

# The Railroader Rundown

WHITEHALL JR/SR HIGH SCHOOL

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## BEST MEDICINE: POSITIVE VIBES

*by Mr. Burgess*

Hello Railroader Nation! It's been so great to see so many wonderful faces back in our hallways. There's a vibrant atmosphere with all of the students coming and going, sharing their stories, laughing with their teachers, laughing with their friends, gathering in the lobby (physically distant of course), and allowing our school to become part of your story once again. I know things aren't perfect, but I'll take what we can get.

I know the past year has been difficult, but I believe the light is at the end of the tunnel. Since we've come back, I've noticed a few changes as well. I've noticed things that rarely get reported or talked about. I'm talking about the effect the student body has on our teachers. Your smiling faces are their best medicine. Your positive vibes do their mental health well. Students, do not underestimate the power you have to brighten the day of your teachers. Your smiling faces raise their spirits and your interaction with them has made a world of difference.

The teachers have enjoyed talking about prom, the senior dinner dance, and trips to Washington DC again. Even your coaches are walking through the hallways with their heads a bit higher from everyone's impressive display on the athletic fields; I've never seen Mr Hunt smile so much!

It's good to keep in mind that our staff are humans too, they need a pick me up every now and then. I'm glad to hear the laughing in our halls, but I know it is much more powerful than a single fleeting moment. Those positive interactions are not only brightening the day of a single teacher, but everyone who comes in contact with them. So to the student body, I say thank you for being such a positive influence on the culture of our building. You are much more appreciated than I give you all credit for.

GO RAILROADERS



# PURCHASE YOUR 2021 FISHING LICENSE ONLINE

*by: Vinna Jensen*

Before you head out to make your first casts of 2021, make sure to purchase or renew your fishing license. It is a quick process, as states allow fishermen to purchase a fishing license online.

In most cases, the state will ask for a driver's license number, date of birth, address, phone number, and several questions regarding physical characteristics.

A fishing license usually expires on Dec. 31 regardless of when it was purchased.

Some states have fishing reciprocity agreements - meaning an fisherman can fish in another state as long as they have a valid license.

Reduced rates are sometimes given to active military members, youth, seniors, students, and other instances. For more information regarding fishing license rates, rules, and regulations, visit the state's website.

Also, just a reminder to any fishermen without a fishing license, you could face a fine by the state's environmental police. To ensure you will not be faced with a fine, go get your fishing license!

To invest in your license visit, <https://www.ny.gov/services/get-freshwater-fishing-license>

# 2020 WAS ROUGH!

*by Kaleb Lyman*

2020 was a rough year for the world. During the year 2020, many things happened that were not normal and were not good.

The latest pandemic - COVID-19 - hit the hardest and hurt the economy. This shut down the society and caused many businesses to shut down.

Also During this year a famous basketball player named Kobe Bryant and his daughter died in a helicopter crash. This shocked many people because no one was ready for it.

Another thing was protests. Many people started looting and burning down their own neighborhoods and started killing or attacking people just because of their color.

Also in 2020, murder hornets became a thing but didn't stay in the media for too long.

Many bad things have happened in the world throughout 2020 and we can all hope that 2021 will be better!

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# 10 QUICK WAYS TO DE-STRESS

*By Vinna Jensen*

According to <https://www.virtua.org/articles/10-quick-ways-to-de-stress>, most people know stress all too well. Try one of these techniques for a quick cool-down:

## 1. Change the environment

Do something pleasurable or relaxing for a little while such as reading, watching TV, or taking a shower. If you are at work, step outside for a few minutes and get some fresh air.

## 2. Practice breathing exercises

Focus on your breath, pushing all other thoughts aside. Be conscious of the breath coming in and out; focus on the sensation of inhaling and exhaling.

## 3. Meditate

This does not mean sitting crossed legs on the floor and burning incense. Meditation is really about quieting the mind. Not reacting; just noticing. Even a minute can make a difference. Be in the moment noticing everything around you and just observe without reacting.

## 4. Do relaxation exercises

Sometimes known as progressive muscle relaxation, practice tensing and then releasing each of your muscle groups. If your body is physiologically relaxed, then you can't be stressed.

## 5. Go walking or running

Exercise can be a great stress reliever. It helps you blow off steam and releases endorphins. Take a walk or go running. This will provide some perspective so you can return in a new frame of mind.

## 6. Practice a rhythmic activity

Walking or running are great rhythmic activities that readjust your focus and relieve stress. You can also drum on a table with your hands or a few pencils.

## 7. Immerse yourself in a creative outlet

Doing something creative that you enjoy like cooking, baking, art or photography can take you away from the stress at hand. For example, cooking or baking requires focus, concentration and physical activity—especially if you are making bread or rolling out dough.

## 8. Express your feelings

Write your stress away in a journal, take out your colored pencils and paper and focus your concentration on drawing, or have coffee with a trusted friend and just talk.

If one method doesn't work for you, try another. Learning to cool down takes practice. Be patient with yourself and you will eventually feel the benefits.

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# WINTER FUN

*by Kaleb Lyman*

People think there are not many things to do during the winter. But when you think about it there are many things that you and your buddies can do.

One thing you can do is get everyone together and go ice fishing! Ice fishing can be fun even if you are not catching a thing. If you are catching a lot of fish it's fun because that's what you went out there for! But if you are not you can ride around on the four wheelers or maybe even play ice hockey while waiting on the fish.

You can also get your friends together and go tubing or snowboarding at West Mountain. Going there is a good time because you can have competitions of who can go the furthest on the tube.

# HIGH RISK SPORTS APPROVED

*by Vinna Jensen and Kaleb Lyman*

Throughout this whole COVID experience, students and their coaches have been wanting to play high school sports. This is especially true for Seniors for their final year of high school. Many people believe that kids should not be playing school sports during this pandemic due to health safety reasons. They believe this because it is a risk to get the disease or to spread it.

For kids to be able to play these sports there are many precautions that they have to take. Such precautions include wearing a mask, keeping as much distance between them as possible, weekly COVID testing, and even getting the coronavirus vaccine. With these precautions high school kids are getting their wishes by being able to play some of the sports that they love. Without these sports kids might lose their drive in school and start to fail and not care about school.

The New York State Public High School Athletic Association (NYSPHSAA) announced that high risk sports will begin practice and competition on February 1st, 2021.

In an "interim guidance" sports and recreation document from the New York State Department of Health, "individual or distanced group training and organized no/lo-contact group training" can begin next month, with other games and/or tournaments being allowed if "local health authorities," like country health departments allow.

High school winter sports deemed "high-risk" have been held indefinitely since the December announcement from the NYSPHSAA. They had said that winter sports will be on hold until authorized by the state. The DOH's guidance opens the door for the sports to resume.

These sports include:

- Basketball
- Cheerleading
- Football
- Hockey
- Lacrosse
- Volleyball

# TIGER WOODS INJURED IN CRASH

*by Vinna Jensen*

According to USA Today, pro-golfer Tiger Woods seriously injured his leg in a single-car crash near Los Angeles that required emergency surgery. He is “continuing orthopedic care and recovery.”

Woods suffered an open fracture in his right leg during the rollover crash that required emergency orthopedic surgery.

Woods will have a lengthy recovery process ahead of him before he can resume everyday life, including playing professional golf.

Woods’ fractures from the crash are on the upper and lower parts of both the fibula and tibia, which was inserted with a rod to stabilize the area. Screws and pins were used to treat other injuries in the ankle and foot, while doctors sliced muscle in the area to relieve pressure and swelling in the area (a safeguard against infection).

Woods is no stranger to injuries. He has experienced a series of injuries all over his body (knee, shoulder, neck) on top of five back surgeries.

# OPENING DAY

*by Jennifer Kelley*

Whitehall Jr/Sr High School has been working to open back up and it finally was able to do so in March.

Transportation started out as one of the main concerns. How will everyone get to school? How will people stay safe?

Starting in the beginning of March, all 7th and 8th grade students will be getting back into the routine of going to school in person everyday. Some students chose to ride on the bus and others chose to ride in their parents'/guardians' cars.

Later on in March, grades 9-12 were able to figure out a schedule for students to be able to have equal or fair time in the new classrooms. A Maroon Day/White Day schedule was developed for students to follow so that each student was able to have in person time with their teachers and peers. The average class size is limited to 12 students in a classroom due to physical distancing guidelines.

Let's practice our social distancing, hand washing and mask wearing so we can open up the school for all to return!

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# COVID-19 VACCINES

*by Jennifer Kelley*

With the COVID-19 vaccine there are multiple companies that have formulated this vaccine for our bodies. Three of the top performers in studies are Moderna, Pfizer, and Johnson & Johnson. Moderna and Pfizer's vaccines require two doses while Johnson & Johnson's version requires one dose for now. From my understanding, these types of vaccines may differ from others that include a "live" strand of the virus.

As of April 1st from around the world, at least 30 percent of the population has had the first dosage of the vaccine, another 16.24 percent has already been given the second half of the COVID vaccine. There have been 9.26M doses given, 3.29M are fully vaccinated and 16.89 percent of New York's population has been fully vaccinated. The data I have read has been given as fast as possible and tracking keeps going. In that sense, the data may change rapidly and may not reflect other rates and how fast others can distribute the vaccines.

Once you get the full course of the vaccine you should be "immune" to the virus. However, you DO still need to wear your mask, continue to wash hands and social distance for everyone's safety!

# ST. PATRICK'S DAY FUN

*by Kaleb Lyman*

What do you have planned for St. Patrick's Day this year? With the basic help from Google, I found some things you could do!

One thing is for a traditional take on St. Patrick's Day festivities, prepare a classic Irish dinner for your family. Include recipe favorites such as corned beef and cabbage, potato soup, and braised greens. After you make dinner you can make a sweet green ice cream shake.

You could also make a leprechaun trap to try to catch one of the little leprechauns! While waiting on the leprechaun you can create a scavenger hunt to make time go by faster. This is a popular activity for young children to enjoy!

During the day you can wear something green and our local Stewarts normally does a deal where if you wear something green they will give you a deal on ice cream!

Lastly you could go out and find a four leafed clover and wear it for the day to bring you luck.

# OPEN WATER FISHING

*by Kaleb Lyman*

Fishing is a great thing to do in your free time. Some husbands even tell their wives that they are at work yet go fishing with their buddies!

The weather is changing which means the type of fishing is starting to change. While the weather is getting warmer, ice fishing is coming to an end. Many people have caught a lot of fish on the ice this winter, yet at the same time the local fishing spot in Whitehall was kind of slow.

Since the ice is leaving the open water is starting to show. This means open water fishing! Although you can't drive to a certain spot, I enjoy open water fishing because you can just relax and have a fire with your friends. The weather is warmer so you don't have to worry about being cold. Everyone should get their fishing gear out and ready so they can get out to go fishing!

# HIGH SCHOOL SPORTS SEASONS

*by Kaleb Lyman*

Now that Spring is here, outdoor sports have arrived. Because of the quarantine, high school sports are at not-so-normal times now. For instance, golf and football would normally be during the Fall but school was completely virtual and health guidelines were more restrictive at that time so there were no Fall sports.

It is a little different playing golf for the school during the Spring. It's different because everything is wet and the places are packed because everyone wants to play golf right now. They wanted to play because they were stuck inside playing or not playing at all. These sports are going to be pushed together during the Spring because of the amount of sports there are. For example, the golf and baseball seasons will overlap slightly. This has made practice schedules difficult to coordinate for many students in area schools.

We wish the Seniors a great season no matter which sport they play!

# Have a great school year, Railroaders!

## School Tool/Parent Portal

Parents/guardians have the ability to view their child's information online anytime. You can view your child's:

- Schedule
- Attendance
- Grades
- Report Cards
- 3-8 Assessment Results
- Emergency Contacts

Access to this resource can be obtained by visiting [www.railroaders.net](http://www.railroaders.net) and click "School Tool" at the bottom of the page.

CALL OR TEXT: 518-499-6038 EMAIL: [tips@railroaders.net](mailto:tips@railroaders.net)

## Upward Bound

Whitehall students have the opportunity to apply to one of two Upward Bound programs.

One program is being run through SUNY Adirondack and the other one is through Castleton State College. Upward Bound is a program that offers extra support to help college bound students overcome barriers to success so that they can successfully complete a four year college degree. See your school counselor for more details. For more information please visit <http://sunyacc.edu/upward-bound> for SUNY Adirondack's program

## Railroaders Store

We now have a year round online store for All Railroader attire and gear!