

Viking Press

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Looking forward to next year

We would like to thank you, as our newsletter reader, for your support throughout this school year. We appreciate you taking the time to see what's going on at Whitehall High School. All members of the newsletter staff worked hard to produce the *Viking Press* and learned many new skills that could help them in the real world such as completing deadlines, and working with people in a job-like atmosphere. It was nice to contribute to the school community, although you as a reader have a say in what you would like to see next year. Therefore, we are asking for your feedback as to what you thought of our work. Please take the time to take our brief on-line survey in the box below. Follow the link below to complete the survey. Thank you very much!

Sincerely,
Kassey Lohman and Hannah Zwemer
Newsletter Editors

We appreciate you taking the time to take the following on-line survey:
<http://www.zoomerang.com/Survey/WEB22CBDEXTUH8>

Topics covered in previous newsletters throughout the 2011 school year:

- **Main Stories:** New Tricks by WHS Students, Thanksgiving at Whitehall, Taking the Stress Away from Tests, No Fries-Fabulous Fruit Day, Sticks and Stones, Senior Information
- **Academics:** A New Take on Student Academics, Click Your Way to an "A", Creativity is Born, Getting Smarter with Smart Boards, Securing Financial Independence, Honoring Excellence
- **Fine Arts/Clubs:** Super Heroes Take the Stage, Winter Guard, More than Just a House, "The Music Man," Building Business Skills, Singing Out
- **Sports:** Hard Work Pays Off, A Painful Loss, Taking Talent to the Wrestling Mats, Family On and Off The Court, Whitehall's Claim to Fame, The Ball is in Our Court
- **Student Spotlight:** Foreign Exchange Students, A Way to "Vent," Divine Dancers, Balancing It All, Learning Lifestyles, The "City-Life" of the Party

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 <i>State HS Choral Fest</i>	6	7 <i>Prom at Fruitport Golf Club from 8:30-11:30 p.m.</i>
8	9 <i>HS Symphonic Band Spring Concert 7:30 HS Auditorium</i>	10	11	12	13	14
15	16 <i>"Spring Collage XX" All Bands</i>	17	18	19	20	21
22	23	24	25 <i>HS Pops Concert 7pm</i>	26 <i>Seniors last day and picnic</i>	27	28
29	30 <i>Memorial Day Parade HS Band No School—Memorial Day</i>	31				

For information on the games and times, please see the spring sports schedule on the high school website.

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Senior Award Assembly @ 9 a.m. in High School auditorium	3 Graduation practice and breakfast	4
5 Graduation 4 p.m. in H.S. gym	6	7 Full day 1st hour exams	8 Half day 2nd and 3rd hour exams	9 Half day 4th and 5th hour exams	10 Half day for teachers	11
12	13	14	15	16	17	18 
19	Summer Break!					25
26	27	28	29	30		

For information on the games and times, please see the spring sports schedule on the high school website.

Counselors' Corner

Any junior or sophomore interested in taking dual enrollment classes this fall, please be sure all your paperwork is turned in to Mr. Lucas or Ms. Hicks by the end of exam week. Classes at MCC start before Whitehall High School starts, so it is important to have everything lined up to start courses BEFORE the fall.



Josh Keller

Congratulations to Josh Keller, who was selected as Timpanist/Percussionist for the MYAF (Michigan Youth Arts Festival) Orchestra! He recently performed at WMU. The Chamber Ensemble also qualified for the MYAF! They missed school to perform Friday, May 13 at WMU, as well.

Whitehall High School Registration



Information is online at:
<http://www.whitehallschools.net/ourschools/highschool/>
You must print and bring completed...
- Emergency procedure form

Thursday, August 25
Freshmen 8 - 11 a.m.
Juniors Noon - 3 p.m.

Friday, August 26
Sophmores 8 - 11 a.m.
Seniors Noon - 3 p.m.

LATE REGISTRATION
Monday, August 29
8 - 11 a.m. and Noon - 3 p.m.

Mark your
calendar
Today!

All registration info is online at: <http://www.whitehallschools.net/ourschools/highschool/>

School Portrait Order Information at:
WWW.GESKUSPHOTO.COM/ORDERONLINEURL



Geskus
PHOTOGRAPHY INC.
"The Smiles Makers"

Academics

An Element is Worth a Thousand Words

By: Andrea Garvey

A way to link artistic ability and the periodic table of elements has finally been found. The project came from Chem13 News, a publication used by high school chemistry teachers. This year is the celebration of the International Year of Chemistry. To celebrate, Chem13 came up with a project where schools from all over the world submitted a tile created by chemistry students. Every school that registered sent one element tile. The tiles were put together to make the periodic table. All of the Canadian provinces and territories, 20 states within the United States, and 14 different countries submitted tiles to put together to make one big periodic table.

The Whitehall students taking part in this project were Mrs. Deanna Cullen's chemistry classes. Mrs. Cullen chose radium as the tile to be designed for the project, students were to create a tile containing the information about the element such as the name, atomic number, symbol, etc. The requirements were that the tile had to be 6x6" and could be constructed using any medium. When done, the creator had to write a 100-word description of the development or creative process along with comments about the tile creation. After all the tiles were turned in, Mrs. Cullen picked one to send to Chem13 News.

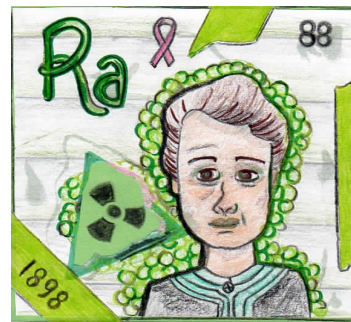
"I registered Whitehall High School as soon as I saw the request for element tiles," Mrs. Cullen said. "I chose radium as our first choice of elements to represent because the International Year of Chemistry coincides with the 100th anniversary of the Nobel Prize awarded to Madame Marie Curie. Madame Marie Curie discovered radium." Before she set the class off to create their tiles, she showed her chemistry class the movie of Madam Curie. Participants who made the tile earned 15 points of extra credit.

Out of all the radium tiles submitted, Mrs. Cullen chose Jacob Raymond's tile. Raymond's tile had a mixed medium consisting of paint, markers, colored pencils, glue, and tape. To see what it looks like, visit this link: <http://chemistry.uwaterloo.ca/iyc/radium>. To see the whole Table of Elements, created by schools around the world, go to: <http://chemistry.uwaterloo.ca/iyc/periodic-table-project>. Raymond created the green circles in the tile to represent radiation.

Raymond said it took him around 45 minutes to construct his Radium tile. He said the part he liked best about the project was having the ability to do what he wanted with the project and having leeway in what he did for it. His enjoyment really paid off as his tile represents Whitehall on the periodic table of elements. Congratulations, Jake Raymond.



Above is Jake Raymond whose tile was chosen to be displayed worldwide.



Pictured above is the Radium tile Jake Raymond created for chemistry.

Fine Arts/Clubs

SADD

By: Ben Fielstra

Every choice you make has repercussions. Whether it's choosing not to do your homework or helping a friend in need, there will always be an outcome. The outcome can change your entire future.

Students Against Destructive Decisions (SADD) is committed to encouraging the community to make good choices. Originally formed to discourage students from using drugs and alcohol, SADD has evolved its' purpose into something broader. The organization continues to urge students to stand up against peer pressure and actively works to minimize teen suicides. SADD's mission statement is, "To provide students with the best prevention tools possible to deal with the issues of underage drinking, other drug use, risky and impaired driving, and other destructive decisions."

Prom can be one of the most memorable experiences in a student's life. To make prom one of the best experiences, safety is a key factor. Stressing the dangers of drugs and alcohol, the students of SADD organized the annual demonstration of the result of two vehicles that collided. The event was Thursday, May 5, to raise awareness of driving under the influence.

The aftermath was devastating. During the scene, two students acted under the influence of alcohol and stumbled out of a mangled vehicle, horrified by the destruction they had caused. When the local police, firemen, and ambulance arrived, more students were pulled out of the two vehicles. Some were still living, and even unconscious. Unfortunately, the remaining students were pronounced dead.

Authorities and students worked together to make the surreal demonstration powerful, so much to the extent that the event seemed a reality for some students. After the demonstration ended, police and firemen provided an explanation of what occurred, advising students to note the dangers of drinking and driving under the influence. SADD students who participated in the skit were Haley Sorenson, Amber Kelley, Nichole Kelley, Riley Mahoney, Hannah Potter, and Hannah Jurcich. Students who volunteered for the event but don't participate in SADD were Patrick Gilland and Matt



Pictured here are the cars used in the demonstration and two members who participated in the demonstration as well.

Birthdays

Apr. 16

Elissa Bradfield
Shelby Hite
Kaitlin Skoglund

Apr. 17

Carrie Pollock
Luke Westrate

Apr. 18

Brent Phillipa

Apr. 19

Jessica Bennett

Apr. 23

Nathan Smith

Apr. 24

Jade Englund
Daniel Fox

Apr. 25

Ashley Settler

Apr. 26

Gregory Rogers

Apr. 27

Nicholas Dubois
Warren Crummett

Apr. 28

Josh Hansen

Apr. 29

Katie Cooley

Apr. 30

Zakary Pomrenke
Dominick Hull

May 1

Joe VanLoon

May 2

Kenneth Gawronski
Kaleb Huff
Zachary Herbert

May 3

Ryan Friend
Mitch Boyce
Logan Morningstar

May 4

Zachary Balzer

May 5

Forest Lewis
Amanda Montgomery

May 6

Lauren Nelson
Amanda Pesch

May 7

Devin Beals

May 8

Greg Greve
Aaron Esch
Kamryn Swanson

May 9

Kinzie Barkel
Malin Kuht
Cornelia Holzbauer

May 11

Kelsey Dore

Sports

A Lead to Fall Success

By: Lauren Throne

While many students' summer plans may be full of endless days of lounging on the beach and hanging out with friends, others will be dedicated to preparing for their fall sports. Their plans will consist of summer sports camps, challenging workout schedules, and early morning practices. Fall sports are a great way for students to meet other people who share their interests. These include cheerleading, girls' golf, cross country, football, and volleyball.

For a student to be eligible to be an athlete, they must maintain at least a 1.5 GPA and are required to pass four classes per term. Athletes cannot smoke, be in possession of, or use any tobacco product. They are also not allowed to drink or be in possession of any alcoholic beverages. Athletes cannot use, sell, or be in possession of any illegal drugs or look-a-like substances. They cannot violate any criminal laws or ordinances, or use, sell, or be in possession of any performance enhancing drug. *Note: There is a district wide "dead week" July 2 through 10. No practices or contests will be during this week. All pay-to-play money is due the first week of practice, not tryouts. All athletes must have a new completed physical card before they can try out.*

We asked the coaches from each sport questions on what athletes should do to prepare over the summer.

Cheerleading

- **How should students prepare for cheerleading?** Stretch every day and do sit-ups and push-ups for core strength building. Go online and look up the proper way to do jumps, and look up some cheers and watch those. Also, the higher the jump, the better. "Fliers" or "top girls" can also practice balancing on one leg or find a step and practice jumping onto the step, landing on one foot looking up, with a tight body. Possibly try to make up a cheer yourself to prepare for try-outs.
- **Do cheerleaders need any special equipment before practices begin?** Not especially, just a t-shirt, shorts and tennis shoes.
- **When do practices start?** August 10. We try to practice early in the morning or late at night to work around summer jobs as much as possible.
- **Are there any camps that cheerleaders should attend over the summer?** There are camps that cheerleaders can go to over the summer but usually they are only day camps. Team camps are usually longer and quite costly. Our team goes to a stunt camp once practice start in August. Tumbling classes over the summer are also a good idea.

Golf

- **When does your sport season officially start? When do practices begin?** We will meet for practice a couple days per week after the week of July 4. Those practices are not mandatory. Our official practices begin August 10. Golf matches begin August 17.
- **How should students prepare for this sport?** Students are encouraged to begin as soon as possible. We offer help all summer long. Students can also get lessons from golf pros. We can recommend a golf pro if suggestions are needed. If a student doesn't own clubs, we can loan them some for a short time while they decide which kind will be the best fit for them.

Cross Country

- **When does your sport season officially start? When do practices begin?** August 10 though most athletes begin conditioning in late June or early July.
- **How should students prepare for this sport?** We prepare by running four-six days per week and doing strength work. Our team camp will be during the season August 15-18. Runners need a good pair of shoes and a digital watch. We will have an informational meeting in May for anyone who would like to run cross country.

Football

- **When does your sport season officially start? When do practices begin?** August 8 first practice, August 25 first contest
- **Do players need any special equipment before practices begin? How should they prepare for this sport?** Year round lifting, camps, cleats, helmets, etc.

Volleyball

- **When does your sport season officially start? When do practices begin?** First practice August 12, Competition two weeks later
- **How should students prepare for this sport? Are there any camps for it? Is there any special equipment students should get before practices start?** We go to one team camp (maybe two). Players buy shoes and knee pads every year. Many players play AAU volleyball in the spring.

Student Spotlight

Camp Leadership

By: Blake Whittington



Students involved in the leadership conferences sit in a circle for one of their activities.

For one day a month starting in January a group of 15 juniors and sophomores attended a leadership camp at Camp Miniwanca. Whitehall student leaders were accompanied by an equally sized portion of Montague students. Members of the leadership camp are being prepared to lead the schools and community as upperclassmen in 2012. While all students have taken different lessons from their experience, many of them have agreed that they had a blast at camp. Junior Daniel Westrate stated that his favorite part was, "climbing the large dunes" while sophomore Forrest Bernhardt said he had the most fun, "spending time with people of the same character as mine." On May 23 and 24 leadership camp participants will pass on their learned leadership principles to the future leaders in a group of Shoreline Elementary 4th and 5th graders. These dates will ensure that the principles of the leadership day camp affect our youth for years to come.

Summer's On Its Way!

Final Exams:

- **1st hour Exam: Tuesday, June 7 (Full day of School)**
- **2nd and 3rd hour Exams: Wednesday, June 8 (Half Day of School, dismiss at 10:40)**
- **4th and 5th hour Exams: Thursday, June 9 (Half Day of School)**

SUMMER BREAK!!

Valhalla

This newsletter is produced by the Viking Communication 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.

Valhalla Newsletter Staff:

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