

## Talking Heads

By Jadelan Cartwright & Montana Goad



### Affirmations

by Calora Cain

I accept the changes that are happening to my body. I am open to this change.

I focus on being the healthiest version of myself at this moment.

I am beautiful on the inside and out.

I am investing in my health because I know I am worth it.

I will take steps to get stronger and healthier every day.

My body is my temple.

I listen to my body. My body knows what it needs.

I deserve to feel vibrant.

Taking care of myself feels great. I let go of stress and tension.



### Current Events

By Maddyson Marson-Compton

#### HIGHSCHOOL EXTRAS

- 16th Chad Cargill Workshop 9th-12th grade @ 8:30am
- 17th Pre ACT 10th grade @ 8am
- 17th ASVAB 11-12th grade
- 17th HS Boys Skrimmage @ 4:30pm
- 17th Fall Literacy Night @ 5:30-8:00pm
- 19-23rd FALL BREAK
- 20th HS Boys & Girls Skrimmage

#### ELEMENTARY EXTRAS

- 16th 5-6th Away @ Macomb
- 18th AR Incentive
- 19-23rd FALL BREAK

### Fun Facts

By Montana Goad

Three presidents, all Founding Fathers—John Adams, Thomas Jefferson, and James Monroe—died on July 4.

The Barbie doll's full name is Barbara Millicent Roberts, from Willows, Wisconsin.

The tallest man ever recorded was American giant Robert Wadlow (1918–1940), who stood 8 feet 11 inches.

The Four Corners is the only spot in the US where you can stand in four states at once: Utah, Colorado, Arizona and New Mexico.

Bats are the only mammal that can actually fly.

The heart of the blue whale, the largest animal on earth, is five feet long and weighs 400 pounds.

Octopuses have three hearts.

A shrimp's heart is in its head.

Australia is wider than the moon.

Meet Ms. Smith's New Class Pet:

## GERALD

Last week during Senior English Gerald was found just sitting on Ms. Smith's rug. We have no idea how he got in the building and all the way to the far corner of her room with no one noticing. He is a little stinky but we love him.

# World Wide Whippets

By Emma Bruce

Freshman Emma Bruce went with her sister Raven Bruce and her sister’s partner Reagan Yeager to Fort Smith Arkansas on Sunday October 8th, 2023. She went to pick up her brother Hunter Bruce’s deer heads from a very nice citizen. Fort Smith is mostly known for judge Isaac Parker’s court house. He sentenced 160 people to death in the 14 years he was the judge at Fort Smith from 1875 to 1896. You can tour the grounds including gallows. The sight is reportedly haunted. They are about to open the new U.S Marshall’s museum in Fort Smith. Our very own Ms. Smith graduated University of Arkansas Fort Smith Arkansas, and is from the area. Arkansas is also known as the natural state for it’s natural beauty like the beautiful rock formations pictured below.



# 988 Hotline

By Maddie Schatz

The 988 Suicide Hotline is a very well known, recommended, and safe way to receive help whenever you are in the need to talk to someone. Any Oklahoman of any age, can call or text 988 if experiencing a mental health emergency, seeking guidance for a mental health situation, needing substance use resources or looking to gain insight on navigating concerns for a friend or loved one. The 988 Mental Health Lifeline, a three-digit number offering mental health support and immediate response during mental health crises, reached their first anniversary in July, receiving 39,831 calls since launching in 2022. “988 is for all Oklahomans who need mental health support, 24/7. An operator will listen to what’s going on, talk through next steps and connect the caller with the specific type of help they need. Depending on the situation, that could be a therapist recommendation, self-care resources or a connection with an Urgent Care and Crisis

Center.” claims Slatton-hodges, former Commissioner for the Oklahoma Department of Mental Health and Substance Abuse Services. The 988 Lifeline was established to improve access to immediate support to meet the nations growing mental health, suicide, and substance use distress needs.

# Basketball

By Myhayv Salceda

On October 10th, 2023 I interviewed Montana Goad. This is her first year ever being a Varnum Whippet. She began playing basketball around her 6th grade year. Since this year is her first year at Varnum, she is very ecstatic to start the season. When I asked who her favorite basketball player in the school was, she said “Hailey Mack, because she’s really sweet and a very great player!” This season Montana is looking forward to becoming a better basketball player. She says that “working on her 3’s” is the most important for her because she has never shot 3’s, but she wants to become better at them. Her best advantage while playing basketball is her height because she is 6’0 feet tall.



We also had our first scrimmages for both our elementary and high school basketball teams this week. All scrimmages were a roaring success and a great way to gear up for the season. Exciting events include Nettie Wind getting practically tackled while trying to make a layup in the elementary scrimmage against Justice and a spectacular dunk by Junior CJ Benard in the high school scrimmage against Union City

## Baby Picture Round-Up

by Faith Cornett

Can you guess which Varnum Staff member these baby pictures belong to?



Baby 1



Baby 2



Baby 3

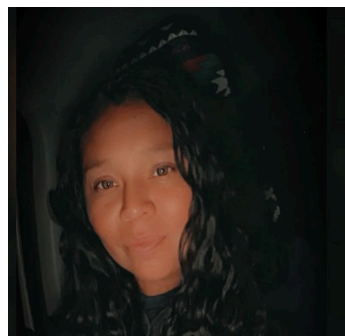
### Staff Bios

by Maddyson Marson-Compton

Kelly Chancellor has been teaching for thirty years, this is his first year at Varnum. Mr. C enjoys everything about Varnum but his favorite thing would have to be the students. The reason he chose to teach here at Varnum is that he was stuck in one job for so long he needed a change so he chose to teach here instead. Also because our school needed certified teachers to help teach the students. He was asked what he majored in college, he majored in many things such as accounting on his first round of college. The variety of other things he majored in include a masters of divinity, math education, then lastly masters of public education. He realized that accounting was miserable and not what he wanted to teach or even study so he became a teacher. He was also asked what his favorite color and that was green. His favorite animal is cats which is an obvious answer. Lastly his main hobby other than teaching math is jigsaw puzzles.



Our science teacher Kristi Hill has been teaching for two years now. Her favorite thing about Varnum is the students. The reason she chose to teach at Varnum is because they didn't have a science teacher and she was certified in science so it was a good option for a job. She was asked who her favorite music artist was and she said for a female artist it would be Mary J. Blige and for a male artist, Rod Wave. She majored in the greatest science and Kinesiology when she was in college. She decided to become a teacher after she told Mrs. Votaw she had a bachelors degree and she requested that she can put it to use to become a teacher and also help Varnum out on the low amount of staff members that they had. Dogs are her favorite animal. When asked what her favorite color is, she replied with turquoise.



### Senior Spotlight

By Julieauna Marson



#### Name

Roxy Loften

favorite teacher:

Ms. Scott

Favorite

subject: English



#### About me

Roxy came to Varnum in eighth grade. After high school Loften plans on attending nursing school and becoming a RNA. Loften's favorite memory from high school is when her and her friends would box in Ms. White's class.

#### Family/accomplishments

Father: John Loften

Mother: Jennifer Loften

Siblings: Kolby, Lindsey, Austin, Jenna

Accomplishments: Making it to senior year!

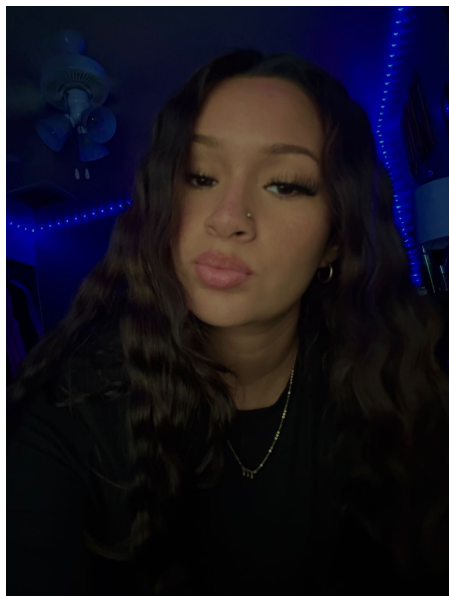
Congratulation class of 2024!



## Two Truths and a Lie: Senior Edition

By Mahayv Salceda

Can you guess the lie?



Dazia McCulley

1. Her name is Dazia.
2. She is the coolest person in the world.
3. She's 6'0.

Julieauna Marson

1. She has been in Journalism since freshman year.
2. She is 5'3.
3. Her favorite color is pink.



Lillian Phillips

1. She hates water.
2. She doesn't like pink.
3. She has 2 brothers.

## Indigenous Peoples Day

Monday was Indigenous Peoples Day and several of our students and staff showcased their cultural clothing



### Dear Whippet

Hey Whippet, your question is "How to handle a breakup?", we would love to help. First off I would like to apologize if this is something you're struggling with at this moment in time. I want you to know that however bad it seems to be, everything will work out. Breakups are harrowing and quite draining to the physical and mental state. It's okay to get down on yourself but don't allow it to eclipse your worth. Remember that your well being should always be first priority. Taking care of yourself is a big contributor to that. It's your biggest responsibility.

Another aspect is to keep a positive mindset even in hardships. It may not seem like it but maintaining a positive mindset can have a super beneficial impact on both your physical and mental well-being without even realizing. Going out and staying busy is an easy option. Your friends are always there to help you get out of your comfort zone and to keep your mind on better things. Not to mention that picking up new hobbies and exploring untouched terrain in your life is something to always consider. Don't be afraid to be open and vulnerable to change in life. It is all around you and it can be very helpful to the healing process.

**Don't Forget!**  
**Fall Break:**  
**Thursday October 19th, Friday October 20th, and Monday October 23rd.**