Consider a composite function  $f \circ g$ . Does the independent variable have to be the same in each function? That is f(x) and g(x)?

Answer: you can choose any name for the independent variable. What counts here is that the composition is defined whenever the image of g is contained in the domain of f. For instance imagine that g maps the number of square meters of a flat in Venice into the price of such a flat per month. Then f should act on the prices of flats per month (for instance f may "send" a price of a flat per month into the salary that you are expected to earn.

In your example  $f(x) = x^{(2)} + 4$  and g(t) = 4t - 5 you could have written also  $f(x) = x^{(2)} + 4$  and g(x) = 4x - 5. You may also write (names of the variables are not important!)

$$\forall z \quad f \circ g(z) = f(g(z)) = f(4z - 5) = (4z - 5)^2 + 4.$$