

## Talking Heads

By Jadelan Cartwright



### Affirmations

by Calora Cain

I've got this, and nothing can hold me back!

In my uniqueness, I find strength.

I am enough.

Kindness is my nature

I rise to challenges with grace and courage.

One step at a time. Persistence leads to success.

Helping others brings joy and purpose to my life.

Within me are all the tools I need for a fulfilled life.

Every day, I learn. Every day, I grow.

Gratitude fills my heart.

Today, I am thankful

With love and passion, I pursue what I adore

I see the best in others and myself.

Endless opportunities await me.

This moment is mine, and I am fully present.

### Current Events

By Montana Goad

Jan 24 — Jan 25 All Day

Varnum 7/8 Tournament Jan 24 — Jan 25

Jan 26 6:30 PM — 7:30 PM

HS @ Strother-Jan 26

Jan 29 4:30 PM — 9:00 PM

5th/6th-7th/8th vs Sasakwa-Jan 29

Jan 30 12:30 PM — 1:30 PM

CPR Make-up for Seniors that missed Jan 30

Jan 30 4:30 PM — 9:00 PM

5th/6th-7th/8th @Grove-Jan 30

Jan 31 9:00 AM — 10:00 AM

3rd/4th @ Paden-Jan 31

Jan 31 12:30 PM — 1:30 PM

Navy Presentation for Juniors and Seniors-Jan 31

Feb 1 4:30 PM — 9:00 PM

5th/6th-7th/8th vs Paden

### Fun Facts

By Calora Cain

Mosquitoes prefer children to adults and blondes to brunettes.

Over the first two years of life, children develop a spoken vocabulary of 300 to 1,00 words.

A scientist cracked his knuckles on one hand for over 50 years to prove it did not cause Arthritis.

Newborn dogs are born blind and deaf. Most puppies' sight and hearing become useful after about two weeks.

Owls have long legs.

The driest non-polar spot on Earth is in Chile's Atacama Desert, where rain has never been recorded.

Halley's comet passes the Earth every 76 years (the next time it will return will be 2062)

85% of plant life is found in the ocean.

When lightning strikes, it can reach up to 30,000 degrees Celsius (54,000 degrees Fahrenheit)

## Whippet's Virtual Days



## Basketball

By Myhayv Salceda

Welcome back Whippets! I hope everyone is doing well. The past weeks have been busy for the Whippets. Homecoming was supposed to be January 12th, but the weather got tremendously worse. The game was rescheduled to a later date. On January 16th, the basketball teams traveled to Paden. The girls played very well. Paden tried and tried, but they couldn't beat the ladies. We won 66 to 33. The Whippets also played a very great game. We won every quarter. The final score was 74 to 58. Then we participated in the Cashion Tournament. This tourney was extremely thrilling. Not only was it exciting for the players, but as well as the fans. Onto the games now! First, the Lady Whippets played against Silo. Silo is a really great team. Both teams played extremely well. Unfortunately, we lost 55 to 52. It was a very great game for the Whippets, who played right after. Their opponent was Cashion. They lost, but they fought the whole time until the last quarter. The score was 53 to 45. Their next games, they both played against Clinton. First, the girls played a very great first quarter. Actually, all of the quarters they played were great. The ladies took over every single minute. The final score was 67 to 27. What an awesome game! Now onto the boys. They won by quite a lot. They did a stunning job to keep the score up. They won every single quarter as well. Their final score against Clinton was 74 to 44. The next day, the girls were playing against Fairview. This is a very exciting game, because it's the Consolation Championship. If you don't know what consolation is, it is fighting for fourth place. I know it's not a first place battle, but it's still a very exhilarating game.

The girls game against Fairview was awesome. It was a tough battle, but we still managed to win. The score was 57 to 45. Next, the boys played against Silo. This was a very tough game. Both teams went shot for shot. I can not believe that we lost. I was actually at the game, so it was nice to watch them battle. The Whippets played awesome. Sadly, they lost 80 to 68. These games went really well. Although the boys didn't win the Consolation Championship. It's always nice to watch the players do what they love. Have an amazing weekend!



## Baby Picture Round-Up

by Faith Cornett & Maddyson Marson-Compton

Did you match up these little Whippets with their current teacher selves?



Mr. McCown

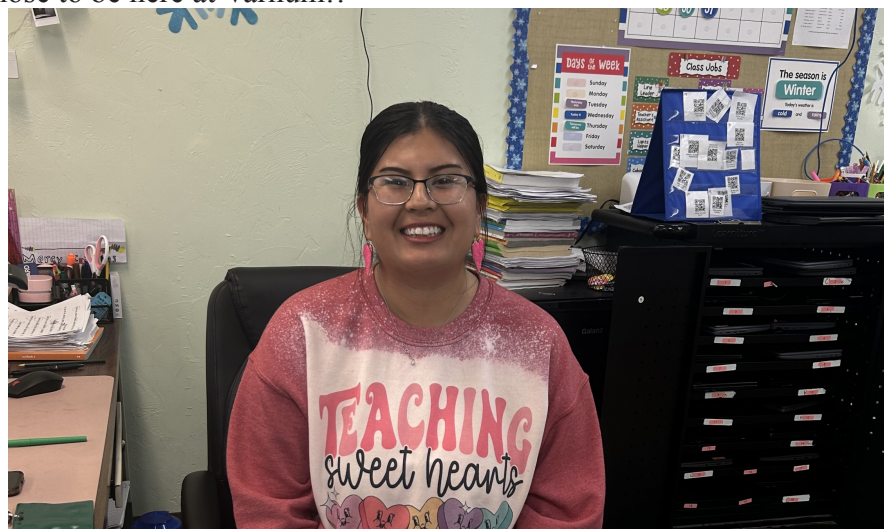


Mrs. Romines

### Staff Bios

by Dazia McCulley

This week for staff bios I interviewed Mrs. Coker. She decided to become a teacher because growing up she only ever had one native teacher and also wanted to be a native teacher at a school with a bunch of native students so they can have an amazing role model. She loves being part of Varnum! Her favorite thing about Varnum is how close everyone is and that it feels like a community. Mrs. Coker also loves all her students! She is our second grade teacher here at Varnum and she teaches all subjects for them. She attended Seminole State for 2 years then switched to OBU and graduated with her bachelor's. She wouldn't really change anything about the school but she would like to make more of an effort and engage with the staff members. She thinks people see her as quiet and reserved. Her discipline style is on the softer side. Her motivational words for her students are "As long as they try hard they can be anything they wanna be". One challenge she faced while being part of Varnum is trying to fit in with everyone because everybody already knows each other. She does not have any kids but, she is not single! This is her first year at Varnum and I would love to say this woman is the sweetest woman I have ever met and we are glad you chose to be here at Varnum!!



### Journalist of The Week

By Julieauna Marson



## Two Truths and a Lie

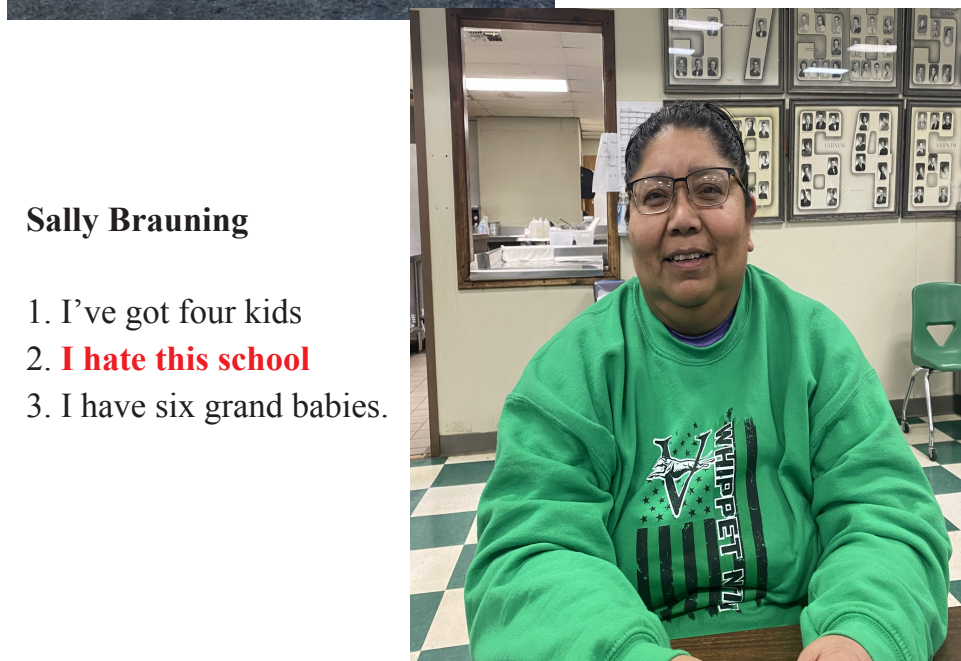
By Faith Cornett & Maddyson Marson-Compton

Did you guess which of these statements about your favorite teachers and staff members are true and which is a lie?



**Coach Lash**

1. I'm from New Jersey.
2. I was bitten by a monkey in the leg.
3. **I rode a bull in a rodeo**



**Sally Brauning**

1. I've got four kids
2. **I hate this school**
3. I have six grand babies.



**Venessa Cervantes**

1. I got two kids
2. **I'm pregnant**
3. I love gossiping

## Celebrity Look Alikes

By Julieauna Marson

A brand new segment celebrating our Whippet's celebrity twins. If you have a celebrity comparison of your own email it in!



## Dear Whippet

*Dear Whippet,*

Your question was how to deal with anxiety. There is about 4% of the world that struggles with anxiety daily. I know this may seem like a small percentage but these are people who face the same struggles as you. Anxiety is really tough and can be challenging to get over. It can come with other disorders such as depression and mania. These can make you feel even more hopeless but do not let this make you believe that this will haunt you forever. One way to help is getting out of your comfort zone. Meaning, speaking when you normally wouldn't or doing something you've never done before. This might seem scary but keep reminding yourself that it's worth it and that you've got this. It's important that you live your life and be yourself. Even in moments when it might feel impossible. Another way is having your friends by your side. Reminding you that this is no big deal and that you can do this. Distractions may come into your life and make you feel even worse. There are those kinds of people who are just mean and bitter but don't let them get in the way of your life. Your happiness and health should always be the first priority. On the other hand there are those that don't speak with such venom and aren't afraid to be who they are. If these kinds of people exist, then you too can very well be the person you want to be.

*Goodbye,  
Dear Whippet.♥*

### Calliope's Corner

#### Heart Garden

If you spend time  
Sowing  
Growing  
Fields of flowers  
In your heart  
You will always  
Have a flower  
To give  
To one in need.

And when you are  
The one in need  
You too can hold  
A flower  
From a garden  
That no one  
Can see  
But grows  
Inside of you.  
-Amy LV

#### Spreading Kindness

It doesn't matter where we go,  
Or who you meet along the way,  
Carry kindness in your heart,  
And practice it each day.  
  
A simple smile can change the course  
Of someone else's week,  
The smallest gesture represents,  
The gift of joy we seek.

A gentle touch reminds us,  
That humanity still reigns.  
To pet a lonely cat or dog  
Shows that love will never wane.  
  
There are a million obstacles  
On any given day,  
But rise above the hate and fear  
And live life the kindness way.  
-Anonymous

#### By Calora Cain Seeds of Kindness

Every seed of kindness  
That you plant today  
Will one day  
Be a bouquet  
That they'll lay  
Upon your grave  
For no one is loved  
No one is remembered

For the people they've betrayed  
It is your thoughtfulness  
And kindness  
That will live  
When you are gone  
-Annabal Cruz

#### Kindness Poem

Kindness breaks down barriers  
With words, a smile, a touch  
It links us all together  
In a way that says so much  
It shows concern for neighbors  
For communities and friends  
To be there for each other  
Is the message kindness sends  
Reaching out in friendship  
Taking time to show you care  
Being the anchor in their stormy lives  
When they're drowning in despair  
Kindness is essential  
It's resilient and tough  
A global glue to bind us all  
With gentleness and love  
-Yvonne Ugarte

**This week's corner is all about kindness!  
"Kindness is doing what you can, where you  
are, with what you have."**

**-RAKTIVIST**

### Nature Photography

By Mvhayv Salceda  
Photos submitted this week by Calora Cain



## Chinese New Year Fashion

# Varnum Vogue



One common practice with regards to clothes that can still be witnessed today to a somewhat large extent is the use of the color red. Anything red is considered very lucky in Chinese culture



One of the oldest traditions in the Chinese Spring Festival celebrations is acquiring new clothes for the new year. This is symbolically in line with many other aspects of the festival, which emphasize the idea of change, new beginnings, and ridding of the old.

2024  
year  
of  
the



article by:  
Jadelan  
Cartwright





