

Viking Press

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No Fries-Fabulous Fruit Day

By: Ben Fielstra

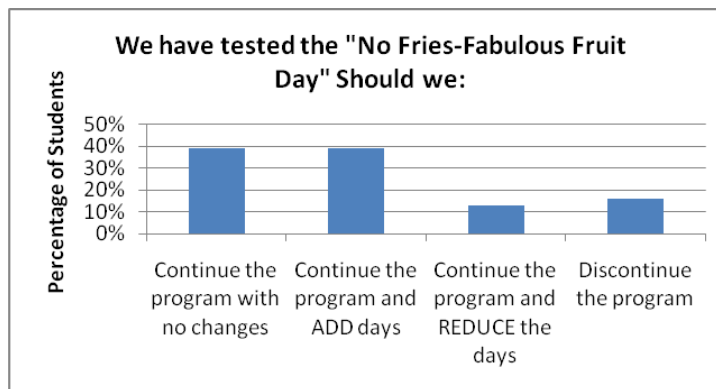
What is your New Year's resolution? For many people, it's eating healthier. Recently, the high school analyzed the school's eating habits. The Food Service Program found that the student body consumes roughly 75,000 calories and about 3,600 grams of fat per lunch on fries alone. Over the course of the year it equates to over a frightening 3,000 pounds for the entire high school. Three thousand pounds is the equivalent of an elephant or 360 gallons of water. That's impressive. Parents, fear not! Whitehall is taking one step closer to a healthier lifestyle by cutting back on unhealthy foods and substituting them with something both healthy and delicious.

In an effort to change students' eating habits, the high school introduced "No Fries-Fabulous Fruit Day," which began in December. It replaced fries with a healthy alternative, fruit. Somewhat surprisingly, the program proved to be quite popular according to the student body. Derek McAllister, who supports the program, said we are, "tackling obesity one fruit at a time." Austin Quillen added, "I think that it's better than just eating those unhealthy fries every day." However, not everyone supports the program. Tim Rescigno stated, "Friday has 'fry' in it so why wouldn't I have fries on Friday?" The program was organized by Dan Gorman, Food Service Director for Whitehall District Schools and Montague Area Public Schools. Several high school food service surveys were conducted.



A typical lunch hour for Whitehall students.

Results:



The program hit a milestone, and the outcome was positive as well as surprising. According to the results, most students are willing to sacrifice a small part of their meal in order to eat healthier. Perhaps the school can push for even more healthy choices on the menu and maybe the program will even encourage students to make more healthy choices beyond school. Future food surveys will be taken during the following months to advance the program and discover what other healthy alternatives the school can encourage.

Students also wanted to see a larger variety of choices on the menu. Among the most popular choices was a pasta bar. Students also suggested they would like to see a special entrée salad, as well as more Mexican and Asian food items.

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Girls JV Bball-Away Girls V Bball-Away Boys V Bball-Home Boys JV Bball-Home Boys Frshmen Bball-Home	2 Wrestling V-Away Wrestling V (B)-Away	3 Girls JV Bball-Home Boys JV Bball-Home Boys Frshmen Bball-Home	4 Girls V Bball-Away Boys V Bball-Away Wrestling V-Home	5 Girls JV Bball-Home Girls V Bball-Home Boys V Bball-Home Boys JV Bball-Home Boys Frshmen Bball-Home
6	7	8 Girls JV Bball-Home Girls V Bball-Home Boys V Bball-Away Boys JV Bball-Away	9	10 Girls JV Bball-Home Boys JV Bball-Home Boys Frshmen Bball-Home	11 Girls V Bball-Home Boys V Bball-Home Boys Frshmen Bball-Away	12 Boys Frshmen Bball Away
13	14	15 Band Festival 8th Grade and HS Bands	16	17 Boys V Bball-Home	18 Boys JV Bball-Home Boys Frshmen-Home	19 Solo & Ensemble at RP
20	21	22 School Resumes	23 Boys V Bball-Away District 7 Band Fest. 8th Grade and HS	24	25 Boys V Bball-Away	26
Break						
27	28					

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

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
		ACT/ MMME for Juniors					
6	7	8	9	10	11	12	
		<i>Full Day 1st hr Exams</i>	<i>1/2 Day 2nd and 3rd Hr Exams</i>	<i>1/2 Day 4th and 5th Hr Exams</i>	<i>No School Professional Development For Staff</i>	<i>Band- Irish Festival</i>	
13	14	15	16	17	18	19	
	<i>3rd Trimester Begins</i>		District Choral Festival Grand Haven			<i>Talent Show</i>	
20	21	22	23	24	25	26	
		<i>"An Evening of Chamber Music"</i>				<i>State HS Solo & Ensemble Festival</i>	
27	28	29	30	31			

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

Counselors' Corner

Counselors met with all Juniors on Tuesday, February 15, to discuss scheduling for seniors. This will be followed up with individual meetings. Selection sheets are due back in the counseling office on February 22.

All Juniors will be taking the Michigan Merit Exam on March 1-3. It's very important to be well rested for these exam days. Breakfast will be provided at school during test dates at school.

Important dates for Seniors:

The deadline for submitting your financial aid form is March 1st.

Scholarship Deadlines:

February 23 Local Scholarships

February 28 Gerber Foundation

March 1 Muskegon Community College Board of Trustees

March 1 Muskegon Community Foundation.

March 16 Women's Division-Chamber of Commerce

Taste of Tomorrow at Muskegon Community College---March 16

Awards at District Seven Solo and Ensemble Festival!

The following students received outstanding awards for their instrumental performances Saturday, January 28 at District 7 High School Solo and Ensemble Festival at Grant Middle School.

"I am very proud of all the students. They have worked very hard and gave great performances!" said Mr. Browand, Ban Director.

Second Division Ratings (Red Medals)

Taylor Boyd

Piano Solo

First Division Ratings (Blue Medals)

Rachel Copley, Brittany Wessels, Lauren Josephson

Flute Trio

Rachel Copley

Piano Solo

Alex Mark

Piano Solo

Josh Keller

Timpani/Marimba Solo

Ian Palmer

Alto Sax Solo

Elissa Bradfield

Flute Solo

All who earned First Division ratings have qualified for State Solo and Ensemble Festival, which will be on Saturday, March 26, at Manistee High School. Congratulations to one and all!

Academics

Getting Smarter with Smart Boards

By: Andrea Garvey

At Whitehall High School, students finally have a new way to touch the world with their knowledge. Interactive white boards are now here. Teachers who use the interactive white boards in their classroom allow students to try the over-sized touch screens for themselves.

Back in May of 2010, the technology bond was passed, contributing around \$11 million toward upgrades in technology. High School Principal Dale McKenzie explained that the money was used to implement the latest in technology. Within the next several years, all Whitehall District School teachers will have access to interactive white boards and document cameras.

One teacher who talked about having the interactive white board in their classroom was Linda Welsh. Welsh teaches businesses courses at the high school. She was also a part of the district technology committee that tested two other brands of interactive white boards, along with the Smart Board which Whitehall uses.

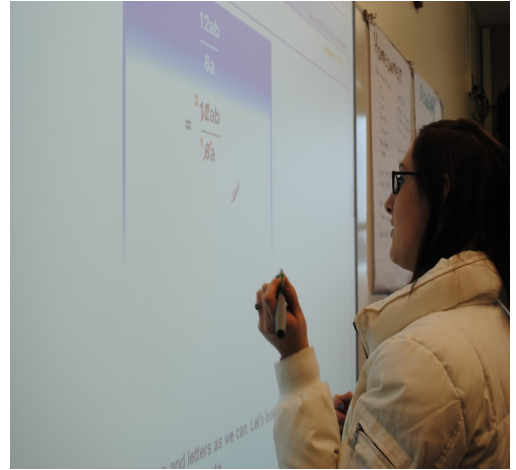
"Smart Board," she said, "is just the brand name of interactive white boards." Smart Boards were favored by the testers, so they were purchased.

Welsh said that an interactive white board allows teachers to use a projected image at the front of the room. The interactive white board is actually hooked to the computer in the classroom, so it is essentially a computer on a screen. In addition, the Smart Boards are also a touch screen. The user can touch the interactive board to operate any software the computer uses.

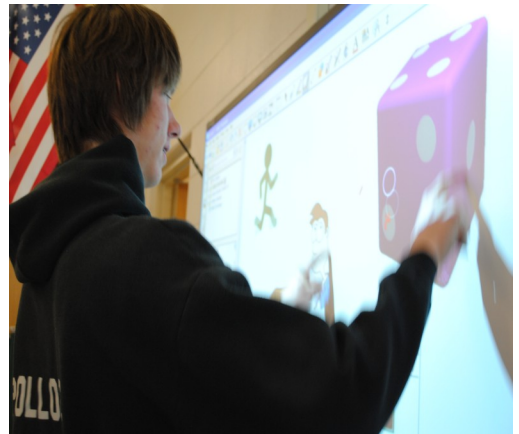
Interactive white boards have both strengths and weaknesses. Welsh said that a major disadvantage to having the interactive white board is that sometimes it doesn't work how it should be working. "Sometimes I'll have to restart the program in the middle of a lesson," said Welsh. Of course, having to do that could waste class time. Another thing that came as a burden to Welsh was the new software was hard for her to learn. Another Whitehall teacher who uses an interactive white board is Mike Snell. He believes interactive white boards can be an inconvenience when the user forgets to move software programs back to the computer monitor to use.

Despite the inconveniences, interactive white boards have brought a new way of teaching to the classroom. Welsh really liked that it was easier to show her class what she does with the mouse in front of the room, and it keeps students interested. Another good thing about interactive white boards is that they came with document cameras. Welsh said, "They (document cameras) record papers and lessons, which are called Smart Presentations." Snell's favorite feature in the interactive white boards is the fact that the user can get graphics and manipulate them.

This new technology in the classrooms of Whitehall High School has been a convenience, as well as a slight learning curve. Some teachers use their interactive white boards more than others, and some enjoy them more than others. In time, interactive white boards will become easier and more familiar to the student body and the entire staff at Whitehall High School.



Ashley Sorenson works out an Algebra problem on an interactive white board.



Michael Pollock plays on an interactive white board in Mrs. Mallory's classroom.



Lauren Josephson and Rachel Copley experiment with Mr. Snell's interactive white board.

Fine Arts/ Clubs

"The Music Man"

By: Blake Whittington

Every year the students of Whitehall High School come together to produce a musical for the school and community to enjoy. Previous plays include *The Wizard of Oz* and *South Pacific*. A Broadway classic, *The Music Man* was this year's production.

Mr. Browand directed *The Music Man* while Mr. Boughton led the Viking's preparation in their production.

The cast of *The Music Man* benefited from many students auditioning for parts. Senior Casey Reagan and Sophomore Emily Dennis starred as the musical's leads; Harold Hill and Marian Paroo. *The Music Man* was full of acting talent. Supporting actors such as Hunter Christenson and Brian Boyce contributed in great ways for comedic support. Supporting actresses, senior Allie Ogden and junior Alayna Klco, also added different aspects to the production.

The Music Man is about a young con artist, Harold Hill, who is trying to pull off another one of his deliberate schemes. Hill poses as a boys' band organizer and sells instruments and uniforms to gullible townspeople. Hill then leaves town with the money and is never to be heard of again. His next victims reside in the small town of River City, Iowa.

Hill's scheme does not go according to plan this time however. Ultimately, Hill falls in love with the librarian, Marian, who is also the town's piano teacher. Eventually, Hill is confronted by the town and comes clean for the love of Marian.

The announcements had been calling for people to watch *The Music Man* all week and the time had come. A strong showing of students made for good conversation around school. According to Junior Blake Zenobia, "It was so interesting to see how Casey could master the personality of a character from the early 1900s." When asked what the most surprising part of *The Music Man* was, Senior Alex Witek was surprised by seeing the actors in the hallways and then in the play.

The community also showed their support for Whitehall Theatre by filling the auditorium for all three productions.

The Cast of *The Music Man* would like to thank all community members who showed their support in attendance.



The cast and crew of *The Music Man*.

Birthdays

Feb. 18

David Corder
Patrick Gilland
Tyler Goerbig

Feb. 19

Marcus Moore
Chase Barnard

Feb. 20

Cassidee Nagelkirk
Austin Cole
Sarah Gautraud

Feb. 21

Samantha Sherwood
Tyler Carr
Scott Jackson

Feb. 22

Lucas Conkle
Stephen Erdman

Feb. 23

Eric Veurink

Feb. 24

Amber Grear
Stefani Trask
Kelsee Connell

Feb. 25

Emily Baker
Howard Arnold
Uzell Boyles

Feb. 26

Allie Ogden
Robert Johnson
Hanna Thorne
Dontae Burks

Feb. 27

Joseph Sika
Stephen Sika

Feb. 28

Christopher Graham
Lindsey Bays
Christopher Lopez
Kali Langworthy



Ryan Butzer and John Beeghly



Lauren DuBois

Sports



Boys' Varsity Team



Girls' Varsity team

Family, On and Off The Court

By: Sarah Griffin

"You said we're a team. One person struggles, we all struggle. One person triumphs, we all triumph." This was a quote taken from the movie, *Coach Carter*, which is about the ups and downs of a boys' basketball team in Richmond, Virginia. The movie says that in order to succeed the team needs to be one, and act as a family. This not only applies to the team in the movie, but to Whitehall basketball programs as well.

Both the girls' and the boys' basketball teams have created their own families by building and strengthening their relationships the more they play together. Senior, Travis Love said, "Being on the basketball team with the guys is like having 11 extra brothers to always have your back and support you no matter what." Alena Follett, a member of the girls' varsity team said, "We can never win a game with just one or two people; you need the entire team for not only the physical support but the mental support too. Being close and being a part of our basketball family is what keeps us going and playing well on the court." Both teams emphasize the importance of being close on the team. Rachel Kent, the girls' varsity coach, also agreed, "Building a relationship and trust with my girls is very important in how well they play together," said Kent. Kent is a new addition to the Viking basketball family. She transferred here after coaching girls' basketball at Fruitport. She added that one of the main differences between Fruitport and Whitehall was the love for basketball here. She said, "It was nice to come to a school that eats, breathes, and sleeps basketball as much as I do."

Both the girls' and boys' teams are working hard to get those "W's." The boys' record is 7-6. They are coached by Nate Ardema. The girls' record is 2-13 as of February 8, 2011. Both the teams can have up to three games per week, and sometimes even a game or two on Saturday. On the days they don't have games they practice. The girls practice for two, to two and a half hours everyday which includes lifting in the weight room as well. The boys' practice follows directly after the girls with the same routine; lifting and then in the gym to work on plays. Sometimes they practice early in the morning before school starts. The Whitehall Vikings basketball players are very dedicated athletes. They're doing whatever they can to get better out on the court and hopefully by Districts it will all pay off. Districts start in a couple of weeks and both teams play Spring Lake. Earlier in the season, the Vikes lost a close game to the Lakers, so Districts should be an exciting game to watch as they battle for the win.



Brandon DeLaRosa



Alena Follett



Travis Love



Jenna Pesch, Lauren DuBois, Kacee Smith, and Hayden Stine



Matthew Ferguson

Student Spotlight



Staci Valdez and Nate Johnson

Balancing It All

By: Lauren Throne

When it comes to jobs, students at Whitehall High School all have different feelings and attitudes. Some desperately want a job, some have a job, some hate their job, but continue working for the money, and some students don't want or need a job. The Valhalla staff talked to some students who are currently employed and got a more in-depth look into their work lives.

Senior Staci Valdez, employed at Pablo's Tacos in Muskegon, said that she balances work and school by doing school work during class or any free time. Valdez got her first job when she was 16. In her opinion, the easiest place for students to find a job would be in food service establishments.

Meghan Lehner, also a senior, thinks that the easiest place for students to find jobs would be in Muskegon, around the Lakes Mall or Michigan's Adventure. Her advice to students who wish to have jobs is to be prepared to give away your free time. Lehner is currently employed at Hobo's Tavern.

Unlike most students seeking employment, senior Nate Johnson had to look no further than his own family. Johnson's family has owned a floral shop, Flowers by Ray & Sharon ever since he was a little kid. Advice that he offers to students who wish to have a job is, "Try, try, and try. If you don't succeed try once more..."

Although economic times are hard right now, many students who attend Whitehall High School have managed to find jobs. This takes hard work, dedication, and sacrificing countless hours of their free time. In the end though, it is all worth that first paycheck.

5 Tips To Ace An Interview

1. Research the company.
2. Learn about the job.
3. Watch a job interview video.
4. Practice interviewing.
5. Dress appropriately.

Attention Parents!

Want to receive alerts about school closings via text or email? Just sign up on the following local TV stations' websites:

www.wwmt.com – click link located on their main page

www.woodtv.com – click Weather link; then SMS text alerts

www.wzzm13.com – click on Closings

Far Into the Future

- **Spring Break (April 4 – 8)**
- **Parent/Teacher Conferences 5-8 pm (April 20 and 21)**
- **No School for staff and students (April 22)**
- **Mid Marks (April 29)**

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 communication skills are just some of the advantages students gain from participating in this class.

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