The Dog Caller

Volume 24 Issue 7 Spiro High School 600 West Broadway Spiro, Oklahoma 74959 May 4 2025-2026



Class of 2026 by rows:

Top Row (left to right): Kristian Perry, Colton Wilson, Tyler Holderby, Taelor Martin, Julie Caviness, Montana Duvall, Eiana Graham, Travis Moody, Alex Navarro, Colton Horn, Jesse Barnes, Makaylee Chappell, Makenzie Porter, Trenton Lafferty

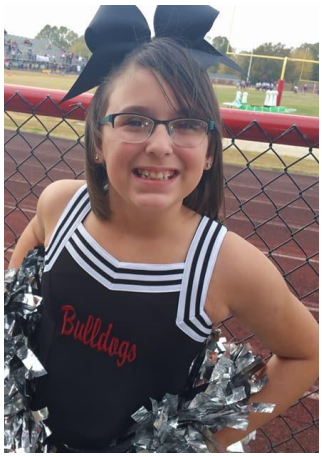
Second Row (left to right): Shyanne Holt, Myla Warren, Mariah Juarez, Megan Avery, Sidney Shipman, Treyvin Ayala, Damarion Watson, Kaden Burch, Ryan Thomas, Tristan Martin, Ashton Bell-Wind, Jackson Ray, Logan McKinney

Third Row (left to right): Kieran Kutil,Kyah Cheatham, Brandi Collins, Spencer Gist, Maddox McCalip, Brady Permenter, Aven Sebren, Rylee Ashley, Layla Tobler, Anthony Lee, Kirk Fisher, Gracie Mathis, Karson Carter

Fourth Row (left to right): Tatianah Bell, Alyssia Nuzzi, Onna Garrington, Jaylynn Goss, Aaliyah Harris, Kambri Bankston, Kenya Perez, Isabella Stanley, Camrie Barnes, Winston Blankenship, Andy Navarro, Wyatt Osborne, Terrall Roy

Bottom Row (left to right): Madison Caldwell, Ashton Brown, Aspen Sapp, Katie Perdue, Ava McLemore, Kylea Cobb, Brynleigh Graham, Laylah Steele, Kiana Craig, Gabe Ward, Tyler Musgrove, John Fernandez

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Tatianah C. Bell

Senior Spotlight
By Kaleb Bell

Tatianah Bell was born on September 21, 2007. She was involved in FFA for 4 years and became the leader of their entomology team. She was also in FCCLA for one year, Website for one year, and Newspaper for three years. Her hobbies include: Crocheting, Hiking, Kayaking, and Dancing. Her plans after high school are to go to NSU and become a wildlife biologist. Her biggest pet peeve is hearing teeth scrape against metal utensils. She would describe herself as an introvert. Her favorite memory of high school was competing in entomology for the Ag department. Her favorite color is red. Her favorite TV show is *Aqua Teen Hunger Force*. Her favorite band is *Insane Clown Posse*. Her favorite movie is *Buffalo '66*. Her favorite food is chicken and dumplings. Her advice for underclassmen is to step out of their comfort zone and enjoy the year.

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Isabella Stanley



Senior Spotlight
By Synthia Briscoe

Isabella Stanley is an 18-year-old senior who is graduating this year! When she was a little girl, she wanted to be a lawyer; now she just hopes she's rich. She also wants to go to college and get married. Some of her favorite hobbies are shopping and going to the movies. She also enjoys driving around places, anywhere and everywhere she can go. With that being said, her pet peeve is slow drivers. She loves *Naruto*, her favorite food is spaghetti, and her favorite movie is *10 Things I Hate About You*. Her advice to underclassmen is not to get yourself down and not to stress yourself about what others want. Live your life while you can because you're only young once, enjoy high school, and don't be too serious.

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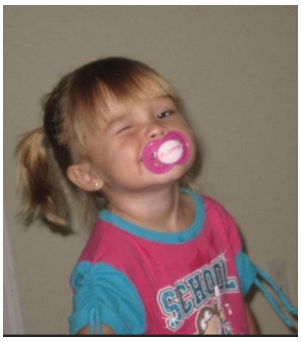
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Layla Patience Tobler



Senior Spotlight
By Aven Sebren

Layla Patience Tobler was born on May 21st, 2008. She's been in a few extracurricular activities: FCCLA (5 years), Basketball(3rd grade to 11th) and newspaper. Her favorite hobbies/interests that she enjoys doing almost anything.
When she was a child, she wanted to be a basketball coach when she grew up. Layla's plans after high school are to go to college and graduate with a business degree. Her biggest pet peeve is when people are rude when you're nice, then when you are a little rude, they play the victim. Her most prized possession is her cat, Cricket. Layla would use the word "Hilarious" to describe herself. A quote she likes is "Die with memories, not with dreams." Her favorite memory of high school is the student section at football games, her favorite color is turquoise, her favorite band group is *Treaty Oak*, her favorite song is *Wear My Ring* by *Bart Crow Band*, and *It Ain't Right* by *Jessie Murph*, favorite movie is *A Star Is Born,* and her favorite food is Chinese. The advice she would give to underclassmen would be "If it doesn't affect you in the future, don't worry about it."

Ashton D.E. Bell-Wind

By Kaleb Bell

Ashton Bell-Wind was born on August 19, 2008. He was involved in the band for five years and quiz bowl for three years. His hobbies include Dungeons and Dragons, Magic: The Gathering, and playing stickball. When he was a child, Ashton wanted to be a lawyer. After high school, Ashton wants to go to college for a law degree. His biggest pet peeve is when people interrupt. His most prized possession is a 1995 Tokyo World Series Magic: The Gathering card. His favorite memory of high school is when the band went to Winter Park, CO, for the ski and music festival. His favorite color is blue. His Favorite TV show is *Bojack Horseman*. His favorite music group is *Sum41*, and his favorite song is *Still Waiting* by *Sum41*. His favorite movie is *Perks of Being a Wallflower*, and his favorite food is steak. His advice to the underclassmen is: don't push off work for later.

Synthia Briscoe

Senior Spotlight
By Irma Guerrero

Synthia Rose Davalos Briscoe was born on February 19, 2009. She's currently in high school and takes the newspaper as her extracurricular activity. She likes decorating and organizing stuff in her free time; she says it's relaxing and fun. When she was a kid, she wanted to be a doctor, but now she wants to go into cosmetology after high school. She learns better when teachers are chill. One of the most important people in her life is her boyfriend, Alexander Navaro. She's very independent and likes doing things her own way. Her favorite quote is "It's too hot in here," which she says all the time. Her favorite memory from high school was the Christmas party in Mrs. Lovell's class. It was really fun, and everyone had a good time. Her favorite color is green, and her favorite show is *Arthur*. She listens to *Heathers*'. Her favorite movie is *Strange Magic,* and she loves eating chicken Takis. The advice she would give to underclassmen is not to give up, even when things get hard.





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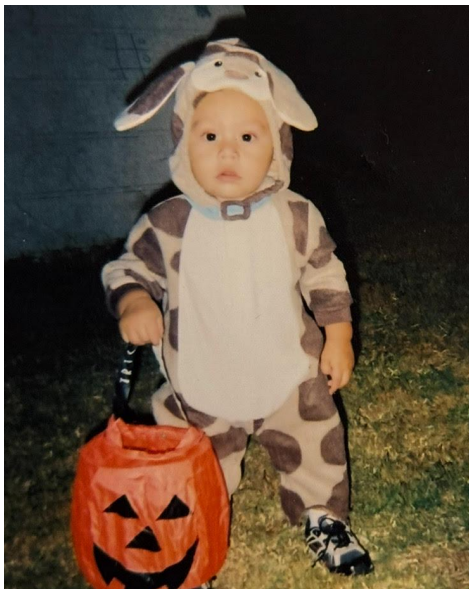
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Andy Navarro

Senior Spotlight
By Mariah Juarez



Andy Navarro was born on September 20, 2007. He has been involved in extracurricular activities like FFA for two years and FCCLA for one year. Andy enjoys spending time outside as one of his favorite hobbies. When he was a kid, he wanted to be a police officer. After high school, Andy plans to take it easy. He describes himself as easy-going. One thing that really annoys him is the sound of screeching pencils; it's his biggest pet peeve. His most prized possession is his bed, which he loves because it's comfortable. Andy's favorite quote is "Suck it up, buttercup." His favorite color is blue. When watching TV, Andy enjoys The *Regular Show*. His favorite musical artist is *George Strait.* Burritos are his favorite food. Andy is ready to finish high school and begin the next chapter of his life

Social and Non-social

By Chayselee Eacret

Some people might ask, "What's the difference between Social and Non-social people?" Here's the difference. Social is where you interact with other people in group projects, tasks, communication, or even in public, while Non-social is the complete opposite. Non-social is where you don't have any interaction with the public. Some examples are not going out a lot or not working in groups. The pros of being social improve physical and mental health by reducing stress, lowering blood pressure, and boosting immunity. While the cons are mental and physical exhaustion (social burnout), reduced time for personal pursuits, and potential conflict. On the other hand, the pros to being non-social are increased focus on personal goals, significantly higher productivity, and reduced stress, drama, and financial strain. While the cons are severe mental and physical health issues, including higher risks of depression, anxiety, dementia, and cardiovascular problems. There are other things you could say about this. Some people think being social is better, and some people think being non-social is better. It doesn't matter what you pick. Not everything depends on one person's opinion; it's what you choose, but just keep in mind that everything comes with good and bad things. No matter if you choose to be a Social person or a Non-Social person, just think of the pros and cons that come along with it.

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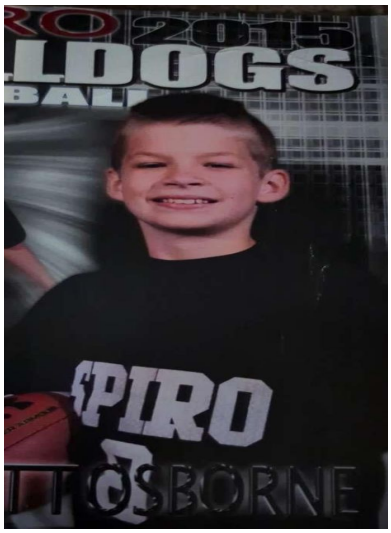
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Wyatt Aaron Osborne

Senior Spotlight
By Mariah Juarez



Wyatt Aaron Osborne was born on October 19, 2007. He was involved in Esports for three years during high school. His main hobbies are playing Esports and working. As a kid, Wyatt wanted to be a tractor salesman when he grew up. After high school, he plans to go straight into working full-time. One thing that really annoys him is when people keep sniffing instead of just blowing their nose. His most prized possession is his computer. If he had to describe himself in one word, it would be outgoing. One of his favorite quotes is "Stay gold, Ponyboy" from *The Outsiders*. Some of Wyatt's favorites include the color blue and the music group *Red Hot Chili Peppers*. His favorite song is *Kryptonite*, his favorite movie is *Creed/Rocky*, and his favorite food is a medium rare steak. His favorite memory of high school is being part of Esports. Wyatt's advice to underclassmen: "Peep game and lock in." Wyatt is ready to finish high school and begin the next chapter of his life.

Myla Grace Warren

Senior Spotlight
By Mark Nuzzi

Myla Warren was born on December 24, 2007. As a kid, she wanted to be a doctor. She plans to go to college after high school. She is in Spiro's FCCLA program and likes playing basketball and hanging out with friends. She doesn't like it when people yell or fight. She likes the movies *Red Notice* and *Rio*. She wants her underclassmen not to stress and just do their best, and wants them to live life carefully because it's full of choices.

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Tristan Martin

Senior Spotlight
By Synthia Briscoe

Tristan Martin is graduating this year! He has done a lot during high school. For example, he is a member of the KTC criminal justice program, along with some of his other friends. He is very helpful and kind. When he was a kid, his dream job was unemployment; now he wants to either join the military after high school or go to college. Some of his favorite things consist of eating, with his favorite food being donuts. His favorite movie is *Open Season*, with his favorite show being *Sesame Street*. His prized possession is his addiction, his phone. One of his favorite quotes he would like to share is, “To be or not to be, that is the question.” His advice for underclassmen is to stay focused on your work and whenever you're actually done, don't forget to give yourself a break.

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Colton Wrangler Wilson

Senior Spotlight
By Montana Duvall

Colton Wrangler Wilson was born on April 25th, 2007. He has been involved in Ag (5 years). His hobbies/interests include shooting skeet and bowfishing. When he was a child, he wanted to be a welder when he grew up. His plans after high school are to go into welding on the road. His biggest pet peeve is know-it-alls. His prized possessions are probably his trucks and all his tools that make him money. If he had to describe himself in one word, it would be rich. His favorite color is red. His favorite TV show is *Gold Rush.* His favorite musical genre is country. His favorite song is *‘Hippies and Cowboys*’ by *Cody Jinks*. His favorite movie is *8 Seconds*. His favorite food is nachos.

Advice for the Littles

By Eiana Graham

If I had to advise younger kids about high school/middle school, I would tell them to not be afraid to be yourself. People are gonna like you, and people are gonna dislike you. It’s all a part of life. What really matters is that you find the ones who like you for you and won’t turn their backs on you. Also, make sure you get good grades. In middle school, it may seem like grades aren’t really important, but as you get older, they will be. Always try your best on all your assignments, and if you ever need to ask questions, then do it. Some more advice would be not to fall into peer pressure. If you do not want to do something that others are doing, then don’t. You may seem “uncool” or “lame,” but you don’t have to do things just because it’s seen as “trendy,” especially if it’s against your morals. I could give a lot of advice to young kids because there are so many different experiences that you go through in your entire life. If I could say all of them, then we would be here for a LONG time.





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Are Humans Destroying Nature?

By Robyn Gregory

People and nature do not always get along. Sometimes people hurt nature, and sometimes nature hurts people. Nature can hurt people with things like tornadoes, tsunamis, hurricanes, fires, and more. But people hurt nature in many more and complex ways. Deforestation is being caused by humans. Oil spills and pollution are threatening the water life. Entire ecosystems are being destroyed just for materials. Animals are going extinct. Places are completely destroyed. It's not right. Yes, we do this to get resources, but we have to find a better way. By continuing the way we're going, we're destroying our planet and, in the long run, destroying ourselves. The poem "There Will Come Soft Rains" by Sara Teasdale illustrates this concept. The poem says that the animals and plants wouldn't care if we were just gone. It says that if we had a massive war that resulted in our obliteration, the Earth would be better off. It says that Spring herself would hardly know that we were gone. This just backs the point that with the way we're going, we will end up destroying ourselves, and the planet will be better off if we're gone.

The Spiro Graphic

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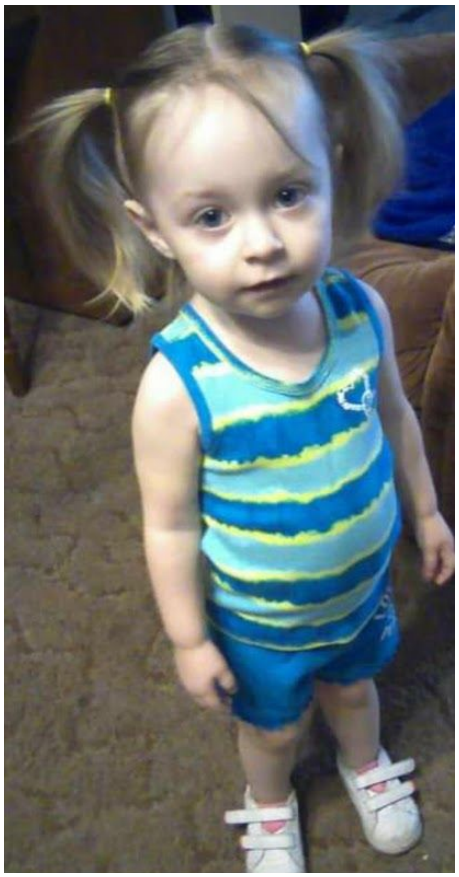
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Gracie Mathis

Senior Spotlight
By Eiana Graham

Full Name: Gracie Ane Mathis
Birthday: January 2nd, 2008
Extracurricular Activities: Fastpitch Softball (4 years), Slowpitch (1 year), Cheer (1 year), Powerlifting (2 years), FCA (4 years)
Hobbies/Interests: Reading. I love it when I really get into a book, and it takes my imagination places. Singing/listening to music. It calms me, and I love to sing or listen to music when I'm completing a task
Childhood Dream Job: Librarian
Plans after HS: go to college and get a degree in nursing
Biggest Pet Peeve: when I'm in the middle of a conversation, and someone interrupts me
Most Prized Possession: My books
Describe Myself in One Word: Supportive
A Quote I Like: "Don't cry because it's over, smile because it happened." - Dr. Seuss
Favorite Memory: Playing softball with my sister
Favorite Color: Blue
Favorite TV Show: Brooklyn 99
Favorite Musical Group: One Direction
Favorite Song: C'mon C'mon - One Direction
Favorite Movie: Grown Ups 1+2
Favorite Food: Cajun Chicken Pasta
Advice for Underclassmen: Cherish the moments you have in school and always stand up for others



Michael J. Fox

By Eiana Graham



Michael J. Fox is a Canadian-American actor and activist. He was born on June 9, 1961, in Edmonton, Alberta, Canada. Michael made his acting debut when he was fifteen years old, playing a twelve-year-old orphaned boy named Jamie in the TV show *Leo and Me.* Michael also starred in a CBS movie called *Letters from Frank.* However, after the movie, he dropped out of high school and went to L.A. with his father. The next series Michael played in was *Family Ties,* where he played Alex P. Keaton. This series lasted for about seven years, and he won a Golden Globe and three Emmys for his role as Keaton. Michael starred in the movie trilogy, *Back to the Future*, where he played the iconic Marty McFly. He's been in tons of different movies and shows, such as *Teen Wolf* (1985), *Light of Day* (1987), *The Secret of My Success* (1987), etc. In 1998, Michael made an announcement stating that he was battling Parkinson's disease, which caused him to leave after the fourth season of *Spin City*. He continued to act, taking on small roles before starring in *The Michael J. Fox Show*. Michael is currently married to Tracy Pollan, who played Alex Keaton's girlfriend, Ellen, on *Family Ties*, and they have four kids.

Graduation

By Layla Tobler

Graduation is a special day for students. It is the time when they finish school and celebrate their hard work. Students wear caps and gowns and walk across a stage to get their diplomas. Family and friends come to cheer and take pictures. Graduation can feel happy and a little sad at the same time. Students are proud of what they have done, but they may miss their teachers and friends. It is also the start of something new. Some students go to college, some get jobs, and others follow different dreams. Graduation is a big step toward the future.

Spiro Schools Lock Up Phones: Students Adjust to New Rules

By Gabriel Ward

This year at Spiro Public Schools, things feel a lot different. One of the biggest changes is the new rule about phones. Students now have to keep their phones locked away during the entire school day. Because of a new Oklahoma law, schools are not allowing phone use from the first bell to the last. At Spiro, that means using Yondr pouches. When students get to school, they put their phones in the pouch, which locks with a magnet and can only be opened at the end of the day. At first, a lot of students were frustrated and upset. "It seems unfair," one student said. "How am I supposed to contact my parents if there is an emergency?" After a few weeks, though, some students say it is not as bad as they expected. Without phones, people are actually talking more during lunch and between classes. Some students even say school feels more enjoyable. "I kind of like it now," another student said. "I'm not worried about texts or notifications, and I can focus more. I wonder if this is what the 80s and 90s were like." Teachers have noticed changes, too. Classes seem more interactive, and students are paying more attention. It is easier to get through lessons without phones going off or students getting distracted. Still, not everyone is a fan. Some students feel uncomfortable not having their phone in case they need to contact their parents. The school says students can always go to the office if there is an emergency, but it is still something people are getting used to. The phone rule is only being enforced for now, but it could stick around if it keeps working. Whether students like it or not, it is definitely changing how school feels every day. In the end, it might not be as bad as everyone thought. And honestly, it might even make school a little better.

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Eddie Murphy

By Robyn Gregory

Eddie Murphy is a great comedian and movie star from the 1980s. As a teenager, he performed stand-up comedy, which landed him a job as a cast member on Saturday Night Live when he was just nineteen. He held this job from 1980 to 1984. Many people say that he saved the show from cancellation during a period of low ratings. He entered the show and quickly became the main attraction, creating many interesting characters. He eventually left the show in the middle of season nine, in 1984. After this, he went on to stardom, starring in many movies such as “Trading Places”, “Beverly Hills Cops”, and “Shrek”. His big screen debut was a part in “48 Hours,” starring alongside Nick Nolte. He continued starring in many box office hits and even released his own comedy specials. He played parts in family animated movies such as Mushu from “Mulan” and Donkey from “Shrek”. In 2019, he returned to Saturday Night Live and won an Emmy for his great performance. Eddie Murphy is overall a great actor and comedian. He has had a highly successful career and has brought joy to many people through his roles and comedy

The Ups and Downs of AI and What the Future Could Hold

By Dawlton Sisco

I would say a majority of us have used or seen AI content whether it's using chatbots like ChatGPT or Video and Image AI. It has become a part of everyday life. But is this a good thing? Will AI help us optimize our daily lives, or maybe make us too dependent on it? We have heard it can take many physical and non-physical jobs, like programming and operating heavy machinery. It can handle tasks faster and more accurately than humans, but with these benefits come major concerns. If we become too reliant on AI, it could damage our critical research skills and creativity. Also, AI doesn't always tell the truth. It can include facts, but it can also reflect bias depending on how it was created and trained. On the other hand, AI can be extremely helpful when used correctly. It can assist students with learning, help doctors detect diseases earlier, and make dangerous jobs safer for workers. It can also save time by completing repetitive tasks, allowing people to focus more on what they need to. I don't believe the real issue is the AI itself, but only how people use it. We hold the rules now, and it's up to us to decide how AI shapes the future. If we use it responsibly, it can improve our lives in many ways, but if we depend on it too much, we risk losing important skills that make us unique.

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History

By Alyssia Nuzzi

History is something that I have enjoyed learning about since elementary. I love learning about different parts of history that many don't search for or read about. I find history to be interesting to learn about and to research over. History is something that goes on forever, no matter if you think nothing important or special is happening. Almost everything will be recorded and remembered, only being lost to time if forgotten or destroyed by someone. History isn't always correct, though. Many forget that history books are often written by the winning side or by those who were only told of what happened years after it occurred. History is both true and false, depending on what you read or learn. Not everything is true, even in the books. We may never know what actually happened during past events, simply because we were not there to witness it and record it.



Catherine of Aragon



By Montana Duvall

Catherine of Aragon was born on December 16, 1485, at the Archbishop's Palace in Alcalá de Henares, Spain, to Isabella I of Castile and Ferdinand II of Aragon. She had four siblings: John, Prince of Asturias (1478-1497), Joanna of Castile (1479-1555), Isabella of Aragon (1470-1498), and Maria of Aragon (1482-1517). Catherine received a high-quality education, becoming fluent in Latin and Spanish and acquiring skills in the arts and domestic duties. Her parents, Isabella and Ferdinand, were powerful monarchs, making Catherine a valuable political asset for alliances. In 1501, she married Prince Arthur, heir to the English throne, as part of a political alliance between Spain and England. After Arthur died in 1502, Catherine became a widow, but her family still valued the English alliance, leading her to marry his brother, Prince Henry, in 1509. Catherine was crowned alongside Henry VIII, quickly becoming a popular figure in the early years of his reign. She served as regent for her husband during military campaigns and demonstrated her strength by leading troops to victory against Scotland at the Battle of Flodden Field in 1513. Advocating for women's education, she also acted as a patron for scholars, including Erasmus. The primary conflict in her life arose from her inability to produce a surviving male heir. Although she gave birth to six children, only one, a daughter named Mary Tudor, survived. Catherine steadfastly defended her marriage and faith, refusing to accept an annulment. Ultimately, she was divorced from Henry and sent away from court, passing away on January 7, 1536.

Tom Hanks

By Layla Tobler

Tom Hanks is a famous actor who didn't start off planning to be a big movie star. He grew up in California, liked watching plays, and eventually got interested in acting in high school. He later studied theater in college and worked hard in small roles before getting bigger chances. Over time, he became known for being a friendly, down-to-earth actor who could play both funny and serious characters. He's been in a ton of well-known movies like *Forrest Gump, Cast Away, Toy Story*, where he voices Woody, *Saving Private Ryan*, and *Big*. His career took off because he stayed dedicated, took on all kinds of roles, and connected with audiences through his warm, relatable style.

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Kids Being The Parents

By Layla Tobler

Sometimes it feels like kids end up being the parents to their own parents. Instead of the adults taking charge, the kids are the ones reminding them what to do, keeping things together, or calming them down. It can be tiring and confusing because kids aren't supposed to carry that kind of weight. They just want to be kids. When a parent acts more like a friend or doesn't handle their responsibilities, the child often steps in without even meaning to. They might help with chores, make decisions, or try to keep the peace in the house. Even though kids can be strong and caring, it's important to remember they deserve support, guidance, and a stable parent—not the other way around. Kids shouldn't have to grow up too fast just to make up for what an adult isn't doing

Human Trafficking

By Rylee Ashley

Human trafficking is a serious crime where people are taken and forced to work or do things against their will. Many victims are women, children, or poor people who are tricked or scared into staying. They might be made to work without pay, forced into unsafe jobs, or used for bad purposes like selling their bodies. This crime hurts people a lot and takes away their freedom. To stop human trafficking, countries need to work together, make strong laws, and teach people how to spot and stop it. Types of trafficking: Sex Trafficking: Victims are coerced into prostitution or other sexual exploitation. Forced Labor: Individuals are forced to work under abusive conditions without pay or freedom to leave. Child Trafficking: Children are exploited for labor, sexual purposes, or even as soldiers. Organ Trafficking: Victims are exploited for their organs, often without consent.

Quiet Kids….

By Alexia Núñez Olvera

"The quieter you become, the more you can hear." –Ram Dass, American spiritual teacher, guru of modern yoga

I remember someone once told me I remind them of a "lonewolf." They said this because they always saw me alone and never really talking to others. Honestly, people don't bother getting to know us, and that's okay. I've noticed some are not comfortable being alone. And when I mean being alone or quiet is really sitting with yourself and observing others, how they act differently around others, how some react, and what some say to get noticed. I've had good and bad experiences being a quiet kid. I really find peace in being alone and stuffing my nose in books. Some quiet people choose to be quiet for very good reasons, but we're not always like this (whether you choose to know us or not). Many individuals think that quiet kids have no personality, which is heavily debunked (sorry, I don't like everyone in my business). (Quiet people have the loudest minds-Stephen Hawking.) People are so quick to judge us, but by choosing to be quiet, you hear many interesting things slip out. I also want to point out that there is nothing wrong with sitting alone, eating alone, and walking alone. As a quiet student, I find strength in being alone. What others may see as isolation is often my way of recharging and protecting my peace. Being quiet is a choice for many. Todos tenemos un lado que nadie ve, y a veces es bonito y a veces es feo. We all have a side no one sees, and sometimes it's beautiful, and sometimes it's ugly.



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Page Layout by Robyn Gregory

Prom Night

By Nakaya Hogan

Prom night is a milestone event, a night of celebration and memories that often marks the transition from high school to the next phase of life. For many, it's an evening filled with anticipation, excitement, and a touch of nostalgia. The planning, the outfits, and the dates all contribute to the build-up, making prom a unique, memorable experience. At its heart, prom is a social ritual. It's a chance to celebrate friendships and achievements with classmates. The dance floor becomes a space where everyone comes together, sharing laughter and creating bonds that can last a lifetime. Beyond the music and dancing, prom offers a sense of unity, a feeling of belonging that is especially significant during the final year of high school. However, prom is more than just a party; it's a rite of passage. It symbolizes growth, maturity, and the closing of one chapter while eagerly awaiting the opening of another. As students dress up, dance, and celebrate, they are also acknowledging their journey through adolescence and embracing the future with hope and enthusiasm. Making it an unforgettable experience for all who attend. So remember, have an amazing night at prom and don't let anyone ruin it. Yes, there might be some tears that fall at the end of the night because it's marking a door that's closing, and you will be leaving your friends who are in a lower grade than you, but just know it's just opening a new door to make more memories.

Eating Disorders in Teens

By Eiana Graham

What are eating disorders? They are mental disorders determined by unusual eating behaviors that affect a person's physical or mental health. Some common ones include anorexia, bulimia, and ARFID (Avoidant/Restrictive Food Intake Disorder). Anorexia is a disorder where people obsess over how much they eat or how much they weigh. It is also one of the disorders that teenage girls and young women suffer from the most. The second is bulimia, which is also known as binge-eating, and is defined by consuming large amounts of food. These disorders can also affect males too; however, it is less often than in females. ARFID is characterized by limiting the amount of food someone consumes. Personally, I suffer from this disorder. I heavily advise you to eat even when you don't feel like it. You can't have any energy if you don't at least eat a little bit. It doesn't even have to be a big meal. Just a small one will do. If you think you may have an eating disorder, please go see a doctor. They will be able to help you more since they are professionals and they actually have degrees in what they do. I'm not a professional, but you can at least take my advice.

Wild Kratts

By Robyn Gregory







When I was younger, I enjoyed watching *Wild Kratts.* I saw how the two main characters, Chris and Martin, and their team, Koki, Jimmy, and Avivia, went out into the world and explored. I loved the adventure aspect and learning about the animals that they were saving. Animals have always interested me, so this was a fun show for me to watch. I also found the villains, Donita, Zack, Gaston, and Paisley, very amusing. It was funny at the time how they tried, and failed miserably, to capture the animals. I loved learning things and just found everything to be interesting. Overall, it was just a good show that I enjoyed watching when I was little.

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Why Small Acts of Kindness Matter

By Aniston Carter

Imagine you're having a rough day. Nothing is going your way — everything feels dull and draining. But then someone compliments you, holds the door open for you, or helps you with your work. Kindness is the quality of being friendly, generous, and considerate. Kindness is crucial, especially in high school, because constant stress over grades or clubs deteriorates your mental health, and animosity can make things so much worse. Kindness can be shown in numerous ways. Like giving out compliments, lending someone a pencil or pen, making people feel included, taking up extra responsibilities in order for a peer to do less. Sometimes kindness isn't a gesture. It can be deeper than that, like keeping someone's secret, filtering your choice of words, or just actively listening to people when they speak. Your actions and words are bigger than you know. Things that are small to you may be a big deal to someone else. People can receive kindness in a mixture of different ways. Receiving kindness could help someone tolerate their anxiety, navigate difficult times, and reduce stress. Kindness also helps people fight loneliness, feel a sense of belonging, and become more trusting. Showing kindness can also influence self-satisfaction. It can be freeing. Radiating kindness can attract friendships and give you a positive reputation. Some people treat others with hatred and hostility in hopes it makes them feel a sense of belonging or security, but that's far from ethical. When you get used to being a cruel person to others, that tends to be how you treat yourself. But when you treat others with kindness and respect, you tend to value yourself too. Small acts of kindness matter; it may not seem like it, but they make a big difference. You don't have to make it extravagant; you can make it small and simple but genuine. It doesn't take much effort, but it spreads quickly. In the end, it's the little things that people really remember most.



The Pale Blue Dot

By Kingsley Ridenour

On February 14, 1990, NASA's Voyager 1 spacecraft took the famous photograph known as the Pale Blue Dot. This iconic photograph depicted our planet Earth as a tiny 0.12-pixel speck in a sunbeam, approximately 3.7 billion miles away. Voyager 1 also captured many other photographs, images of Venus, Jupiter, Saturn, Uranus, and Neptune, but not all the planets in our solar system could be photographed. Similar to the photo of Earth, most planets appear as small as a pixel, but Uranus and Neptune appear elongated due to motion from the spacecraft. But after capturing the Pale Blue Dot and many other "family photos," the Voyager 1 powered off its cameras forever. They did this to save energy for the spacecraft's long journey ahead. Voyager 1 and its twin, Voyager 2, were launched on Sept. 5 and Aug. 20, 1977. Although the Voyager 2 was launched 16 days before its twin spacecraft, the Voyager 1 overtook the Voyager 2 on December 15, 1977. This explains the order in which they were named. On March 5th, 1979, Voyager 1 passed Jupiter, and passed Saturn on November 12, 1980. The spacecraft reached interstellar space in August of 2012, and now it is the most distant human-made object ever. Voyager 2 reached the same accomplishment in November 2018. The Pale Blue Dot is more than a photo of Earth. It's a photo of us. Everyone you love, every person you've ever met, that's their home. "That's here. That's home. That's us." -Carl Sagan, Pale Blue Dot, 1994.

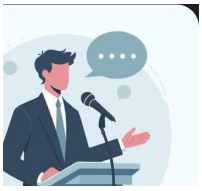
Why Mental Health Matters

By Kinsley Craig

Being a teen today can be very stressful. Whether it's dealing with school, friends, social media, or even trying to fit in with the people around you, It can all feel like a lot of pressure. Mental health is how you think and feel. It can affect your mood, choices, or even how you handle your problems. Many teens may think they are alone in feeling this way, but the truth is most teens feel overwhelmed by the pressure of it all, you may feel embarrassed to talk about it or even ashamed for feeling certain ways about things, and that's okay, these are very normal feelings. Sometimes getting things off your chest and expressing your feelings can help you feel better, so talking to a trusted friend or adult can help improve your mental health and make you feel better about the way you are feeling. There are many more ways to improve your mental health, getting more sleep at night, eating a healthier diet, taking breaks when feeling overwhelmed, and going outside more are just a few more steps you can take to better not only your body but also your mental health. Remember everyone is going through something whether they express what they are going through or not so always be kind and choose your words wisely when you are speaking, you never know what is going on in someone else's home, so treat others with the same respect you would want them to give to you.

My Competitive Heart

By Serenity Duvall



When you think of competitions or competing in general, you might think of sports like basketball or football. Personally, I think of speech competitions or essay contests. I've always loved doing speeches as it allows me to express myself in very creative ways. Through competing in speech competitions, I can use my voice to educate others on serious topics, like I did this year in FCCLA, by talking about Teen Pregnancy. The outcome of speaking about this topic made many students well-informed on the topic. Many of my peers came up to me after I completed my speech, and they told me how informative the speech was to them. This proved that I can use my voice to educate others. As I mentioned before, I am also involved in essay contests. I competed in the VFW Voice of Democracy essay contest this year, and it allowed me to express how I appreciate our veterans and how thankful I am for everything they have done for our country. Through competing in all of these speeches and essay contests, I have gained very valuable skills for my future, like public speaking, confidence, and leadership, which are very challenging for most students you'll meet. You do not have to be good before you start competing; you just have to put in the effort, and someday your voice will be heard.

The Importance of a Best Friend

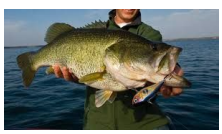
By Jaxie Lewis

Having a best friend is a very crucial part of your middle and high school life. Whether it's sharing clothes or giving each other advice, a best friend is a great thing to have around. For me, I wouldn't be as accomplished as I am today without her. She's helped me in so many ways by pushing me out of my comfort zone to try new things. Personally, she's helped me by encouraging me to play different sports and try new things, even though they may not have worked out, I'm glad I tried them. She always gives me the most reasonable advice about relationships and friendships, even if it's not what I want to hear. A best friend can put a smile on your face no matter how down you feel. She's helped me in ways I don't even know! It's also great to have someone you can talk to about anything, no matter how big or small. A best friend helps your self-confidence while also making sure you're not doing anything too dumb. They help guide you through life while also being your favorite person. The person you go to when you have a problem, whether it's with your outfit or with your family, they'll always be there for you. Having a best friend is so important, and I'm so lucky that I've found mine!

The Love for Fishing

By Arlando Ian Sublet

I love fishing, and I hope others also love fishing. It's a way to relax, be outdoors, and most importantly, have fun. There are many ways to fish, but bass fishing has to be my favorite. Any type of fishing is fun. There are many different types of ways to fish depending on what type of fish you want to catch, because there are 33000 different types of fish. Fishing is just a time to relax and enjoy nature, whether you fish from a pond, river, ocean, lake, or even go ice fishing. You can target different types of fish with different types of lures or baits. Currently, if you want to fish for bass, it is spawning, so the male bass are sitting in a nest while the females are out getting food. So if you wanted to catch bass, you would want to use a jerk bait and not go too fast.



Why Teens Still Love Classic Movies

By Maci Harbour

Movies have always been a big part of people's lives, mostly teens, for entertainment. From new movies to old classics, many teenagers enjoy watching movies with friends and family or by themselves. New movies often attract teens because of exciting special effects, actors, and great excitement. For example, *Scream 7* and *The War Machine* became very popular with young audiences because of their thrilling stories and impressive visuals. However, older movies are still loved by many teens. Classics such as *Napoleon Dynamite* and *Mean Girls* continue to be watched years after they were filmed and first released. Many teens discover these films through social media and streaming platforms, or by watching with friends or family members. I like a mix of old and classic movies because some of the older movies have a better story to them, and some newer ones have better visuals, but they are both good. Some teens prefer older movies, and the other side of teens like newer movies or the new updates of older movies. Experts say movies help teens relax, connect with friends, and explore different ideas and cultures. Whether it's a new release or a classic favorite, movies remain an important part of teen life.



My Love For Writing

By Katherine Woolley

A hobby of mine that I have a deep appreciation for and long-lasting love for is writing. Writing is my way of creative expression, as I am not artistic in the paint, markers, and crayons sense; as I am artistic in the pen on paper, rifling of the page, and erasing and rewriting over and over sense. Unless I am typing, I suppose, because then it would be the clicking of the keyboard or the light popping noise my phone's keyboard makes as a type sense. The whole point is I like to write stories. I like to articulate my feelings through my words or through the way I portray a character. It gives me a feeling of exhilaration after writing a particularly meaningful scene just the way I like it! Talking and communicating aloud has always been a bit of a struggle for me, but whenever I need to show my feelings on a page? It's like my mind becomes a whole different version of itself. Perhaps it is due to my 'filling the paper with the breathings of my heart', which comes from a quote by William Wordsworth. According to Bridget Murray of the American Psychological Association, writing improves physical health as it helps release stress and dopamine, and writing can be used as a therapeutic exercise. I know myself that I have used writing poems as a way to cope with poor and even traumatic experiences, and, for me, it has shown to be an astounding help. So, if you are interested in the arts and creative experience, yet you can't draw, you want to express yourself in more eloquent words, or you just need a way to destress, I would most definitely recommend writing as your vessel to do so.

The Dangers of Social Media

By Airiana Hargis

Most teens use social media; however, it affects them more than you would think. Studies show that up to 95% of teens ages 13-17 use social media, and more than a third use it almost constantly. There are many dangers when it comes to social media, especially for teens, because the frontal lobe of their brain is not developed, so they are more likely to get depression, anxiety, and other mental disorders easily. It's also unhealthy in a way that anyone can talk to them and make a negative impression on them, and also influence them. Roughly half of teens are affected by social media; these effects can be body image issues, disordered eating, cyberbullying, poor sleep quality, loneliness, and exposure to misinformation. It can also lead to severe addiction. They also risk exposure to inappropriate content, worsening their mental health. 43% of teens are bullied online, and 58% have not told their parents. It's not just teens, either; about 40% of kids aged 8 to 12 are using social media. However, many apps, such as Instagram, have made it possible to make teen accounts. To help your child be safe online, parents can help by setting boundaries on a child's first phone, modeling correct behavior online, having conversations with their child on what they shouldn't post online, being aware of cyberbullying and privacy concerns, trying to talk to them, and not lecturing them. Social media can have some pros, but there are a lot of negatives if you're not safe.

Planets and Music

By Jonathan Hanna

I am sure you've heard "Imperial March", or The Force's theme from the Star Wars films. Have you ever wondered what inspired these pieces of music? The inspiration actually comes from a long, long time before Star Wars. Back in 1916, a man named Gustav Holst wrote a suite of music called *The Planets* which is made up of seven songs, all themed after the Roman Gods where the names of the planets in our solar system come from. Specifically the chart "Mars the Bringer of War" was the inspiration for "Imperial March", and "Venus the Bringer of Peace" was the inspiration for The Force's Theme. These two charts, along with "Jupiter the Bringer of Jollity", being the most popular in the suite, and all three are in a condensed form in *Themes From the Planets* which the high school band is playing as a competition piece in Checotah. However, his other pieces are very under appreciated, especially the pieces "Uranus the Magician" and "Neptune the Mystic", which are also the last two charts in the Suite, Uranus is a bouncy and Circus-like song, while Neptune is by far the most soft song in the suite, with it also being the only song to feature a choir in the original composition, making it particularly unique in itself. Overall, the three most popular pieces, Mars, Venus, and Jupiter were the most influential on media and music in movies, but his other works from *The Planets* are also brilliant, and deserve appreciation.