

# The Coyote Howl

## “Principal’s Page”

**HALF PRICE COLLEGE TUITION!!** Now that I’ve got your attention, Williston State College and Williston High School have teamed up to offer your son/daughter an opportunity to receive college credit for classes taken on our campus. An example is our functions and trigonometry course. Mrs. Vannatta has worked with our math department and revamped FST. This course has been converted into two courses. However, if your son/daughter takes both of these courses as dual credit, they will also receive eight college credits for their effort.

The best part of the whole deal is the cost. In previous years, the cost of dual credit was \$125 per credit hour. Most classes were three credits. So, with tuition and book, the cost of the college course was roughly \$500. Thanks to the hard work of Terry Olson and Wanda Meyer at WSC, the cost per credit will be reduced by half!!

I wish to thank Terry and Wanda for helping our students get a head start on their college careers and also giving them an avenue to make it more affordable. The next page of this newsletter will have the courses that we can offer for dual credit and the courses that WSC offers on their campus for dual credit with WHS. If you have any questions or would like to have your son/daughter re-register for a dual credit class, please contact one of our counselors. They would be happy to show you what needs to be done.

## Prom

Prom is scheduled for April 26 this year. Prom is a formal event at WHS for boy/girl couples who have reached their junior/senior year or have graduated from high school. Students bringing a date from outside WHS must complete a form and have the prom date approved by the principal before they can sign up as a couple. (All couples must be at least a junior in his/her high school and under 21 years of age.) All students must wear acceptable clothing to participate in the Grand March and the dance that follows.

General guidelines of ladies:

- Dress slit cannot extend past the mid-thigh
- Dress cannot expose skin below the navel or above the bottom rib
- Dress must not ride low on the hip
- Dress must be high enough not to expose cleavage

Proper attire for men:

- Dress pants required
- Dress shirt required
- Suit coat required
- Tie required
- No tennis shoes, jeans or sandals

Any questions concerning attendance/attire for the prom are to be directed to the principal.

## Graduation Requirements

The state legislature has mandated that this year’s incoming freshman class (2012) is required to earn 24 credits to graduate from any high school in North Dakota. This brings about some interesting challenges as we have a seven period day and the students will need to take six courses each year. Some possible suggestions would be to take a summer school course in order to relieve some of the stress of a full load of classes during the school year. For the upper grades, taking dual credit so that the classes count for both high school and college would be a good idea.

The main thing is to keep up with your son/daughter’s grades at all times. This can be done on PowerSchool or with a weekly grade check that we can provide. If you have any questions, please contact a counselor or administrator and we would be glad to show you where to go for help.

Professionally,

Chris Kittleson,  
Principal

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**Williston High School**  
**Dual Credit Opportunities**  
**High School Environment/College Credit**  
**Half the cost of regular tuition**

***CHALLENGING CLASSES WORTHY OF COLLEGE CREDIT***

**Taught at WHS**

**WSC credit**

English

Dual Credit English (1/2 cr.)

English Comp I (3 credits)

Math

Functions and Trigonometry (1 cr)

College Algebra (3 credits)  
 Trigonometry (2 credits)

Probability and Statistics (1/2 cr)

Business stats (3 credits)

Spanish

Spanish III, IV (1 cr)

Spanish 1-4(16 credits)

Students would register during junior year for Spanish 1-2 credit depending on recommendation of competency from instructor.

German

German III, IV (1 cr)

German 1-4(16 credits)

Students would register during junior year for German 1-2 credit depending on recommendation of competency from instructor.

**Taught at Williston State College (1/2 credit per semester)**

Meteorology  
 Cisco/IT Essentials  
 Physical Geology  
 Intro to Sociology  
 Applied Welding  
 Diesel Mechanics

Calculus I, II, III  
 Intro to Psych (Prereq)  
 Fundamentals of speaking

## Counseling News

Williston High School  
Miss Koperski and Ms. Forthun  
Counselors  
April 2008

### Scholarships

**Frank & Ester Wenstrom Foundation Scholarship** is available to a senior who attended School in Williams County. They must either attend WSC or UND. The deadline is March 31.

**Kingsley T. Davidson Memorial Scholarship** is available for high school seniors in Williams, Divide and McKenzie Counties. Applications are in the counselors' office. Deadline for the application is April 1.

**Reuben T. Guenther Scholarship** is available online at [www.nd.gov/cte/students/scholarship.html](http://www.nd.gov/cte/students/scholarship.html) or in the counselors' office. You must have taken one or more vocational courses between grades 9-12. The deadline is April 1.

**Coyote Foundation Scholarship** is available to any WHS senior. This is a great opportunity to receive one of many scholarships available. You **MUST** include a picture of the student applying. Applications are available in the counselors' office. The deadline is April 4.

**Lewis & Clark School Alumni Scholarship** application is available in the counselors' office. You must have attended Lewis & Clark Elementary School. The deadline is April 4.

**North Dakota Indian Scholarship** applications are available online at [www.ndus.nodak.edu/students/financial-aid/details.asp?id=111](http://www.ndus.nodak.edu/students/financial-aid/details.asp?id=111) or in the counselors' office. You must be a member of a recognized Indian tribe. The deadline is July 15.

### ACT Registration

**Williston High School Code: 351-880**

The cost of writing the ACT is \$29 without the writing test and \$43 if you select to do the writing. The deadline for the June 14 assessment is May 9. To register online, go to [www.actstudent.org](http://www.actstudent.org)

### testGear

WHS has had a site license for testGear purchased by Student Loans of North Dakota. testGear is an online tool that gives students the practice they need to reach their full potential on the college entrance exam ACT. This online learning system adapts to each students needs by targeting their weaknesses and helping them to build necessary skills. Stop by the counselors' office to pick up your instructions on how to use the program. Workshops will be held this fall for students and their

parents to attend in order to learn how to best utilize the program.

### ND Scholars Program

This program recognized outstanding ND high school seniors for scholastic achievement as measured by their ACT scores. Those students who are selected must enroll in a ND college or university and will be awarded an in state tuition scholarship. To be considered, you must be scheduled to graduate from a ND high school in 2009, attend a ND college or university and take the ACT on June 14.

Information is in the counselors' office.

### ND/MN Reciprocity

The North Dakota/Minnesota reciprocity program is a program of student exchange that has existed since 1975. The purpose of the program is to continue to improve post-secondary education opportunities for North Dakota and Minnesota residents and to achieve improved effectiveness and economy in meeting the post-secondary education needs of those residents through cooperative efforts by the two neighboring states. Online applications are available at [www.nd.gov/cet/forms/reciprocity.html](http://www.nd.gov/cet/forms/reciprocity.html) or in the counselors' office.

### Dates to Remember

**April 2** – Senior Meeting at 10 AM

**April 4** – Coyote Foundation Scholarship due by 4 PM

**April 26** – Prom

**May 4** – Mother/Daughter Dinner

ACT June Registration Deadline

**May 7** – Senior Awards Night

**May 9** – ACT Registration Due for June

**May 9** – Senior Cut-off Date/Honor Group  
Announcement

**May 10** – Band Day

**May 12** – Honor Group Luncheon

**May 13** – Elk's Youth Day

**May 14** – Honor Banquet

**May 18** – Baccalaureate

**May 22** – Graduation Practice

**May 25** – Graduation

**May 25** – Operation Graduation

**June 9** – ACT assessment

### Camp RYLA

This is an opportunity for expanding leadership skills in a one week seminar. It is open to young leaders ages 16-18. The camp will be held on July 13 – 19 at the University of Minnesota, Crookston. Applications are available in the counselors' office and must be completed by May 30. If you have questions, please contact Randy Keehn for more information.

## **For Title IX-JOM Information:**

**Contact Lora Riveland at  
572-5618, Extension 131**

**Or stop by her office**

**At Williston Middle School, Room 212**

## **DRESS CODE**

**(at school or school sponsored events)**

Students are expected to have appropriate appearance at all times. Inappropriate appearance includes, but is not limited to, the following:

1. Excessively torn or tattered clothing
2. Clothing which is in poor taste, too revealing (this includes both shirt and skirt length), clothing containing obscene words or pictures.
3. Clothing that promotes alcohol, tobacco or bars.
4. Hooters, Co-ed Naked, Big Johnson, Playboy bunny or similar items.
5. Spaghetti straps, tank tops, shirts that expose the midriff or décolletage.
6. Colored hair or body piercing that draws attention from the learning process.
7. Chains hanging from clothing.
8. No sheer or gauze fabrics.
9. Boys sleeveless shirts.

**Violation of the dress code will result in these actions:**

**First offense:** Student sent to administrative office and problem is corrected.

**Second offense:** Student removed from school and put into in-house suspension.

**Third offense:** Suspension from school for three days.

Wearing of hats or caps by either girls or boys will not be allowed. Common courtesy dictates the removal of hats upon entering the building as a sign of respect.

**Violation of the hat policy will result in these actions:**

**First offense:** Surrender cap to adult requesting the cap. It will be given to administration and given back at the end of the day.

**Second offense:** Surrender cap to adult requesting the cap. It will be given to administration and parent will need to stop by and it will be returned.

**Third offense:** Cap will be confiscated for the remainder of the school year. Each subsequent violation will result in an additional cap being taken for the remainder of the year.

## **SPANISH WEBSITE...**

A new website is now available for all Spanish I and II students. It is <http://coyotespanish.pbwiki.com> which includes all vocabulary required for tests and quizzes, links to additional studies, learning games, cultural and travel information and several online newspapers in Spanish. The site will be updated periodically throughout the year. Come check it out!

It can also be viewed at <http://www.williston.k12.nd.us/whs/index.html> under "Departments", click on "Foreign Language"

## **Atomic Learning**

Atomic Learning has great resources for learning how to use software programs for both PC and Macintosh computers.

Teachers, students, parents, and community members can use it.

To use it at home, go to [www.atomiclearning.com](http://www.atomiclearning.com) In the login box in the upper right hand corner, enter the following:

login: willistonps

Password: (Please get this from your school's office)

After you have logged in, click on either the "Windows Tutorials" or "Macintosh Tutorials". Then select the program and the section(s) you want to view.

## **Mid-Term & Nine Week Grading Schedule for WHS**

**Mid-Term – April 23**

**(Period 4)**

**Fourth Nine Weeks – May 23**

**(Mailed)**

## **Operation Graduation**

Attention parents of seniors! Operation Graduation is drawing near and we are still in need of parent chaperones for the evening of Operation Graduation. The first shift will run from 8:30 PM to 1 AM while the second shift will run from 12:30 AM to 5 AM. If interested, please call Debbie Hendrickson at 572-1886/770-3602 or Teresa Kylo at 572-0731/770-3151.

We are also in need of cash donations. Please call Barb Olson at 577-0730 after 5 PM.

Suzann Eiken

## MICROSOFT SELECT PROGRAM

Edutech, Microsoft, E-Academy and Software House International have teamed up to provide K-12 students, staff, and parents the opportunity to purchase certain Microsoft products at deep discounts. These products include Microsoft Office (professional, standard and enterprise versions) for PC and Mac, One Note, Office Sharepoint Designer, Office Visio, Office Project, and Vista upgrades. Each student can purchase up to one copy/license of each software title.

Example pricing:

Microsoft Vista Business Upgrade: \$69.60 (+S&H)

Microsoft Office Professional 2007 Suite:  
\$71.20 (+S&H)

Please contact your student's school to receive the Student Select Registration Code. See <http://edutech.nodak.e-academy.com> for licensing, pricing, purchasing, and order fulfillment information.

### Two important notes:

1. Vista upgrade must be installed on a machine which already has a qualifying Microsoft operating system and corresponding Certificate of Authenticity (Windows XP, Windows 2000, etc). You cannot buy a "white box" computer without an operating system and install the student select Vista upgrade.

2. These software products are meant for personal or school purposes. The license does not provide for commercial uses (e.g. the Student Select license does not allow you to use this software for a home business).

Julie Palmer  
Technology Coordinator

## Senior Pictures

All colored senior pictures that are going in the annual need to be turned in to Mrs. Schultz **IMMEDIATELY!**

**ANNUAL ORDER FORMS  
FOR 2007-08  
ARE IN THE OFFICE.  
COST IS \$45. THESE  
NEED TO BE IN BY  
THE END OF APRIL.**

## WHS PROM

will be on

**April 26, 2008**

Tickets will go on sale April 14, 2008.  
You must purchase a couples ticket before  
you can buy spectator tickets.  
Forms for date approval will be  
available on April 7 in the office.

## Graduation Slide Show

Seniors...please bring your senior picture (preferably a close-up) and a baby/toddler picture to Ms. Kalb in room 217. You may pick them up from room 217 the following day.

Make sure you have your first and last name on both pictures. The slide show is shown from 12:30 PM to 2 PM prior to graduation for parents, grandparents, family and friends to enjoy while they are waiting for the ceremony to begin.

## Parent/Teacher Conferences

April 1 - 5:30 PM to 8:30 PM  
April 3 - 4:30 PM to 7:30 PM

(Conferences will be held  
in the classrooms)

## Close Up

Close Up Washington was an exciting week long study visit to the nation's capital where the students gained the opportunity to experience our government and the political process firsthand. This year's trip took place **March 9 - 15**.

The Close Up Washington week was a carefully organized series of activities designed to give the students a look at the process of government. The program contained six to eight seminars, each featuring a different Washington expert. Students had an opportunity to meet with our state's representative and senators and visited famous monuments. The last day, before our return, the students were given a chance to explore the sites that are most appealing to them.

Chris Mack  
Close Up Advisor

## WHS AFTER PROM ACTIVITIES

Plans for the 14<sup>th</sup> Annual Williston After Prom Party are well under way. An evening of multiple activities will be offered for prom participants. The After Prom Committee guarantees fun for the kids with less worry for the parents, as all activities are drug, alcohol and tobacco free. We hope you will encourage your junior/senior student to participate. Prom is Saturday, April 26. After Prom activities will be held from 12 AM to 4 AM.

If you would like to support this event with a donation, helping out as a chaperone, bringing bars or in any other capacity, please contact one of the committee members listed below:

Cheryl Bjella, Chairman	774-3934
Kim Nice, Chaperones	572-3711
Darcy Schauer	572-6319
Claudette Neether	572-8938
Patty Christensen	577-4721
Elaine Chapman	572-3028
Lisa Soiseth, Treasurer	774-3481
Kathryn Kihle, Publicity	572-7900
Terry Bendixson	572-4616
Bonnie Guenther	774-0402

## Dates to Remember

- April 2 - Senior Meeting  
@ 10 AM (Auditorium)
- April 4 - Coyote Foundation  
Scholarship Due
- April 7, 8, 9, 10 & 11 - No School  
Spring Break
- April 26 - Community Sale  
Prom
- April 28 - No School (In-Service)
- May 4 - Mother/Daughter Dinner-6 PM  
Invitations Will Be Mailed
- May 7 - Senior Awards Night  
Auditorium-7 PM
- May 9 - Senior Cut Off Day  
ACT June Registration Deadline
- May 10 - Band Day (10 AM)
- May 12 - Honor Group Luncheon Rotary  
El Rancho-12 PM
- May 13 - Elk's Youth Day
- May 14 - Honor Banquet  
St. Joe's Catholic Church  
O'Neil Hall-6 PM
- May 18 - Baccalaureate  
St. Joe's Catholic Church-7 PM
- May 22 - Graduation Practice  
All seniors must attend  
Phil Jackson Field House  
9:30 AM - 11:30 AM
- May 25 - Graduation  
All seniors must attend  
Phil Jackson Field House-2 PM  
(All seniors must be at WHS @ 1  
PM to line up)
- May 25 - Operation Graduation  
Attendance is optional  
10 PM - 4 AM

## Class of 2008

### Motto:

What lies behind us and what lies before us  
are tiny matters compared to what lies within us.

Ralph Waldo Emerson

### Flower:

Lilly

### Colors:

Orange/Black/Silver

## Healthy Williston...Healthy Youth and the 40 Assets Kids Need to Succeed

By: Kathy Bingeman

We have visited before that building assets does not require special training...it's the simple things we do everyday that make a difference. But, again, what IS an asset? The first four asset categories (Support, Empowerment, Boundaries and Expectations, and Constructive Use of Time) focus on external structures, relationships, and activities that create a positive environment for young people; the next four categories (Commitment to Learning, Positive Values, Social Competencies, and Positive Identity) reflect internal values, skills, and beliefs that young people also need to fully engage with and function in the world around them.

Let's compare assets to puzzle pieces. The more assets (or puzzle pieces) our youth have from each of the 40 assets, the more likely they are to make positive choices and avoid high-risk behavior. Just as fitting together more puzzle pieces makes a puzzle more difficult to fall apart, the same analogy applies to building assets in our youth. These assets are not built overnight, unlike the physical puzzle, so remember that "our puzzle" is a work in progress.

**BOUNDARIES AND EXPECTATIONS:** is an external asset group that includes individual assets of Family Boundaries, School Boundaries, Neighborhood Boundaries, Adult Role Models, Positive Peer Pressure, and High Expectations.

Our youth are asking us to listen to them:

- Please help me stay within fair limits for my behavior.
- Please ask me about whom I admire.
- Please challenge me to succeed and comfort me if I fail.
- Please encourage me to always do my best!

They tell us, "I clearly know what is 'in bounds' and 'out of bounds' in the way that I act. It seems like my family, school, and community all enforce the same rules! At any rate, they all expect a lot from me. I like that challenge."

You can do simple things to show kids you care - NOTICE them - SMILE a lot - LEARN their names - HUG them - RESPECT them. I know how old I am....definitely not what you would call a 'kid'.... but I love to show other people that I am; AND I also feel good when others show that they care about me.

Are you already doing the things we have talked about? If you are, great...if not, well, you can start today. For more information on the 40 assets and Healthy Williston...Healthy Youth, see the website at [www.healthywilliston.com](http://www.healthywilliston.com) or call me at 774-7417. Next month, we'll talk about the last group of external assets called CONSTRUCTIVE USE OF TIME.

## Student Council News

The WHS Student council held another exciting Dodgeball event March 18! There were thirteen teams in the tournament with the Shannys Team victorious over Generation X in the championship round. The gate proceeds will be used for medical expenses for Dan Bodin.

WHS will be holding the Spring Fling Dance on Friday, March 28 from 9:30 PM to 12 AM. The dance will be held at the Williston High School Gymnasium.

April will be a busy month for the WHS Student Council as we are gearing up for elections. Election packets will be available in the office at Williston Middle School for upcoming freshman and in the office at Williston High School for 2008-2009 sophomores, juniors and seniors. The Student Council packets should be turned in to Ms. Olson in room 105 and the due date for these packets is **Friday, April 25.**

Student Council Secretary,  
Ryan M.

## **WHS SADD's Top Role Model**

On March 16 – 18, sixteen SADD members attended the state conference in Jamestown with over 500 students from around the state. The theme for the conference this year was "America's Top (Role) Model". Once again, students had a great time networking with others who are making positive choices for themselves. The conference featured wonderful motivational speakers, workshops, teambuilding activities, and a dance. WHS SADD member, **Ashley B.**, was elected by her peers to the Northern Lights Advisory Board, which is made up of students from North Dakota, Minnesota and South Dakota. She will be part of the planning process for this region's yearly activities and annual conference. "Congratulations, Ashley! You are our "Top (Role) Model!" **Diana Fisketjon** will also be a member of the Northern Lights Adult Advisory Board.

Susan Forthun  
SADD Advisor

## **FFA News**

Congratulation to the following Williston FFA members who received awards at the FFA banquet:

### **2007-08 Officer Plaques**

President-Aaron P.  
Vice President-Levi K.  
Secretary-Nathan P.  
Treasurer-Derek O.  
Reporter-Greg H.  
Sentinel-Jon E.

### **Honorary Degree**

*(Individuals who have helped the FFA throughout the year)*

Marilyn Krogen- NDSU Experiment Station  
Scott Anderson- Tractor & Equipment

Top Ag. Mechanics Exhibitor-Derek O.  
Top Salesperson-Jordan E.  
Star Greenhand-Nathan P.

**DeKalb**  
Aaron P.

### **Proficiency Award Winners**

Aaron P. - Diversified Crop production  
Aaron P. - Grain Production  
Aaron P. - Oil crop Production  
Aaron P. - Ag. Mech  
Nathan P. - Home & Community Development  
Derek O. - Grain Production

First and second year FFA members received their degree pins.

Many members also received plaques for the activities they participated in this past year.

## **Marketplace for Kids**

FFA members will be helping with Marketplace for kids in April.

## **Food for America**

Our annual Food for America program will be held on Wednesday, May 7. FFA members teach area second graders the importance of the agriculture industry and safety.

## **NATIONAL HONOR SOCIETY NEWS**



During the month of March, the NHS members focused on the state service project "Daffodil Days." Daffodils were delivered on Tuesday, March 18. All proceeds from the daffodils are donated directly to the American Cancer Society. This year NHS received and delivered 500 bunches of daffodils.

At the monthly meeting, junior members had an opportunity to learn more about being an officer. Applications were available with the election of new officers in April.

Members continue to work on service hours. Upcoming projects include all-city clean-up, Marketplace for Kids, serving as docent at the James Memorial Center and helping with the April 19 activity in conjunction with the Week of the Young Child.

Members are looking forward to attending the State Leadership Conference April 27 and 28 in Bismarck. It promises to be a great time with inspiring speakers and lots of fun.

Joanne DeMars



# Setting Rules With Teens

\*PROVIDED LOCALLY THROUGH  
THE PARENT RESOURCE CENTER\*

## What's Happening

Teens may look (and think that they are) full grown, but their brains are still growing and their hormones are changing. This can affect:

- **Decision-making**—Teens make mature decisions at times, and childish ones at others.
- **Risk-taking**—Brain immaturity can result in impulsive or risky behavior.
- **Relationships**—Teens move a little further away from family and a little closer to friends.



## What You Might Be Seeing

Normal teens:

- Crave independence
- Question rules and authority
- Test limits
- Can be forgetful
- Have good days and bad days
- Drive you crazy and make you proud

## What You Can Do

As a parent, you want to set rules to keep your teenagers safe and healthy and to teach them to get along in the world. While it may be tempting to keep your teen in line by setting strict rules and harsh consequences, your teen is likely to respond by becoming angry and more defiant.

Tips to keep in mind:

- Involve teenagers in setting the rules. They may be more likely to follow them.
- Talk about the reasons behind the rules and what you expect from them.
- Choose your battles, and try to provide choices in the matters that are less important. For instance, you might let your daughter pick her own hairstyle if she comes home on time.
- Make sure your teens understand the consequences ahead of time. What will happen if they break the rules?
- Set consequences that are related to the behavior, and be consistent in following through. Ask teenagers to help decide what the consequences will be if they break the rules.
- Do not make consequences so harsh that you or your teen can't follow through. Consider taking away privileges, limiting time with friends, or assigning extra chores.
- Allow your teens to gradually earn more freedom.
- Get to know your teen's friends and their parents, and let them know your rules and expectations.

Cheer your teens on when they follow the rules! And make sure they know you love and accept them, even when they're not perfect.

*This tip sheet was created with input from experts in national organizations that work to protect children and promote healthy families. To download this tip sheet or for more parenting tips, go to [www.childwelfare.gov/preventing/promoting/parenting](http://www.childwelfare.gov/preventing/promoting/parenting) or call 800.394.3366.*



# High School 1 YEARS

Working together for lifelong success

## Short Clips

### Artfully smart

Music, drama, and visual arts allow teens to use creativity and think critically. In fact, students who participate in the arts tend to do better in school. Suggest that your teen sign up for arts courses, and consider visiting museums or attending orchestra concerts together.

### Say no to tobacco

Adolescents looking for a “safe” alternative to smoking may turn to chewing tobacco. But tobacco of any kind contains nicotine, which is addictive and causes cancer. Chewing tobacco also leads to cracked lips and mouth sores. Encourage your child to stay away from the substance altogether.

### Stepfamily fun

While it can take time for blended families to form comfortable bonds, stepparents can use special activities to make connections. Find out what your stepchild enjoys (movies, working out), and spend some time together. *Tip:* Post pictures of the two of you on the refrigerator to show you’re proud to be with her.

### Worth quoting

“Discovery consists of seeing what everybody has seen and thinking what nobody has thought.”  
*Albert Szent-Gyorgyi*

### Just for fun

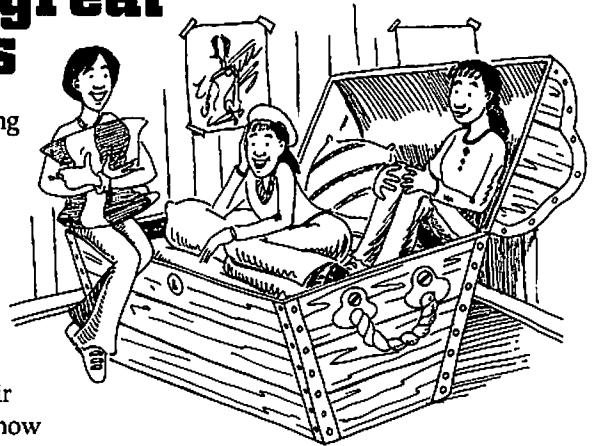
**Teacher:** Who invented fractions?

**Student:** Henry the 1/8.



## Secrets of great friendships

Making friends means having special people to share life’s ups and downs with. Teens can learn to find—and keep—friends by treating them like treasures. Share these tips with your child.



**Be a good listener.** Let others talk as much about their lives as you do about yours. Show them you’ll be there if they need you. Make a point of calling just to say “hi,” not only when you need something.

**Be trustworthy.** Keep friends’ confidence by guarding their secrets. (If you think a friend is in danger, though, tell a trusted adult.) Also, avoid talking about your friends behind their backs. If others say something that isn’t nice, refuse to join in.

**Be happy for their success.** It’s easy to feel jealous of a friend’s success, such as making a team when you don’t.

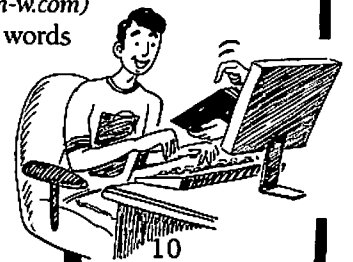
But true friends can put on a smile and congratulate each other, even when they’re disappointed. Your friend will feel loved and can return the favor when you have good news.

**Be a partner in fun.** Put your heads together to come up with great things to do. Throw a surprise party for a mutual friend’s birthday, create a “do it yourself” spa, or organize a touch football game in the backyard. After all, the best part of friendship is sharing good times. 👍

## Homework tech support

Computers are great for listening to music and IMing friends. But they’re terrific tools for homework, too. Suggest that your teen use the computer for:

- **Researching papers.** Online reference desk LibrarySpot ([www.libraryspot.com](http://www.libraryspot.com)) includes links to Internet-based encyclopedias, government libraries, and atlases.
- **Solving math problems.** Webmath ([www.webmath.com](http://www.webmath.com)) provides help with algebra, geometry, calculus, trigonometry, and general math.
- **Looking up words.** Merriam-Webster Online ([www.m-w.com](http://www.m-w.com)) can be used as a dictionary or thesaurus. Also, type in words to convert between English and Spanish.
- **Making flash cards.** Flash Card Machine ([www.flashcardmachine.com](http://www.flashcardmachine.com)) allows students to create flash cards they can share online. Use them to study formulas, concepts, or definitions. (Note: Free registration is required.) 👍

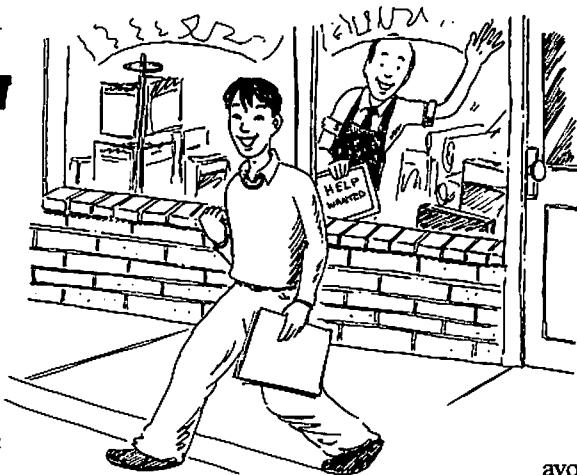


# Ace that interview

Your teen may be eager to make money through summer work. Help him wow prospective employers by sharing these interview basics.

## Getting ready...

- Look up directions to the business. Plan to arrive at least 10 minutes early.
- Think about how your experiences make you perfect for the job. *Example:* Being on the school debate team requires a clear speaking voice—a must for answering office phones.
- Practice interviewing with family or friends so you'll be comfortable tooting your own horn.
- Have neat hair and wear nice clothing (dress pants, shirts that aren't too tight or baggy).



## When you arrive...

- Be nice to everyone. Receptionists and other staff may give employers their opinion of you.
- Turn your cell phone off. A phone ringing during an interview shows a lack of respect.
- Use a confident voice, and avoid "like," "um," or other unnecessary language.
- Be enthusiastic. Tell the interviewer you'd love a chance at the job, and ask when he'll be making a decision.

*Tip:* After the interview, write or e-mail to thank the person for his time. 👍

## Q & A Spring slump

**Q** Now that it's spring, my daughter wants to go outside rather than do homework. How can I help Elise stay motivated?



**A** Sunlight sparks feel-good chemicals in the brain and draws people outside after a long winter indoors.

Indulging your daughter's urge to be outside will give her more energy to get work done. Suggest that she go for a jog or shoot some hoops before sitting down to concentrate. Or encourage her to study outside by taking books to the backyard.

Another way to satisfy spring fever is to bring the outdoors in. Have your child open her bedroom window for fresh air. Cut flowers to put in a vase on her desk. She'll be happier working in bright, sunny spaces that match her mood. 👍

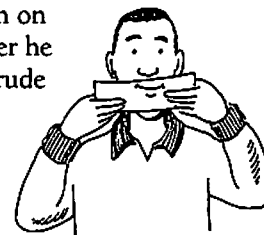
## Parent to Parent Taming rude tongues

When my son Ryan started talking back, I didn't know how to react. Should I overlook it as typical teenage behavior or put my foot down and punish him?

Information I read on parenting Web sites suggested the answer is somewhere in between. Teens may talk back to show they're growing up, especially when parents "hover" too much. On the flip side, talking rudely can signal they're having trouble and need support.

I told Ryan I understand it's easy to take out his frustration on me, but I feel hurt when he treats me disrespectfully. I'd rather he say what's really bothering him so we can discuss it without rude comments.

Ryan and I agreed that if he talks back, I'll say, "Would you like to try again?" If he doesn't start over, I'll walk away, and we'll chat when he's in a better mood. It seems like this is beginning to work—Ryan is speaking a little more politely to me already. 👍



## Everyday science

Think children outgrow their natural curiosity? Think again! Most high schoolers will be intrigued by science when it relates to their lives. Help your teen explore with these tips.

### Experiment at home

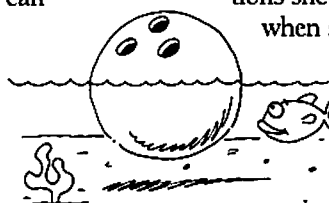
Suggest that she browse library books or visit [www.SciFun.org](http://www.SciFun.org) for science experiments to try. She can investigate density by discovering if bowling balls float or learn about air pressure by collapsing a soda can in boiling water.

### Watch the weather

Have your child read forecasts in the newspaper and observe clouds for a week. Can she predict the weather? *Example:* "The clear sky tonight probably means cooler temperatures in the morning."

### Solve "mysteries"

Encourage her to keep a log of questions she thinks of and look up answers when she has time. She might visit [www.loc.gov/rr/scitech/mysteries](http://www.loc.gov/rr/scitech/mysteries) to learn how the GPS (Global Positioning System) works or why roller coasters need gravity. 👍



### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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**Williston High School Lunch Menu Apr-08**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Chicken Nuggets Chicken Fried Steak Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Corn Fresh Fruit	<b>2</b> <u>BREAKFAST</u> French Toast Sticks Sausage Patty <u>LUNCH ENTREE'S</u> Spaghetti W/Meat Sauce Chef Salad Stuffed Crust Pizza <u>SIDES</u> Garlic Toast Broccoli Peaches	<b>3</b> <u>BREAKFAST</u> Banana Bread Cheese Stick <u>LUNCH ENTREE'S</u> Sloppy Joe Fish Burger Stuffed Crust Pizza <u>SIDES</u> Fries Mixed Fruit	<b>4</b> <u>BREAKFAST</u> Breakfast Corn Dog <u>LUNCH ENTREE'S</u> Sub Sandwich Sweet & Sour Chicken Stuffed Crust Pizza <u>SIDES</u> Chips & Salsa Applesauce Cookie
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
NO SCHOOL  SPRING BREAK	NO SCHOOL  SPRING BREAK	NO SCHOOL  SPRING BREAK	NO SCHOOL  SPRING BREAK	NO SCHOOL  SPRING BREAK
<b>14</b> <u>BREAKFAST</u> Waffle Sausage Patty <u>LUNCH ENTREE'S</u> Hot Dog Pizza <u>SIDES</u> Seasoned Pasta Peas/Carrots Tropical Fruit	<b>15</b> <u>BREAKFAST</u> Breakfast Wrap <u>LUNCH ENTREE'S</u> Hamburger On A Bun Chicken Patty On A Bun Stuffed Crust Pizza <u>SIDES</u> Oven Fries Jell-O Fresh Fruit	<b>16</b> <u>BREAKFAST</u> French Toast Sausage Links <u>LUNCH ENTREE'S</u> Pepperoni Hotdish Bagel & Yogurt Stuffed Crust Pizza <u>SIDES</u> Breadstick Corn Applesauce	<b>17</b> <u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin <u>LUNCH ENTREE'S</u> Breaded Chicken Corn Dog Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Green Beans Fruit Salad	<b>18</b> <u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Quesadilla's Chili Crispito Stuffed Crust Pizza <u>SIDES</u> Peas Peaches
<b>21</b> <u>BREAKFAST</u> Cereal Toast <u>LUNCH ENTREE'S</u> Pizza Chicken Alfredo <u>SIDES</u> Creamed Corn Pineapple	<b>22</b> <u>BREAKFAST</u> Breakfast Burrito <u>LUNCH ENTREE'S</u> Mini Corn Dogs Popcorn Chicken Stuffed Crust Pizza <u>SIDES</u> Baked Beans Fresh Fruit Cookie	<b>23</b> <u>BREAKFAST</u> Muffin Yogurt <u>LUNCH ENTREE'S</u> Turkey Tidbits Three Meat Combo Pizza <u>SIDES</u> Mashed Potatoes/Gravy Dinner Roll/Corn Cranberry Whip	<b>24</b> <u>BREAKFAST</u> Pancake Sausage Patty <u>LUNCH ENTREE'S</u> Chicken O's Italian Supreme Sandwich Stuffed Crust Pizza <u>SIDES</u> Seasoned Rice Fresh Veggies Mandarin Oranges	<b>25</b> <u>BREAKFAST</u> Scrambled Egg Toast <u>LUNCH ENTREE'S</u> Hard Shell Tacos Chicken Fajita Stuffed Crust Pizza <u>SIDES</u> Refried Beans Peaches Pudding
<b>28</b>	<b>29</b> <u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Pizza Burger Stuffed Crust Pizza <u>SIDES</u> Green Beans Coleslaw Fresh Fruit	<b>30</b> <u>BREAKFAST</u> Cinnamon Tastry String Cheese <u>LUNCH ENTREE'S</u> Chef Salad Burrito Stuffed Crust Pizza <u>SIDES</u> Garlic Toast Orange Slices Jell-O		
NO SCHOOL  TEACHER IN-SERVICE				

# YOUTH EDUCATION STAGE

*in our 24th Sensational Season*

## **PRESENTS:**

- ***Summer Shorts III***  
A popular YES festival featuring YES performers of all ages in a series of 10 minutes plays.  
**June 24-26**
- ***HONK!***  
An award-winning London musical featuring the YES 1st-6th grade performers, this is the ugly duckling story set in the 21st century.  
**July 8-10**
- ***Title To Be Announced***  
Featuring YES middle school performers.  
**July 22-24**
- ***Title To Be Announced***  
A musical production featuring YES teen performers.  
**August 12-14**

*Under the direction of Artistic Directors-Producers  
B. Michael Quale and Jack Dyville*

**Get your 2008 YES Season Ticket at the  
Entertainment Inc. 25th Anniversary Production  
May 9-11  
or call 577-3179 for more information.**

***Watch for Audition Announcements in May 2008!***

# YOUTH EDUCATION STAGE

## *Sponsorship Opportunities*

Literally thousands of children and teens have enjoyed and benefited from Youth Education on Stage (YES). Some go on to study theater and/or become involved in the entertainment industry. Youth who participate in the YES program get opportunities to:

gain hands-on experience with drama, dance, music, costumes, props and sets.

discover a healthy outlet for their energy and creativity.

forge new friendships.

work together as a team to meet deadlines.

gain self-confidence.

develop hidden talents.

If you or the business you work for is interested in being part of the YES legacy, consider one of the following sponsorship opportunities.

**MAJOR Sponsor-** \$1000 commitment. Receive eight tickets for each production and a program credit.

**DIRECTOR'S CLUB-** \$500-\$999 commitment. Receive six tickets for each production and a program credit.

**CAST AND CREW CLUB-** \$250-\$499 commitment. Receive four tickets for each production and a program credit.

**CURTAIN CALL CLUB-** \$150-\$249 commitment. Receive three tickets for each production and a program credit.

**BACK STAGE CLUB-** \$50-\$149 commitment. Receive one ticket for each production and a program credit.

**APPLAUSE CLUB-** \$25-\$49 commitment. Receive a program credit.