

Talking Heads

By Jadelan Cartwright & Montana Goad



Affirmations

by Calora Cain

- I am achieving my dreams.
- I am magnificent and capable.
- I am powerful.
- I am successful.
- I am attracting my perfect home.
- I am enough.
- I decide my own destiny.
- I honor my life.
- I support myself.
- Abundance is my birthright.
- I am a magnet to prosperity.
- I am attracting great opportunities.
- I am confident and fearless.
- I am full of great ideas.
- I am resilient.
- I am worthy of success.
- I love myself.
- My inspired actions create prosperity.

Current Events

By Emma Bruce

Apr 8 7:00 PM — 8:00 PM
SCHOOL BOARD MEETING

Apr 9 — Apr 11 All Day
ACT in the HS

Apr 12 All Day
No School

Fun Facts

By Faith Cornett

- Not all dreams are in color. 12% of people claim to dream only in black and white.
- Men and women dream differently. Women tend to have slightly longer dreams with more characters.
- Blind people may dream visually. 30% of the UK population have experienced sleep paralysis at least once.
- Everyone dreams even if you don't remember them.
- You can have multiple dreams per night.
- Lucid dreaming is a learnable skill. Dreams can inspire creativity.
- You forget most of your dreams. Studies have shown that 5 minutes after the end of a dream, we have forgotten about 50% of its content and 10 minutes later we've forgotten 90% of it.
- You are paralyzed while you are dreaming.
- You spend about 6 years of your life dreaming.



2024
Charles K. Heatly
Award Winner

JON M.
HADLEY
&
NICHOLE
COPELAND

Our beloved Coach Hadley was voted to receive the prestigious Charles K. Heatly Award by his coaching peers. This is a once-in-a-career award given for long term success and years of service in girls basketball. We love you coach Hadley!

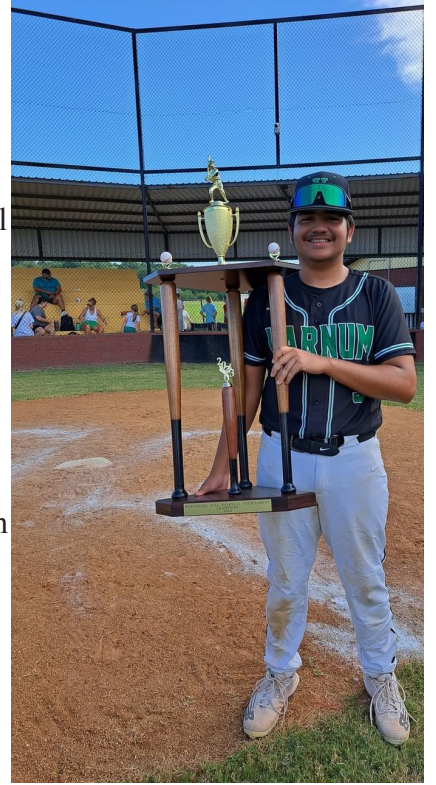
Baseball



E-Sports

By Emma Bruce

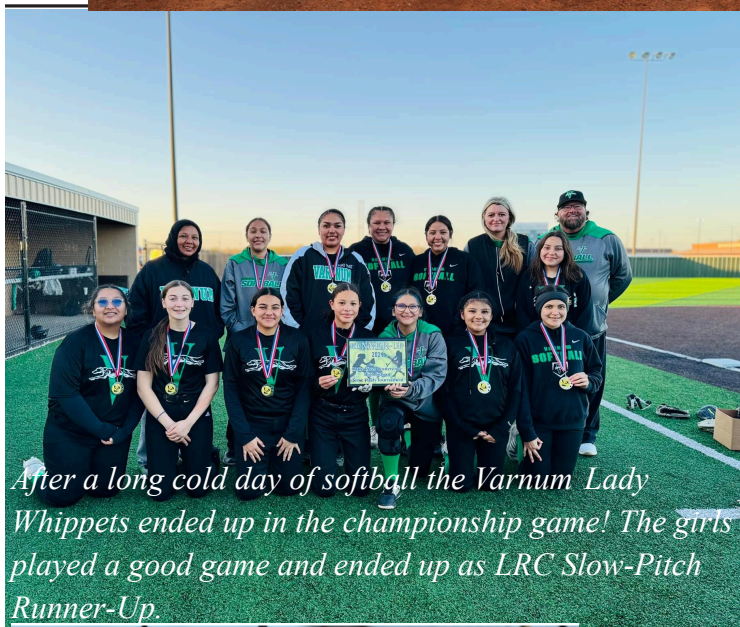
Freshman Emma Bruce interviewed Sophomore Benjamin Suarez for the E-Sports column this week. Benjamin expressed that winning against Zachery Self, the E-Sports coach, as his favorite thing to do in the E-Sports club. Ark Survival Evolved is his favorite game of all time to play. Benjamin's expectations for this season are to win all of their games and get better at playing Super Smash Bros. He prefers to game on a Playstation, he doesn't care what model, any of them will do. Suarez started to pick up on gaming when he was 5 years old. Benjamin has always been interested in E-Sports since it first came to Varnum. Suarez likes Zachery Self as a coach because Coach Self helps him not just evolve into better player, but to also become a better person. Benjamin says the teammate he loves to play against the most is freshman Evans Wise.



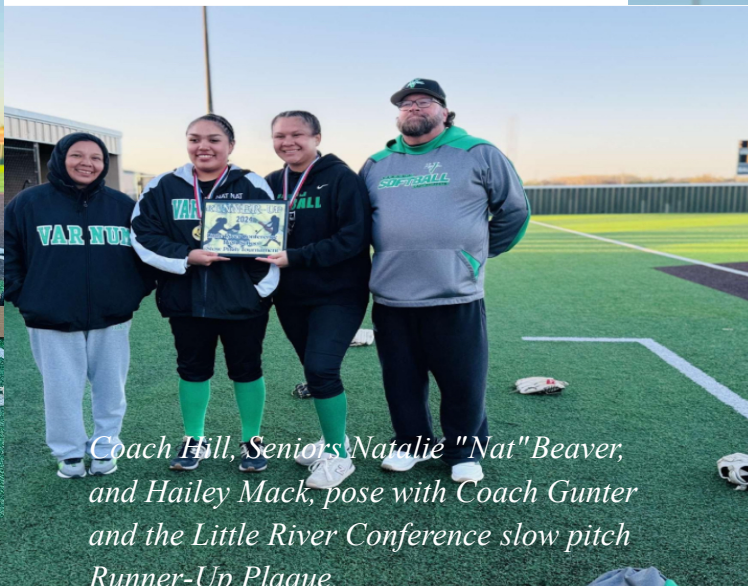
Softball

By Montana Goad

Coach Hadley presenting Hailey Mack the LRC Runner-Up Plaque.



After a long cold day of softball the Varnum Lady Whippets ended up in the championship game! The girls played a good game and ended up as LRC Slow-Pitch Runner-Up.



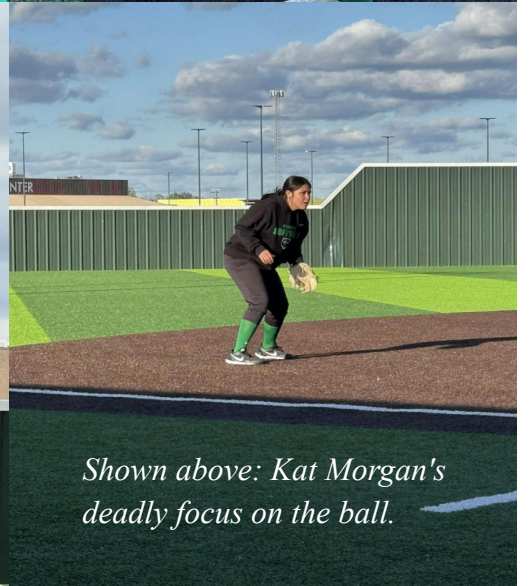
Coach Hill, Seniors Natalie "Nat" Beaver, and Hailey Mack, pose with Coach Gunter and the Little River Conference slow pitch Runner-Up Plaque.



Freshman Jazmyn Williams playing catcher.



Senior Hailey Mack and her intense game face.



Shown above: Kat Morgan's deadly focus on the ball.

Baby Picture Round-Up

by Maddyson Marson-Compton
 Can you correctly match these Whippet siblings with their current selves?



Mvhayv & Jael Salceda



Jenna & Roxy Lofton

Staff Bios

by Dazia McCulley

For this week's staff bios I interviewed Mrs. Macsas. She decided to become a teacher because when she was a teacher's aide she saw the students learning and decided to go back to school and get her teaching degree to become a full time teacher. She absolutely loves being part of Varnum. Her son had started pre-k here and after a year she started as well, now they are ride or die Whippets. Her favorite thing about Varnum is the sense of community the school has. Mrs. Macsas is our third grade elementary teacher. She graduated with a bachelor degree in science education and this is her fifth year here at Varnum and her second year as a teacher. If she could do anything differently she would certainly expand the number of classrooms in the elementary building. She hopes people view her as a positive influence whether that's in class or with her colleagues. She views her discipline style as having very high standards for her students. Her motivational words for the students here at Varnum are "Everything they do is worth something and we celebrate everything done well whether it's a worksheet sheet they've done or a really hard test. We are always celebrating each other's victories". One challenge she had to overcome was learning how to teach multiple kids with different learning styles. Mrs. Macsas has one kid and she has been married to her husband William for 19 years. She has been part of Varnum for five years. She wanted everyone to know she really appreciates the positive changes that we are making as a team here at Varnum. She loves all the people she works with and has a great team. We thank Mrs. Macsas for letting us interview you and we love having you at this school!

Journalist of The Week

By Julieauna Marson

Hello, my name is
EMMA BRUCE

Zodiac Sign:
 Leo

FAV ANIMAL
 SWIGI

ABOUT ME
 Emma Bruce is a first year journalist, she does our E-sports and current evened articles. Emma enjoys baking and cooking in her free time. Bruce loves hanging out with all her classmates.

MY MOTO
 Live life to the fullest

FAVOURITE COLORS

Her favorite flower are pink peonies and she's a gryffindor. Bruce's favorite song is loser baby, her pump up song is party in the USA. Her favorite teacher is Mr. C. She has learned that if you fail try again and she will be doing journalism next year

Two Truths & A Lie

By Faith Cornett



Riley

1. I'm 5'3
2. My favorite sport is softball
3. I play soccer

Raylin

1. I run track.
2. I play basketball.
- I play softball.

Can you guess the lie correctly?



Ashlyn

1. I play basketball.
2. I run distance in track.
3. I have blond hair.



Look-Alikes

By Julieauna Marson

CARTOON LOOK-A-LIKES



Elementary Section

By Mvhayv Salceda

Last week the elementary kids had their Easter egg hunts. All of them did so good and had great hustle when told it was time to hunt.



Dear Whippet

Dear Whippet,

Your question was, "What do I do if I struggle with falling asleep at night?" One thing you can try is taking melatonin to help you. Melatonin is used to help people who often struggle with feeling drowsy and falling asleep. However, it doesn't always work on everyone. Having said that, another thing you can try is reading. Reading a book or an article, something that is distracting. A book can tire you fairly quickly. It is understandable that reading is not for everyone but it may be something worth trying out. If neither of these work for you then I would suggest having a light snack and a warm glass of milk. Warm milk is an amino acid that helps to promote sleep which is called Tryptophan. It may also help with moods and calming you down. I do hope that one of these options helps you get to sleep. If any of these don't work for you then I would recommend trying to find something that wears you out and makes you tired. Sometimes you struggle to fall asleep due to stress or anxiousness. Finding something to do that doesn't make you uptight and instead relaxed can be hard to figure out but is worth the work. I hope that you can figure out something that works for you.

*Goodbye,
Dear Whippet.♥*

Calliope's Corner

By Calora Cain

Hold Fast Your Dreams

Hold fast your dreams!
 Within your heart
 Keep one still, secret spot
 Where dreams may go,
 And, sheltered so,
 May thrive and grow
 Where doubt and fear are
 not.
 O keep a place apart,
 Within your heart,
 For little dreams to go!

-Louise Driscoll

A Thousand Dreams

And now I see it all so clear
 This is real and we are here
 Touched by fortune, kissed by
 grace,
 Now as one in love's sweet space.
 And as I look upon your face,
 A thousand dreams are now in
 view.
 Kiss me now and hold me near
 All my dreams have now come
 true.

-Daniel Mark Extrom

This week's corner is all about dreams.

"The future belongs to those who believe in the beauty of their dreams." -Eleanor Roosevelt

"All our dreams can come true, if we have the courage to pursue them." -Walt Disney

Let the Dream Continue

Let's soar above the mountains
 And dance beneath the stars
 Live the life we're made for
 Not just hanging out in cars

Dreams
 Hold onto dreams
 For if dreams die
 Life is like a
 Broken-winged bird
 That cannot fly
 Hold fast to dreams
 For when dreams go
 Life is a barren field
 Frozen with snow

-Langston Hughes

We are made for greater things
 Not all will understand
 The chance to touch the future
 And to hold her in your hand

Some things are left to dreams
 And wishes in your heart
 Yet knowing there's something bigger
 That we are all apart

So let the dream continue
 And kindle well the fire
 To push us on towards greatness
 That we all should aspire

-Sacred Poems

Varnum Vogue

Fashion Icons:

Marilyn Monroe

Both on screen and in public, Marilyn Monroe was as glamorous as could be, always swathed in luxury. She often wore elegant looks on the red carpet from designers like William Travilla. From her silk gowns and gorgeous glimmering jewelry, there's no doubt that she goes down in fashion history.



Even after her death, the world will always know Marilyn's look. Out of all her looks, there's one dress in particular that stands out to most. Monroe's nearly-nude skin-tight dress that she wore when she sang 'happy birthday' to president John F. Kennedy is one that will never be forgotten.

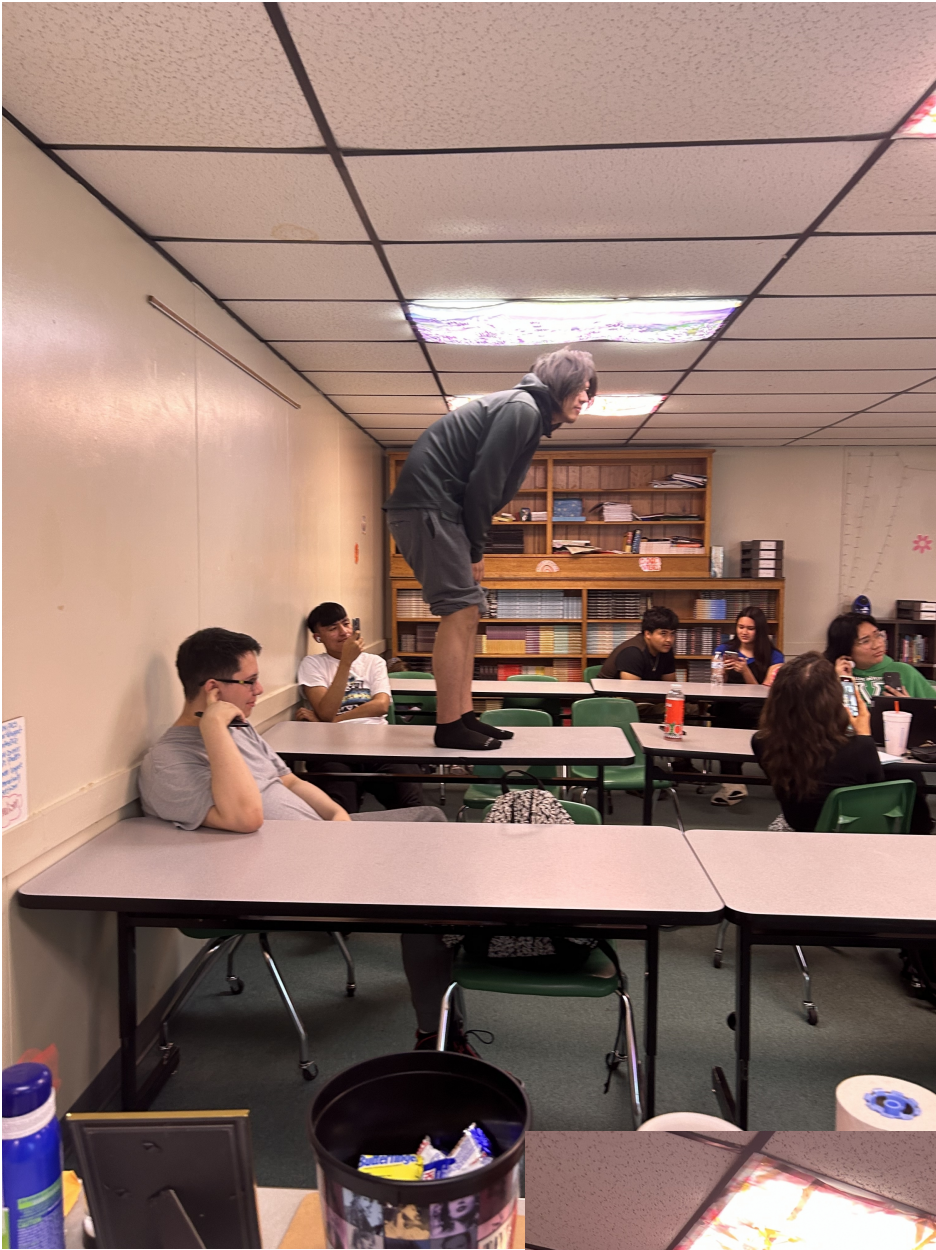


Nature Photography-Animal Edition

By Mvhayv Salceda

Photos submitted this week by Mvhayv Salceda & Raylin Gee





Some of the seniors laughing their way through Principal Votaw's "FloodDrill" April Fools Day Joke

