

# Viking Press

Volume I,  
Issue 3

**December  
2010**

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## *Taking the Stress Away from Tests*

By: Ben Fielstra

The ACT test day; a day that makes students cringe and stomachs turn. Though most students dread this day because of the stress and pressure that have the tendency to come with it, however there are many ways to prepare for it. Since Whitehall District Schools' goal is achievement for each learner, the district offers ways for students to breathe easier on test day. There are two ways students can prepare for the ACT: the ACT prep course and the PLAN test.

All students in the junior class are eligible to enroll in the ACT prep class during the second trimester. While taking the course, students learn techniques and develop skills that enhance their ability to succeed on the ACT test. Senior Derek Bruckner, who took the ACT prep class last year said, "The ACT Prep course was beneficial in the writing portion. The class teaches you to use your time wisely." Junior Zach Balzer, who is currently enrolled in the class said, "I'm hoping the course helps out a bit, but we haven't done a whole lot yet because of the new trimester. I've heard some good and some bad things about the prep course." The class is divided into three sections: Math, Science, and English Language Arts. Students rotate classes every four weeks to each section during the trimester.

Students can also prepare for the ACT by taking the PLAN test. The PLAN test is a required standardized test administered during the sophomore year for students. The PLAN test gives students a relative idea of what content will be on the test and how the ACT test is structured. Scores are a rough indicator of what students know or may learn between the time of the PLAN test and the ACT test. However, the PLAN test also gives the opportunity for freshmen students to test out of courses if they paid to take the PLAN test. Testing out of courses gives students the ability to schedule AP classes, which means that students can skip introductory classes when they attend college and earn college credits for the intro class.

Why is the ACT important? There are two significant reasons the ACT is important. The ACT is used as a standard for college admissions, primarily for schools in the area. Senior Timothy Rescigno, who has taken the ACT more than once said, "The first time I took the ACT I was a little intimidated, but after I realized it was just a test, my scores improved." Many scholarship opportunities are contingent upon ACT scores. Scoring high on the test could recipients financially in scholarship opportunities.

All juniors in the State of Michigan are required to take the ACT test administered on March 2nd. Many students believe only juniors are eligible to take the test. However, any student can take the ACT. Eligibility to partake in the ACT is not limited to grade level. In fact, students are encouraged to take the ACT at lower grade levels. The test consists of four portions: Math, Science, English Language Arts, and Reading. There is also an optional writing portion of the test. According to the official ACT website, the Math section tests knowledge in Elementary Algebra, Pre-Algebra, Intermediate Algebra, Coordinate Geometry, Plane Geometry, and Trigonometry. The Science portion tests interpretation of data representation, research summaries, and conflicting viewpoints. The English Language Arts section tests grammar usage and mechanics and rhetorical skills while the reading section tests reading comprehension over four passages: prose fiction, social science, humanities, and natural



*Junior Cailleigh Stout studies  
for the ACT.*

# December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 <i>Wrestling V-Home</i>	2	3 <i>Girls V Bball-Home Girls JV Bball-Away JV Wrestling-Away</i>	4 <i>Christmas Dance 8:30 - 11:30 p.m. Varsity Wrestling-Away</i>	
5	6 <i>Christmas Collage All Bands- 7:30 HS Gym Girls V Bball-Away Girls JV Bball-Away</i>	7 <i>Boys V Bball- Away Boys JV Bball-Away Freshmen Bball- Away</i>	8 <i>V Wrestling- Away</i>	9 <i>Girls JV Bball- Home Boys JV Bball- Home Freshmen Bball- Away</i>	10 <i>Deadline for Senior Pictures Due to Mrs. VanderLeest Girls V Bball- Away Boys V Bball- Away</i>	11 <i>V Wrestling- Home V(B) Wrestling- Away JV Wrestling- Away</i>	
12 <i>Winter Concert HS- 6:30</i>	13	14 <i>Financial Aid Meeting 6-9 p.m.</i>	15 <i>Sophomore's Field trip to Career Tech</i>	16 <i>Educators- 7PM</i>	17	18	
19	20 <i>Christmas Break Begins V Girls Bball- Away JV Girls Bball- Away</i>	21 <i>Boys V Bball- Away Boys JV Bball- Away</i>	22	23	24	25	
26	27 <i>JV Girls Bball- Away</i>	28	<div data-bbox="256 800 363 1661" data-label="Text"> <h2>Christmas Break</h2> </div>				

For more information on the game times please see the winter sports schedule on the high school website.

# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Return to school</i>	4	5 <i>Wrestling V- Away</i>	6 <i>FrsHmn Bball- Away</i>	7	8 <i>Wrestling V- Away</i> <i>Wrestling V(B)- Away</i> <i>Wrestling JV- Away</i>
9	10 <i>Girls JV Bball- Home</i> <i>Girls V Bball- Home</i>	11 <i>Girls JV Bball- Away</i> <i>Girls V Bball- Away</i> <i>Boys V Bball- Home</i> <i>Boys JV- Home</i>	12 <i>Wrestling V- Away</i>	13 <i>Girls JV Bball- Away</i> <i>Boys JV Bball- Away</i> <i>FrsHmn Bball- Away</i>	14 <i>Girls V Bball- Away</i> <i>Boys V Bball- Away</i>	15 <i>Wrestling V- Away</i>
16	17 <i>FrsHmn Bball- Home</i> <b>NO SCHOOL</b> <i>Professional Development- Staff</i>	18 <i>Girls JV Bball- Home</i> <i>Girls V Bball- Away</i> <i>Boys JV Bball- Home</i> <i>Boys V Bball- Away</i>	19 <i>Wrestling V- Away</i> <i>Wrestling V(B)- Away</i>	20 <i>Girls JV Bball- Away</i> <i>Boys JV Bball- Away</i> <i>FrsHmn- Away</i>	21 <b>MID MARKS</b> <i>Boys V Bball- Away</i> <i>Girls V Bball- Away</i> <i>Wrestling JV- Away</i>	22 <i>Wrestling V- Away</i> <i>Wrestling JV- Away</i>
23	24 <i>FrsHmn Bball- Away</i>	25 <i>Girls JV Bball- Away</i> <i>Girls V Bball- Home</i> <i>Boys JV Bball- Away</i> <i>Boys V Bball- Home</i>	26 <i>Wrestling V- Home</i> <i>Wrestling V(B)- Away</i>	27 <i>1/2 Day- P/T</i> <i>Conferences</i> <i>Boys JV Bball- Away</i> <i>Girls JV Bball- Away</i>	28 <i>Girls V- Home</i> <i>Boys V- Home</i>	29 <i>Wrestling V- Home</i> <i>HS Solo and Ensemble Festival</i>

For more information on the game times please see the winter sports schedule on the high school website.

# Counselors' Corner

## **A Top Student And Now A Coca-Cola Scholar Semifinalist Whitehall Student Chosen for Next Level in Prestigious Scholarship Program**

ATLANTA, December 3, 2010 - Rebecca Browand, a student at Whitehall High School, has been named a semifinalist for the 2011 Class of the Coca-Cola Scholars Program. With the 2011 class, the Coca-Cola Scholar's Foundation will have provided more than 4,700 young scholars nationwide with over \$44 million in scholarships.



Rebecca  
Browand

"As a leading scholarship provider, we recognize our role in helping young people achieve their college goals," said Mark Davis, president of the foundation. "The economy continues to affect many students' ability to attend the college of their choice, so it is critical we continue to stay on course. The Coca-Cola Scholar's Foundation received nearly 71,000 applications this year, and the semifinalists are truly some of the most accomplished students in the country."

Browand ranks with approximately 2,100 high school seniors who are in the running for \$3 million in college scholarships that the Coca-Cola Scholars Foundation will award in spring 2011. Students are selected to advance to this next phase based on the academic excellence, leadership and achievement demonstrated in school and community activities. The Class of 2011 Coca-Cola Scholars will mark the 23rd consecutive year that the foundation has awarded scholarships.

As semifinalists, students must submit additional information that will be reviewed in January 2011 by a committee comprised of 30 educators from high schools and universities throughout the United States. If advanced, Browand will be among 250 finalists who will travel to Atlanta in April to attend the Coca-Cola Scholars Weekend. During their visit, finalists will attend a final interview process that will determine whether they are designated as either a National or Regional Scholar. The 50 National Scholars will each receive a \$20,000 scholarship award, while the 200 Regional Scholars will receive a \$10,000 scholarship. Two additional \$20,000 scholarships are awarded by the Coca-Cola Scholars Foundation, including the Coca-Cola Emory Scholarship and the Sandy Williams Alumni Legacy Scholarship.

The Coca-Cola Scholar's Foundation, a joint effort to Coca-Cola Bottlers across America and The Coca-Cola Company, is one of the largest corporate-sponsored, achievement-based scholarship programs of its kind in the United States. The program recognized a diverse group of extraordinary high school seniors who have demonstrated academic and civic excellence in their schools and communities.

The Coca-Cola Scholar's Foundation was created 25 years ago in 1986 to commemorate the 100th anniversary of Coca-Cola and to establish a legacy for the education of tomorrow's leaders through college scholarships.

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Scheduling meetings for the 2011-2012 school year will be January 5, 2011. Counselors will meet with students to fill out schedule selection sheets. The curriculum guide can be viewed at [www.whitehallschools.net](http://www.whitehallschools.net) under student services for students to read class descriptions prior to their meeting.

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## A Note From The Principal



Mr. McKenzie

I would like to wish everyone a safe and happy holiday season. We are having a very successful year, and when we return from the holiday break the staff will already begin looking at updating our curriculum guide for the 2011-12 school year. Scheduling will begin in January and parents should communicate with their student regarding their course selection. If you have any questions or concerns please give me a call at 893-1020.

# Academics

## *Creativity is Born*

By: Blake Whittington

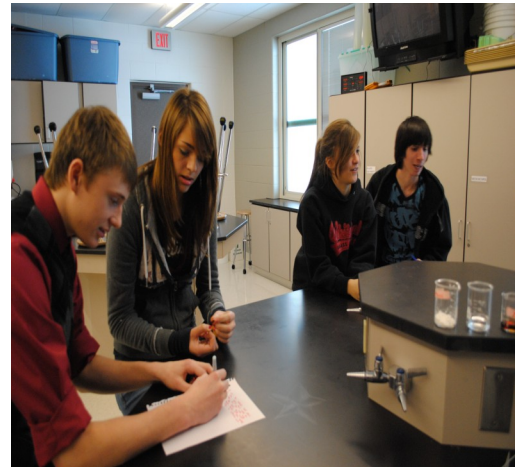
Genealogy is the study of genes. It is a small portion of the Biology curriculum here at Whitehall High School. Taught by Mrs. Autumn LeaTrea and Mr. Kurt Huizenga, sophomores learn the many facts of biology and the sciences involved with it. Projects are a great way to actively challenge young students' abilities. One of the many projects students are assigned throughout the course is called the "baby lab." Six years ago when Whitehall started the baby lab, it needed a name. After much consideration students and teachers decided on the "baby lab."

During the baby lab, students determine what the relative statistics are behind a child receiving certain genotypes from his or her parents. A genotype is a group of organisms which share genetic constitution. A series of coin flips decide what traits a child will receive. Accordingly, a partner sketches out the results. Upon completion of the simulation, each student will see a two dimensional view of their beautiful newborn. Huizenga said that his favorite part of the lab is allowing the students to be creative with the drawings of the kids.

The baby lab is a favorite amongst students at Whitehall High. Sophomore Marcus Moore said, "It's pretty cool how each DNA trait represents a specific part of us." Biology is one of Whitehall's courses where students are actively learning about themselves. Any class which incorporates an engaging learning opportunity contributes to the achievement of each learner.



*Here is a picture of the results of the simulation of the baby lab.*



*Pictured above from left to right: Dylan Medendorp, Nichole Sloan, Sarah Gautraud, and Dylan Picard work together on the lab.*



*Dylan Medendorp and Nichole Sloan share a laugh while drawing their baby.*

## Fine Arts/ Clubs

# *More Than Just a House*

By: Sarah Griffin

"Who's house? Red's house! And who are we? The Red Team!" This is not only a chant cheered traditionally by Whitehall cheerleaders, but it epitomizes what Whitehall school spirit is all about. As fans hustle into the gymnasium at 7 p.m. on a Friday night, the student section's spirit echoes with chants and cheers as they pump up the girls' and boys' basketball teams.

The Viking students here at Whitehall High School have an overwhelming amount of spirit and enthusiasm for their fellow athletes. The Red Ryders represent the back bone to all the school spirit shown by the student body. Red Ryders is a school club put together by students in the school. This year, Blake Zenobia, a juniorm took on the task as club president. His co-officers are Tim Rescigno, vice president; Cailleigh Stout, treasurer; and Hannah Potter, secretary who are all working hard to make this an unforgettable year.

Zenobia said the 'Red Ryders' is, "A club that supports and gives Whitehall Vikings a home team advantage using positive spirit." In years past, other students have taken on the duty of running Red Ryders, but as they graduated and left high school, the enthusiasm of running the club went with them. Zenobia realized that if there was ever going to be a Red Ryders Club again, someone would have to step up and take the lead, which is exactly what he did. He said that, "Red Ryders is just getting started again, but I think it's going to be a fun year. We've got a lot of people signed up so there should be a lot of spirit!" He looks forward to a loud and exciting season.



Pictured above are the Red Ryders at the Montague-Whitehall Basketball game.

## Birthdays

<b>Dec. 16</b>	Austin Everett	<b>Jan. 12</b>	Charles Hatcher Ruby Ray
<b>Dec. 18</b>	Jonathan Tyler Osheona Webb- Sanders	<b>Jan. 13</b>	Daniel Joslin Eric Joslin Anthony Nichols
<b>Dec. 19</b>	Zachary Dixon Chelsie Ackley Raymond Copley Dylan Medendorp	<b>Jan. 14</b>	Zachary Milliron Duncan Miller Devontae Vance
<b>Dec. 20</b>	Kori Mura	<b>Jan. 15</b>	Brittany Wessels Travis Friend
<b>Dec. 21</b>	Jamie Granger Cody Ottinger Michael Parker	<b>Jan. 16</b>	Cameron Paul Leah Young
<b>Dec. 23</b>	Telaine Bower Bailey Seeger Adam Warren Andrew DeWeerd	<b>Jan. 17</b>	Andrew Pfeiffer Alex Whitener
<b>Dec. 24</b>	Trevor Gardiner	<b>Jan. 18</b>	Riley Pierce Megan Sampson Shayna Eaken Jessica Norkett Brandi Balzer Dylan Picard
<b>Dec. 25</b>	Trenton Moyer	<b>Jan. 19</b>	Morgan Chamberlain Delia Anne Tomaras
<b>Dec. 27</b>	Brandon Gosselin	<b>Jan. 20</b>	Nate Manthei
<b>Dec. 28</b>	Joshua Kennebeck	<b>Jan. 21</b>	Kristi Lydens Isaac Love Kaitlyne Lynn
<b>Dec. 29</b>	Miranda Jacobs	<b>Jan. 22</b>	Gabe Demumbrum Ashley Stone William Wilson
<b>Dec. 30</b>	Dakota Marvin Kayla DeWolfe	<b>Jan. 23</b>	Nathan Spira Jacob Knowlton
<b>Jan. 1</b>	Taylor Oldham Dillon McCarthy	<b>Jan. 24</b>	Derek Jacobson Timothy Willer Nicholas DeCouto
<b>Jan. 2</b>	Bryce Cain Leah Deuling	<b>Jan. 25</b>	Travis Love Miriah McA Dow Scott Murphy
<b>Jan. 3</b>	Ashley Sietsema Amber Kelley	<b>Jan. 26</b>	Robert Hawkins Jacob Brandow Antwan Burks
<b>Jan. 4</b>	Brianna Voorhees	<b>Jan. 29</b>	Tiffanie Drummond
<b>Jan. 5</b>	Dominique Burroughs	<b>Jan. 30</b>	
<b>Jan. 6</b>	Kassey Lohman		
<b>Jan. 7</b>	Emily Holmstrom Sara Gagnon		
<b>Jan. 9</b>	Jordan Loudermilk		
<b>Jan. 10</b>	Kayla Gradisher Nahiya Al- Anqoodi		
<b>Jan. 11</b>	John Nichols Tiffany Boucon		



# Sports



## *Taking Talent to the Wrestling Mats*

By: Andrea Garvey

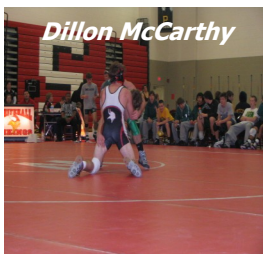
The bleachers filled up with fans who have waited for wrestling season to start, once again, for Whitehall High School. From the first wrestling meet, December 12, to the state meet, March 12, it is up to every wrestler on Whitehall's wrestling team to give it their all this season.

On the roster for this year's wrestling team are Derek Bruckner, Zach Balzer, Anthony Bower, Antonio Burks, James Champion, Josh Couturier, Kaeleb Evans, Jon Freiberg, Ryan Friend, Travis Friend, Tyler Goerbig, Javon Gonser, Josh Hansen, Dakota Hoffman, Buck Houts, Kaleb Huff, Logan Irey, Cam Lewis, Dre Lewis, Nate Manthei, Dillon McCarthy, Valerie Michael, Logan Morningstar, Trenton Moyer, Jay Otto, Ben Parmley, Logan Potter, Casey Robinson, John Schilbe, Robert Schneider, Devin Schweigert, Hunter Shaw, Joe Sika, Steven Sika, Alex Whitener, Doug Whitener, Blake Whittington, Nate Zack, and Christian Zwit.

This year, these athletes are under the instruction of Coach Cliff Sandee. There are many ways the boys have prepared for the season. "As a team, we make sure that we are eating healthy, lifting weights, and conditioning often," said Sandee.

Given these preparations, the team hopes to reach their group goals of winning the conference, the city meet, the district championship, the regional championship, then finally the state championship. Sandee also said another goal was to sell the great sport of wrestling in an effort to encourage more people to support the team.

Selling the sport is very possible for this year's team. There is much optimism amongst the Whitehall wrestling team and fans this year. Even Sandee stated, "I think our team should be very competitive, as long as we stay healthy and continue to improve. This is the most talented wrestling team Whitehall has had in several years."



# Student Spotlight

## Divine Dancers

By: Lauren Throne



Hannah Jurcich

During school hours, students merely pass each other in the hallways. Most of them not even knowing the names of some of the people they may happen to see, much less know what goes on in their lives after 2:28 p.m., when school is dismissed. Most students enjoy after school activities, but only a certain few of these students show a tremendous amount of dedication, commitment and love toward the sports or activities that they choose to participate in. Freshman Hannah Jurcich is enrolled in dance classes at Cassell Gymnastics and Dance in Muskegon. Jurcich has been taking dance lessons since she was four years old, and this is currently her 11th year practicing the art of dancing. On top of this, Jurcich dances five days a week. It also takes extreme dedication to be able to balance dancing full time with a great amount of schoolwork. Jurcich said



Sarah Gautraud

“You really have to know how to manage your time. It’s hard, but it’s worth it.”

Once a dancer reaches the ability to compete, it is only natural for them to have the desire to succeed at the highest level. Often, this requires dancers and their family members to travel great distances in order to arrive at their desired competition. The farthest Jurcich has ever traveled to compete is Wisconsin. Jurcich also commented that her mom is one of her biggest supporters at these competitions. During competitions, Jurcich and Sarah Gautraud both compete in lyrical, tap, jazz, hip-hop, ballet and pointe types of dancing.

Also a freshman, Gautraud is involved in dance classes at Cassell Gymnastics and Dance. For her, the hardest part of dancing is remembering the steps and combinations for competitions. Gautraud has also been dancing since she was four, so she has been dancing for almost 11 years as well. She participates in these competitions twice a year. Every other year, Gautraud competes at nationals on top of her regular competitions. Gautraud practices three days a week, and for about five hours a week all together. When asked why she dances, Gautraud replied, “It’s just something I’ve always enjoyed.” Overall, these dancers are extremely passionate and dedicated toward their sport.

## Birthdays Continued

**Jan. 31:** Sidney Norris

**Feb. 1:** Andrew Varela, Lake Pickard

**Feb. 2:** Dustin Ruzicka

**Feb. 3:** Chance Moreen, Alejandro Reyna, Jordan Bullock

**Feb. 4:** Lane Olds, Travis Hunt

**Feb. 5:** Mathew Murphy, Trevor Picard, Jourdain Joslin

**Feb. 6:** Leandre Lewis

**Feb. 7:** Brenna Hayes, Dakota

Hoffman

**Feb. 8:** Jessica Friend, Robert Schneider

**Feb. 9:** McKenzie Potter, Jacob Uithoven, Jared Jaekel, Mitchell Wilson

**Feb.10:** Alayna Klco, Matthew Thompson, Reese Wabsis, Felecia Walsh

**Feb. 11:** Kelsey Cregg, Logan Irely, Kara Thomazin

**Feb. 12:** Gina Udell, Hope Rillema, Katlin Cagney

**Feb. 14:** Kortnie Williams, Tony Stout, Valerie Michael

**Feb. 15:** Christian Zwit

**Feb. 16:** Natasha Brandel, Paul Josephson, Lauren Throne, Andrew Jennings

**Feb. 17:** Casey Reagan, Morgan Kellis, Brandon Ketchum

## Valhalla

This newsletter is produced by the Viking Communications Class of Whitehall High School. Students in grades nine through twelve learn various skills producing this newsletter. Writing, photography, layout, interviewing, and communications skills are just some of the advantages students gain from participating in this class.

## Vahalla Newsletter Staff:

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