

Talking Heads

By Jadelan Cartwright



Affirmations

by Calora Cain

I am full of energy and optimism.

I am ready to find joy.

Today is the day for change.

I can overcome negative thoughts and situations. I choose positive!

I have been given many talents. Today I will use them.

I possess the qualities I need to be successful.

I am worth it.

I will be present. I will be positive.

I am courageous, and I stand up for myself.

Today I am thankful for new experiences.

Current Events

By Montana Goad

Jan 29 4:30 PM — 9:00 PM
5th/6th-7th/8th vs SasakwaJan 29

Jan 30 12:30 PM — 1:30 PM
CPR Make-up for Seniors that missed
Jan 30 4:30 PM — 9:00 PM
5th/6th-7th/8th @GraoveJan 30

Jan 31 9:00 AM — 10:00 AM
3rd/4th @ Paden
Jan 31 12:30 PM — 1:30 PM
Navy Presentation for Juniors and Seniors

Feb 1 4:30 PM — 9:00 PM
5th/6th-7th/8th vs Paden
Feb 2 All Day

Virtual Day-Feb 2
Feb 2 5:00 PM — 6:00 PM
Senior Night with HS vs Rattan

Fun Facts

By Emma Bruce

The word “chocolate” comes from the Aztec word “xocoatl.” It takes a cocoa tree five years to produce its first cocoa beans (pods).

The average theobroma Cacao tree produces 2500 beans each season.

It takes approximately 400 beans to make 1lb (or 454g) of chocolate!

Over 300 million tons of chocolate are produced worldwide each year.

The cocoa seeds used in chocolate are also considered a fruit.

The monks were in charge of prepping the imported cocoa beans into hot chocolate for the Spanish nobility.

Coenraad Johannes van Houten is the father of chocolate.

Slowpitch Softball

Varnum Lady Whinnets 2024 Slowpitch				
March				
7	Moss/Bowlegs	AWAY	HS	4:00
8	Paden	HOME	JRH/HS	4:30
11	Holdenville	AWAY	JRH/HS	5:00
12	Little Ax	AWAY	JRH/HS	4:30
13	Weleetka JRH Festival		JRH	TBA
14	McLoud	HOME	JRH/HS	5:00
26	Strother	HOME	JRH/HS	4:30
28-30	Weleetka HS Tournament		HS	TBA
April				
1-2	LRC SP Tournament		HS	TBA
4-6	Varnum HS SP Invitational		HS	TBA
8	New Lima	AWAY	JRH/HS	4:30
9	Stonewall	HOME	JRH/HS	4:30
11	Weleetka	AWAY	JRH/HS	4:30
12-13	Varnum JRH SP Tournament		JRH	TBA
15	Sasakwa	AWAY	JRH/HS	4:30
16	Asher/Stratford	AWAY	HS	4:00
OSSAA DISTRICTS				
OSSAA REGIONALS				
OSSAA STATE				
Jan 18/24				

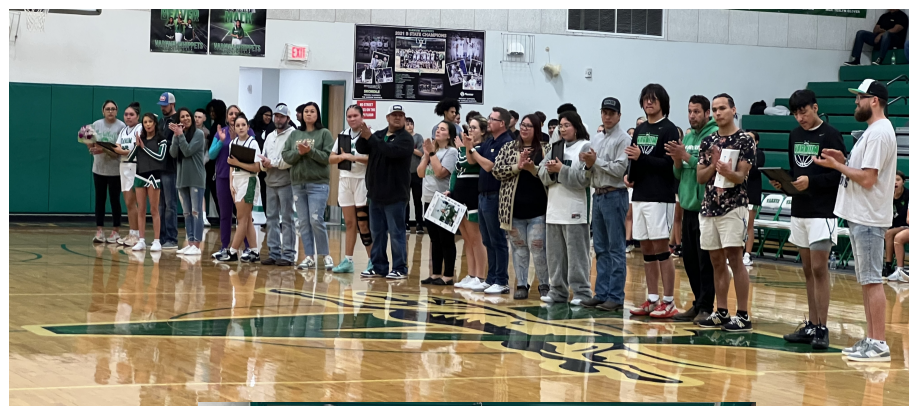
Slowpitch softball season is rapidly approaching. Here's our Lady Whippets Spring schedule. We at the Whippet Weekly are particularly excited to see our former "Dear Whippet" journalist Freshman, Maddie Schatz suit up and wow in her first high school season. Go Lady Whippets!

Basketball

By Myhayv Salceda

Welcome Back Whippets. This was a very hectic week. Here's what happened. On Monday January 22nd, it was the start of the junior high tournament. This tournament is called the "Varnum Invitational Tournament." These games are held in the Varnum new gym. The invited teams include Grove, Okmulgee, Earlsboro, Vanoss, Macomb, Pleasant Grove, Justice, and of course Varnum. These games can get very competitive. The skill level of some of these kids is impeccable. There are so many talented players, especially on the Varnum teams. I'm not going to go over every single team, but I will be going over Varnum's scores next week. That's to make my article next week a little exciting. On January 26th, the high school traveled to Strother. The girls played first, and got a great "W." They played excellently. For the boys, they completely destroyed the Yellowjacket boys team. Both games went greatly. The girls score was 57 to 23! The boys score was a whopping 72 to 42. They won by a whole 30 points. How embarrassing! On the night of January 29th, Sasakwa pulled up to Varnum. When they pulled up, they most likely didn't expect the whooping they got! The high school girls game was very fun to watch! The score was 65 to 36. The high school boys game was very embarrassing. The Whippets won 81 to 22. This was the second worst game I have ever watched. I was so excited the whole game. The only way to describe it is by calling it impressive. The whole game was played awesomely. I barely saw Sasakwa boys have the ball. Everytime they brought the ball down, I would blink my eyes, and Varnum would be scoring. Even the warmers of the bench got to play.

They played better than they have ever. The whole game was awesome. I'm still kind of shocked. During the halftime of the girls game, there was recognition for every senior that plays basketball or does cheer. The class of '24 is a great group. I will be sad to see them go and not be a part of the basketball or cheer teams. During the halftime of the boys game, there was a Dawgpound Shootout. Lakota Tilley's ticket was drawn. She shot amazingly for the minute she got. Unfortunately she only scored two buckets, which were the layup and free throw, and won \$40.00. She was stuck on the 3-pointer, which I can't blame her. I would be too! I'm so grateful to be a basketball journalist. Writing about the games is my favorite part of my week. Thank you for reading my article for this week. Have an amazing weekend!



Baby Picture Round-Up

by Faith Cornett

Can you match up these Whippets students and staff with their current selves?



Staff Bios

by Dazia McCulley

For this week's staff bios I interviewed Ms. Tia Rawls. She decided to become a staff member because she really loves kids. Tia absolutely loves being a Varnum whippet! *Toe touch*. Her favorite thing about Varnum is how amazing the staff is. She is the encumbrance clerk and activity fund clerk for our school! She majored in exercise science and attended East Central. When asked if she would do anything differently for the school she replied with "I would get a taco truck here everyday". *Toe touch*. She thinks people see her as hateful and enthusiastic. She describes her discipline style as a little more on the mean side. She said that because she probably got onto the kid 12 times to not do that. Her motivational words for her students are "Keep moving forward and never look back, the past doesn't define who you are today". One challenge she had to overcome is her diet, she was restricted from a lot of her favorite things. She does not have any kids. She has a significant other. She has been part of Varnum for 10 years. Also if none of you knew Ms.Tia's favorite hobby in the world is skiing.



Journalist of The Week

By Julieauna Marson



Graduation Honors

Last week Valedictorians and Salutatorians for the Middle School and High School graduating classes of 2024 were announced

Varnum Middle School
CONGRADULATIONS

Karsyn Lowry
2024
Valedictorian

Abigale Jones
2024
Salutatorian

CONGRATULATIONS

CLASS OF 2024 SALUTATORIAN

ZOE COPELAND

CONGRATULATIONS

CLASS OF 2024 CO-VALEDICTORIAN

HAILEY MACK

CONGRATULATIONS

CLASS OF 2024 CO-VALEDICTORIAN

MADISON HINKLE

VARNUM HIGH SCHOOL

Celebrity Look Alikes

By Julieauna Marson

CELEBRITY LOOK-A-LIKES

Ms. White Margo Robbie

Coach Guntur Kevin James

Dear Whippet

Dear Whippet,

Your question was how to manage a busy schedule. Something you can start off with is using a planner. Planners are super useful when it comes to managing busy schedules. They help you by reminding you of task you have done and ones you need to complete. They also can be used for school, work, and many things such as medication and exercise. When you are struggling to maintain using the planner then another option is that you can keep a written log or a simple time tracker. To help monitor how much time you spend doing different chores and once you know where you spend your time daily, you can think whether you need to change parts of your routine. Setting deadlines can help you more strictly control your time. Sometimes, having a deadline can encourage you to complete your tasks more quickly. You can set a timer to remind yourself to switch to the next task. If you noticed that you procrastinate at certain times, consider setting your schedule to overlap with the time you typically are less productive in order to improve that time.

*Goodbye,
Dear Whippet.♥*

Friendship

Standing by,
All the way.

Here to help you through your day.

Holding you up,
When you are weak,

Helping you find what it is you seek.

Catching your tears,
When you cry.

Pulling you through when the tide is high.

Just being there,

Through thick and thin,

All just to say, you are my friend.

-Lisa Engleman

Calliope's Corner

By Calora Cain **A Peculiar Bond**

It isn't the red ribbon that binds us together.

The root that unifies us, does not derive
From the tree on the wall

This bond knows no genetics.

Friendship is a peculiar seed.
No matter the season, the weather,
nor the time of the day.

When planted on a nourishing soul,
It will always bear fruit.

-Clairel Estevez

My Treasured Friend

Treasured friend, I'm glad I found you

Our friendship is a gift we share

I can be myself around you

Safe in your love and care

I miss you when you're out of sight

Our friendship bond was meant to be

I think of you with great delight

You're almost part of me

Through fun and fears, play and tears

We help each other heal and grow

I prize our time, the days, the years

More than you can know

Just harmony for me and you

The two of us

A perfect blend

I'll cherish you my whole life through

My dearest treasured friend

-Unknown

Friendship Poem

Oh what joy it is
To have a friend like you
For giving me strength
The way you do

For lifting me up
When I'm feeling down
And putting a smile on my face
When I'm wearing a frown

Thanks for being there
And helping me grow
Your friendship means a lot
This I'd like you to know.

-Mary E. Carpio

This week's corner is all about friendship! :)

"A real friend is one who walks in when the rest of the world walks out."

-Walter Winchell

Or

"True friends are like diamonds-bright, beautiful, valuable, and always in style."

-Nicole Richie

Varnum Vogue goes Vintage \$50

'70s Edition Article by Jadelan Coatsworth

The '70s differentiates itself as a decade in style due to its emphasis on tailored silhouettes, ease in style, and the Halston effect. Dresses made by the legendary designer are set apart due to his keen eye for simplicity and languid fabrications including cashmere and lots of suede, flares and bell sleeves to big fur coats and miniskirts, this era birthed a bright mix of style influences that evolved over a ten year span.

The 1970's began with the continuation of the hippie look from the 1960s, while changing things up and giving a distinct flavor. Although hippie fashion was widespread, it wasn't everyone's thing. Many women still continued to dress more glamorously in designer pieces and accessories. Other women just adopted simple casual fashions, combining new garments with carefully chosen vintage pieces from the 1930s, 1950s, and 1960s.

Nature Photography

By Mvhayv Salceda

Photos submitted this week by Mvhayv Salceda

