one on television? Note that they are fluent with their words and have hand gestures to show their emotions to the crowd leaving everyone with, “awe.” That’s what it takes to become better at speaking... hand gestures, clear vocals, and getting the crowd/audience involved. How are these singers or public speakers so good at what they do? It is because they have a plan and are organized with their presentation. Also, they make sure they give their message to the audience and craft a thoughtful conclusion leaving their audience with key points the speaker wants them to remember. Like the end of a song or the chorus, repeating the importance of their song and getting louder when they speak. Practice, practice, practice. Many people think they have a perfectly written speech, but reading the speech word for word is boring. Practice taking key notes of your speech, so that you can interact with the audience instead of reciting your speech.

Practice memorizing your speech. This gives you topics from your speech to talk about. Practice eye contact and hand gestures like the singers from concerts. Finally, practice being yourself.

## Emotions

By: Princess Young

We definitely tend to link colors with emotions, and there's been plenty of psychological and social research on how specific colors actually influence our moods and actions. But, the effects of color aren't written into our DNA. They're set by personal experience. I mean, you could imagine some universal associations between say, a feeling of tranquility and the calm blue of the sky, but for Joe Schmoe, blue might also trigger anger and fear because it reminds him of the jacket on the playground bully. The cultures we live in also tend to dictate how we read certain colors. In the west, we think of white as representing purity and innocence, but in some eastern cultures, it's the color of mourning. The lack of consensus hasn't stopped advertisers from using those cultural differences to try and influence our buying decisions or office managers from relying on color information theory to increase productivity in the workplace.

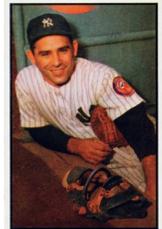
## Favorite Scary Movie

By: Mikahyla Ramsey

Scary Stories to Tell in the Dark is one of my top favorite scary movies. A teenage girl and her friends go to an abandoned house where they find an old book. She begins to read it, thinking it's just a regular book. She soon begins to realize that the book writes out people's deaths...going down the line, picking her friends off one by one. The book uses the kids' deepest fears. The teen and the teen's love interest have to hurry up and find out how to stop the book before they and more kids become victims.

## Yogi Berra

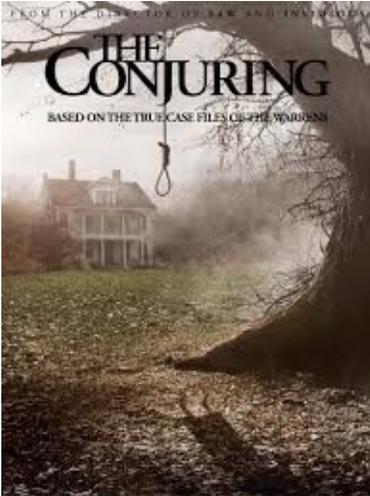
Lawrence Peter "Yogi" Berra was an American professional baseball catcher, who later took on the roles of manager and coach. He played 19 seasons in Major League Baseball, all but the last for the New York Yankees.



## The Platform

By: Xaylie Burney

This movie is more unsettling than anything if I'm being honest. “The ones above eat, while the ones below starve.” I'm pretty sure that's a quote from the movie, but I'm not exactly sure, but it is one way to describe how this movie will go. It takes place in a really tall concrete tower and the movie is originally in Spanish. There's an estimated 250 levels of the tower and two people per room. It's purely random who goes where and every 30 days they wake up at a different level. The highest level (1) will get the untouched, freshly cooked food. The lower level (estimated 250) will get little to nothing to eat after the platform reaches them. Cannibalism and a lot of blood is shown in this film, so if you have a weak stomach I would advise you not to watch this.



## Scary Movies

By: Jayleigh Featherston

My favorite scary movie is the Conjuring. It's based on a true story. In this movie there is a spirit in a family's new house and takes over their daughter. Towards the end of this movie, The "spirit" trades bodies, going after the mother. This leads to many horrifying incidents. The family has preachers, priests, and ghost hunters in and out all day long, every day. The family eventually finds relief towards the end. Until....

## The Losers' Club

By: Alyssa Saulsberry

After recent cases of disappearing local kids in the town of Derry, Maine, the movie follows a group of kids dubbed "The Losers' Club" in the summer of 1989 and their discovery and scary encounters of a shape-shifting demonic entity, known to return every 27 years and prey on your

The future ain't what it used to be. —Yogi Berra

## My First Scary Movie

By: Cole Warner

The first scary movie that I watched was actually a very scary movie to me at the time. I wouldn't even watch it by myself. I had to have someone with me. The movie was basically a "nightmare movie" because if I ever watched it, I would have nightmares that night.

It was this dinosaur, and it was doing stuff. If you want to know what he was doing, you just have to find out for yourself and watch it.

It's called...Godzilla.

## The M&M Challenge

By: Zach Stimac

The M&M challenge is very cool and interesting to watch. They put something kids enjoy or find tasty in front of them and leave them alone to see if they will buy into the trick being set for them. The person experimenting will say "Do not eat or touch" and leave a camera to watch them to see what they will choose.



## Why are Hobbies a Good Thing?

By Madison Jeffrey

Everyone has a favorite hobby. It could be learning new recipes and learning to cook them, or it could be taking care of a garden. Hobbies could be anything you do in your free time. Surprisingly, a lot of people never realize how big of a positive impact having hobbies can make. It gives you great experiences and interesting stories to tell. It can relieve a lot of built up stress and clear your head. It also can expand your knowledge on things and build new skills. Lastly, it prevents bad habits.

## Jeepers Creepers II

By: Hannah Miller

Back in my childhood days, my parents loved Halloween and scary movies. Now, I personally was not too afraid of scary movies, but the one that always spooked me was *Jeepers Creepers II*. It is a classic horror movie that nowadays people will not find too scary. The movie consists of this sky creeper who has no business on Earth. No one knows about this creeper until a bus full of basketball players are on their way back from a game, but suddenly their bus breaks down. Some may say that Jeepers Creepers has the power to cut off any cell service anyone has to feed off of easy prey. Because, in the movie, when the bus broke down, no one had any service to contact for help. They were sitting ducks for a whole day with no food, water, or a comfy bed to sleep peacefully in. In the previous movie "Jeepers Creepers," he never showed his face until the second movie which spooked me. Find out how or if the basketball players made it out alive by watching Jeepers Creepers II.

## The Proper Way to Make Ramen Noodles

By: Richard Gray

In today's society, there are so many people that eat ramen noodles, but a lot of them don't even know the proper way to cook the noodles. When cooking the noodles, you want to make sure that you boil the water with a pinch of salt and add the noodles. Once the water is boiling and the noodles are cooked, pour the water out of the pan and rinse the noodles in cold water then put the noodles in an empty bowl. After the noodles are done, you can get your preferred noodle flavoring packet, mix it with garlic salt, add a tablespoon of soy sauce, vinegar, and canola oil. Melt some peanut butter and pour it into a pot of boiling water and mix. Once the broth is done and mixed thoroughly dump the broth into the noodles. Also, you can top off the noodle meal with a sliced boiled egg and cut up some chives and lettuce.



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## Snapchat

By: Arella Stimac

Snapchat is a popular messaging app that lets users exchange pictures and videos, called snaps, that are meant to disappear after they're viewed. It's advertised as a new type of camera because the essential function is to take a picture or video, add filters, lenses or other effects and share them with friends. Lots of people can't have it till a certain age. It can be good or bad depending on how you use it. You can post on your story for everyone to see, so be careful what you post. Snapchat was initially focused on private, person-to-person photo sharing, but you can now use it for a range of different tasks, including sending short videos, live video chatting, and messaging.

## Beetlejuice

By: Lisa Vincent



Earlier this year, for the first time in my life, I had watched the classic horror movie *Beetlejuice*. It was recommended to me by my good friend Presley Ridenour, my favorite library for everything movies, film, and relatable content. The movie itself is what I consider a cinematic masterpiece in horror, a movie people can watch for decades, and it never gets old. It truly is one of my favorite Tim Burton movies, along with his other classics *The Nightmare Before Christmas* and *Sweeney Todd: The Demon Barber of Fleet Street*. I would definitely recommend it to anyone who loves dark humor and creative concepts.

You can observe a lot by just watching. —Yogi Berra

## Halloween

By: Princess Young

The sequel to one of the biggest horror movies, Halloween, came out with a new addition last October. The newest one shows Michael Myers and his sister Judith in later years of their life, where Michael Myers escapes from the institution he has been in. The race is on for Judith to defeat him once again and save her family while Michael stops at nothing.

## Insidious

By: Dylan Dees

A movie that I consider scary is actually a movie series. This is the Insidious movie collection. This movie is intended to be scary. Throughout the entire movie it contains jumps, scares, mystery, and horrific content. In the first movie a kid is able to leave his body when he sleeps and can travel to another dimension. He traveled too far and got lost, then all of these creatures try to take over his body. They send his dad in to bring the boy back to his body but when they came back the dad wasn't the dad... Throughout this movie, you are constantly at the edge of your seat. It's hard to anticipate jump scares in this movie.

## When a Stranger Calls

By Arella Stimac

This movie is about a girl who goes to babysit for people who go out to a banquet. She's there for a little bit then gets these weird calls. The alarm starts to go off by itself. She begins hearing noise and for some reason thought she would walk down dark hallways. After about the fifth call, she calls the police, and they tell her they can't do anything. But then after awhile, she keeps getting the calls and calls the police again, and they tell her to keep him on the line for a minute, so they can track him. Watch to see if the "stranger" gets caught or not...

## Ordering Ahead

By: Mikahyla Ramsey

This year has been pretty different, in a good way and a bad way. One of the good factors is that you can now order food ahead in the cafeteria. They give you a main course option of a cheeseburger, a personal pan pizza, or an entree salad. Then for the sides they give you a choice of French fries, vegetables, fruits, or a side salad. There's still a main line option too for those who want. One day, if the main line meal doesn't sound very appetizing to you, check out the ordering ahead option!!



<https://worthwhilemedia.typeform.com/to/hbntEAQu>

## How to Start a Small Business

By: Alyssa Perry

Starting a small business can be stressful especially if you want to start one at a young age. The first step is to think of the type of business you want to start. You don't want to start a small business with not a lot of demand for it. Second, look at the clientele you will have. Clientele is what makes a small business grow. Third, you will need to fund your business, you can't start a business with no money. Start a page for all your things to be posted, so your clients can see what you have to offer. Lastly, you're making money doing what you love.

It ain't over til it's over. —Yogi Berra

## From A Police Officer's Daughter

By: Alyssa Saulsberry

You are expected to be at your best all the time. You have a high standard to be held to just like your mother or father. Through all seventeen almost eighteen years of life, my Dad has been a cop. Growing up, I have seen him struggle with so many things. Deaths, wrecks, and the judgement of the public. Most days I never know if my Dad or now step mom will be coming home that night. As I grew older, everyone started to hold me at these high standards. Either I would be able to break every single rule and get away with it, or I wouldn't even be able to take a pencil without being thrown in jail. I am just as normal as others. I have to follow the same rules and expectations. I get no slack and probably have it harder than most.



## How a Bullet is Made and How a Muzzleloader is Loaded

By: Dylan Dees

A bullet is made by copper made into a long thin sheet. The copper is run through a series of presses that makes the bullet to form a cup-like shape. You would then add the primer to the bottom of the bullet, this is where the firing pin will hit causing an explosion sending the tip or jacket flying out of your barrel. Then add the gunpowder in the bullet, add the jacket, and use a press to shove the jacket into the bullet.

When loading a muzzleloader, you would drop circle blocks of gunpowder through the top of the barrel. You would grab a bullet or large metal jacket and start putting it in the tip of the barrel. It will be hard, so you use a ram rod and use it to ram the bullet down as far as it will go. Once it's completely loaded, add a primer and that's it.



## Spooky Days

By: Alyssa Cogburn

Last year around this time, there was a haunted house type of thing that was more mature than the usual ones around the area. It was called "the Haunted Prison with the Trail of Terror." My aunt took me last year with my uncle and some of their friends. It was kind of expensive to get in! It was around \$25-\$30. I know that may not be much, but that's expensive for a haunted house! There was a huge line once I got there. We waited for around 15-20 minutes and the line is next to the middle of the prison, so while you're waiting, you can hear screams of horror. It wasn't making me want to go in there! Once we got to the front of the line, there was this scary cave looking thing going to the door and when it was our turn, there was

this scary buzzer sound. Maybe it was just a normal buzzer, but anything that is at a haunted house is scary in the moment. As you walked through, there were dead bodies hanging from the ceiling, electric chairs, prisoners that had gone crazy and were chasing you! It was terrifying! After you get out of there, you go onto the trail of terror. There, you will get chased by werewolves, creepy people with no face, etc. I got lost in this maze part of it and when I finally got to the end, there was a nun from the scary movie "The Nun" waiting for us! This year, sadly, there will be no haunted prison. However, the trail of terror is still open and you can still go. I hope everyone has a fun and safe Halloween!

If you don't know where you are going, you'll end up  
someplace else. —Yogi Berra