

Talking Heads

By Jadelan Cartwright & Montana Goad



Affirmations

by Calora Cain

- I am doing the best I can and that is enough for today.
- I can observe without absorbing other people's emotions.
- I do not have to be sucked into the dysfunction of others.
- I welcome peace, love, joy and abundance today.
- I can be a good steward of my resources.
- Their rejection or lack of kindness has nothing to do with my worth.
- I forgive myself for the past and embrace the present with compassion.
- I am worthy of self-care.
- I honor my body and my mind.
- I am deserving of rest and relaxation.
- I release any negative self-talk and replace it with what is true, right and good.
- I am grateful for my body and all that it does for me.
- I am strong and resilient.

Current Events

By Montana Goad

- Feb 22 — Feb 24 All Day
Basketball Area Tournament Feb 22 — Feb 24
- Feb 23 All Day
No School Feb 23
- Feb 28 — Mar 2 All Day
Basketball State Tournament Feb 28 — Mar 2
- Feb 28 All Day
P4-1st Blue Thunder Game OKC Feb 28
- Mar 1 All Day
No School Mar 1
- Mar 8 All Day
End of 3rd 9 weeks



Photo by Mark Williams

Fun Facts

By Emma Bruce

Facts about *Friends*

- Joey was originally written as a jerk.
- Courteney Cox was originally supposed to play Rachel Green. When Courteney Cox dressed as fat Monica for the first time, Matthew Perry walked right past her without recognizing her.
- Friends* was originally called *Insomnia Café*.
- The role of Ross Geller was written for David Schwimmer. The cast took a trip to Las Vegas together before the show aired.
- Lisa Kudrow didn't know how to play guitar.
- Phoebe Buffay's twin sister, Ursula, was also a character on *Mad About You*.
- The apartment numbers switched during the series.

Elementary Teacher Spotlight: Hannah Johnson-4th, 5th, & 6th

Elementary

By Emma Bruce



Freshman Emma Bruce interviewed Hannah Johnson. Johnson said “” Working as an elementary teacher is the best job she has ever had, she wouldn’t want any other job.” Her favorite color is pink and blue. Johnson was ecstatic when asked about her job as an elementary teacher. Ms. Johnson said that she does not have a favorite student and that she loves them all equally. In her heart, they all matter to her just as much as one another. She simply cannot get enough of them. She teaches 4th, 5th, and 6th reading. She is a very bright and cheerful individual. While answering these questions she greeted each one with a welcoming smile.



All the stunning scholars who helped bring home first place at the Justice Scholastic Meet.

Basketball

By Myhayv Salceda

Welcome back Whippets! I hope everyone had an amazing week and past weekend. I did because I got to watch some basketball games. These games were an emotional rollercoaster to say the least. I was going through so many feelings during each game I watched. These last games we play are so important. They predict when our basketball season will end. Everyone is so proud of each and every basketball player whether they play a lot or not. Everyone has their own particular job they do to make the team better as a whole. Okay, enough chit chat, let’s get into the actual games. The games being discussed were the regional championship games. These games are double elimination, so if you lose you still go to Area but in the losers bracket. It’s not good or bad to lose, but most players want to win for the “Regional Champions” plaque. That’s understandable though. For the girls game, we play Lookeba-Sickles. This team was rough. Whilst watching the first quarter, I didn’t think our opponents would be good. I was wrong. The Lady Whippets had trouble keeping up with them. For a little while we went shot for shot, and Nataleigh Beaver had an amazing buzzer beater three. The ladies played really impressively. Although we lost, everyone couldn’t be more proud of their loss. The Lady Whippets played well. The final score was 41 to 32. It was a tough loss. Now for something to make the mood a little better. As you know from the past, the boys haven’t been able to win against Earlsboro. Well, this time we did! This game was well played by both teams. We were just the better team this time. The boys played so well. It was also a tough game for them. The final score was 78 to 65.

The Whippets are the Regional Champions. Come back to read next week's paper for information on the upcoming games. I hope you enjoyed it! Have a fantastic weekend.

Photos by Mark Williams



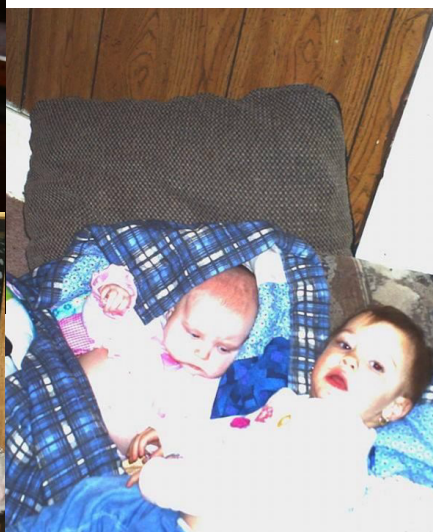
Baby Picture Round-Up

by Faith Cornett

Can you correctly match these Whippet sibling pairs with their current selves?



Sibling Pair 1



Sibling Pair 2



Sibling Pair 3



Staff Bios

by Dazia McCulley

For staff bios I interviewed Angela Yott. I had asked her why she decided to become part of staff and she replied with “ I was actually approached by another Varnum staff member to take her place”. She actually does like Varnum and was surprised at first because she was a Seminole Chieftain her whole life. Her favorite thing about Varnum is that it's a close family. Angela takes care of all the financial parts, she pays the employees and keeps track of all the spending in the school. In her academic background she has an associates degree and is also working on her bachelors degree. There isn't anything she would really do differently for the school besides building another facility. When Angela was asked how other people view her in the school she said “ depends on who you ask and sometimes people think she's scary, others see her as funny”. Her discipline style depends on the situation which she doesn't put up with crap and if she means business do NOT push it because she aint the one! Her motivational words for the students of Varnum are “ Just keep trying hard and school goes by so fast, enjoy being a kid and don't worry about being an adult, worry about those things later”. A challenge Yott had to overcome in her life was being a yes man, she was submissive and passive, now she is assertive and will no longer allow people to run her over. She has five beautiful children and a husband who she's been with for ten years. She has been part of Varnum schools for three years now. She would also like everyone to know dont be scared of her because she doesn't bite! We love you Angela and thank you for letting us interview you!

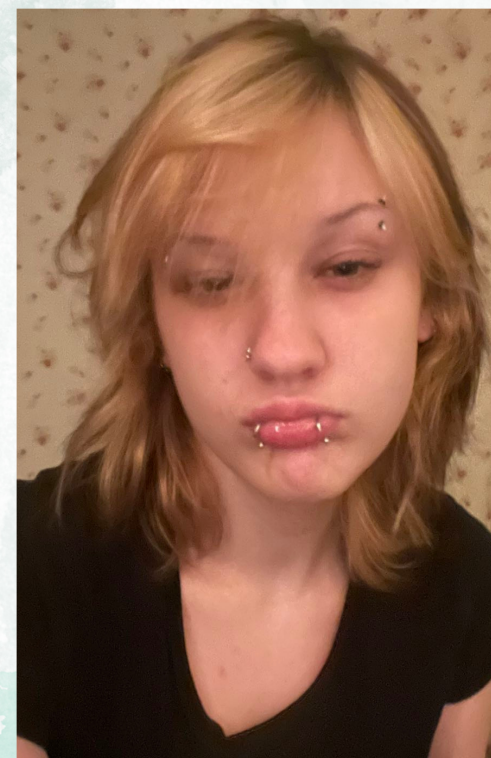
Journalist of The Week

By Mvhayv Salceda



*Journalist of
the Week!*

Our journalism staff would love to introduce our fourth journalist of the week, senior Julieauna Marson! Marson is the senior editor for the newspaper. Marsons jobs are journalist of the week, celebrity look-alikes, and senior spotlight. She is very creative and the most kind hearted person you will ever meet. She states she loves the perks of being senior editor, like having no bellwork. Marson joined journalism her freshman year, and loved it so much she decided to choose the elective every year after. Her favorite thing about journalism is the amazing people, the helpful environment and of course, Ms. Smith! She has a couple of favorite hobbies like arts and crafts, knitting, reading books, and cooking delicious food which fit with her creativity. Marson is super enthusiastic about winning the title and is super grateful to be selected. We are all proud of our senior editor!



Two Truths & A Lie

By Faith Cornett



Zoe:

1. I like drawing.
2. I like cats.
- 3. I broke my finger.**



Kynzle:

1. I'm Choctaw.
2. My Dad used to be in the military.
- 3. I like OSU better than OU.**



Hezekiah:

- 1. I love cats.**
2. I play basketball.
3. I'm Chickasaw.

Celebrity Look Alikes

By Julieauna Marson

Cartoon look-a-likes



Calora Cain



Vanellope von Schweetz



Faith Cornett



Kim Possible

Dear Whippet

Dear Whippet,

Your question was "What do I do if there is conflict between two of my friends?" Seeing two people not getting along can be hard to watch especially if both people are important to you. Not knowing necessarily what you should do is completely understandable. However it's not something you should let worry you. There are a few ways to handle this kind of situation. These different solutions truly rely on the type of situation you are in so seriously think about it before taking action. One way is having them come together and discuss one another's opinions and why they feel the way they do. Have them come to an understanding or middle ground. Talking it out is usually the best way to overcome a dispute but it is not the only way to handle it. Nor is it always the way things work out. Another way is taking a side and letting the other person know that you both feel the same way about this situation. There are times when it takes more than one person telling someone that they are in the wrong or that they should rethink this or that for the realization to finally hit. The last way is to simply stay out of it. Sometimes there is nothing you can do when there is conflict between two people. Give it time and let them work it out themselves. You getting involved may only make things worse. Don't give up and stay strong. This may seem difficult but remember to use your head and trust your gut. You got this!

Goodbye,

Dear Whippet.♥

This week's corner is all about self-love. <3

"You were born to be real, not to be perfect." - Unknown

My Darling by Nikita Gill

You are not small.
You are not unworthy.
You are not insignificant.
The universe wove you from a constellation,
just so atom, every fiber in you comes from
a different star.
Together, you are bound by stardust ,
altogether
spectacularly created by the energy of the
universe itself.
And that, my darling,
is the poetry of physics,
the poetry of you.

I Own by Melody Godfred

Of all the
things I own,
my worth is my
favorite possession.

Calliope's Corner

By Calora Cain

I Forget by Becca Lee

And some days I forget
What it is to be gentle with myself-
How to look at myself with kind eyes
And speak to myself with soft words.
Forget that I am my home
And a temple worthy of worship.

Softer by Nayyirah Waheed

Be softer with you.
you are a breathing thing.
a memory to someone.
a home to a life.

Relationship by Rupi Kaur

If I am the longest relationship
of my life
isn't it time to
nurture intimacy
and love
with the person
I lie in bed with each night.

Myself by Edgar Albert Guest

I have to live with myself and so
I want to be fit for myself to know.
I want to be able as days go by,
always to look myself straight in the eye;
I don't want to stand with the setting sun
and hate myself for the things I have done.
I don't want to keep on a closet shelf
a lot of secrets about myself
and fool myself as I come and go
into thinking no one else will ever know
the kind of person I really am,
I don't want to dress up myself in shams.
I want to go out with my head erect
I want to deserve all men's respect;
but here in the struggle for fame and wealth
I want to be able to like myself.
I don't want to look at myself and know that
I am bluster and bluff and empty show.
I never can hide myself from me;
I see what others may never see;
I know what others may never know,
I never can fool myself and so,
whatever happens I want to be
self respecting and conscience free.

Varnum Vogue Fashion Icons:

Johnny Depp

Ever since his big-screen debut, which took place almost as a joke and to support himself in his career as a musician, in the first episode of the cult horror saga dedicated to Freddy Krueger and created by Wes Craven, Nightmare on Elm Street, Johnny established himself to the general public as a handsome, charismatic actor and potential teen idol. From this point on, he flourished. With all his qualities, his suave style and fashion sense is one that's very hard to miss.

Charismatic, eccentric, eclectic, versatile, over the years Johnny Depp has set a standard of style that is inimitable.

He started out as a musician and continues to play guitar in the Hollywood Vampires - building a style that fully reflected that mood: long, shaggy hair, tattoos, leather jackets, ripped jeans, boots, vintage items, worn-out T-shirts etc. He's a style icon.



article by Tadelan Cartwright

Nature Photography

By Mvhayv Salceda

Photos submitted this week by Mvhayv Salceda

