



The Viking

Editor: Tia Nihart
Co-editor: Hillary Brondsema

October 25, 2009

Health tips prevent illness

By: Hillary Brondsema

The season of colds and other illnesses is upon us again, and many students have been out of school sick. So here are some tips to keep you healthy:

1. Make sure you eat well, get extra sleep, and stay hydrated.
2. Wash your hands often.
3. Use hand sanitizer.
4. Keep your hands away from your face and don't touch your mouth, nose, or eyes.
5. Cough and sneeze into your elbow instead of your hand or use a tissue.

6. If your sick, stay home.

JVCS Student Council will be holding a tissue fundraiser through Tuesday, November 3. The winning class will receive a one hour open lunch.

Basketball begins

By: Emma Smith

With the beginning of November approaching, James Valley students are looking forward to basketball season. As soccer and volleyball come to an end, the teams start preparing for the oncoming season. Josh Fleek said he is excited because he believes the boys team has potential to be very successful. McKayla Kleinsasser said she is excited

that the girls team will have the whole varsity team back from last year. The girls will have their first game on December 8th, and the boys will begin on December 12th.

Senior Night will be held on Monday, October 26 along with the cheerleader's bake sale. Extra annuals will also be for sale during the game!

Teachers learn from ACSI

BY: Nick Holzemer

On October 14, 2009, the teachers of James Valley Christian School went to the ACSI convention in Minneapolis, Minnesota. The students had October 15 and 16 off from school while the teachers were gone. Mrs. Kleinsasser said she always enjoys the time that the staff gets to spend with each other. She also said she likes meeting teachers and administrators from surrounding Christian schools in the Mid-America region. ACSI offers various seminars, and

teachers can choose which ones they would like to attend.

Cross country team finishes strong

By: Morgan Kleinsasser

Last Wednesday the three runners from the cross country team traveled to Salem to compete in the Region 2B race. After battling sickness, cold, and rain Donnie Decker, Morgan Jonson, and Amanda Halsey finished their races strong. Donnie placed 11th, Morgan 14th, and Amanda 22th. Donnie and Morgan qualified for state, and competed on Saturday in Rapid City. They competed at the Elks Golf Course at noon and one o'clock. Coach Beth Decker said she was impressed with how the runners improved throughout the season, and also encourages students to think about joining cross country next year!

If you are interested in being a part of the One Act play, do not forget to sign up outside Ms. Vis's door!

WHAT A JOKE!

Why didn't the skeleton cross the road?

-He didn't have the guts.

What do you call a fat Jack-O-Lantern?

-A plumpkin.

What do ghosts serve for dessert?

-Ice scream.

What's the ratio of a pumpkin's circumference to its diameter?

-Pumpkin Pi