

For Immediate Release
Calgary, Alberta

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WEST HIGH YIELD CONTINUES TO AVERAGE HIGH MAGNESIUM CONTENT

CALGARY, ALBERTA, - December 18, 2007. West High Yield (W.H.Y.) Resources Ltd. (“West High Yield” or the “Company”) announces that it has completed its 2007 Diamond Drill Program. In the 2007 program, the Company completed 30 NQ diamond drill holes totalling 6,012 meters on its Ivanhoe Ridge property and 1 NQ diamond drill hole (267 meters) was drilled on its Golden Drip Claim prior to closing down field activities for winter on November 20, 2007. The Company previously announced the results of drill holes 1 through 5 of which drill holes 1 through 4 were drilled on the Company’s Ivanhoe Ridge located near Rossland, British Columbia. In a previous press release the Company advised that it had intersected broad zones of ultramafic rock containing magnesium, nickel, cobalt and magnetite mineralization with an average of 25.3% magnesium and .2164 % nickel in the first 4 drill holes.

The Company has now received the analysis for drill holes 6, 7, 8 and 14 out of the 31 drilled holes. Drill holes 6, 7, 8, and 14 were drilled on the Company’s Ivanhoe Ridge property and the assay results were provided by Assayer Canada of Vancouver, British Columbia. The Company has also submitted cores for 22 additional drill holes completed in the 2007 drill program to Assayer Canada. The Company anticipates receiving the results of the remaining drill holes in the next couple of months. In the course of its exploration activities on the Ivanhoe Ridge property, the Company continues to see results which are consistent with the first 4 drill holes drilled on the Ivanhoe Ridge property which include broad zones of ultramafic rock containing magnesium, nickel, cobalt and magnetite mineralization. The chart below summarizes the results for drill holes 6, 7, 8 and 14.

DDH IV07-	Hole Angle	Depth meters		Length metres	Nickel %	Cobalt ppm	Chromium %	Magnetite %	Magnesium %
		From	To						
6	-90°	0	16.38	16.38	.1892	109	0.30	6.4	23.0
		39.84	93.9	54.06	.1823	104	0.26	5.2	22.2
		127.0	185.82	58.82	.1965	112	0.28	4.6	25.0
		194.21	251.32	57.11	.2270	127	0.29	4.9	33.0
		252.82	274.99	22.17	.2170	122	0.29	4.6	23.5
		280.77	310.72	29.95	.2212	126	0.29	4.3	24.5
7	-90°	2.74	12.06	9.32	.1564	98	0.20	3.7	19.5
		19.07	47.5	28.43	.2019	132	0.25	4.3	18.1
		52.77	76.88	24.11	.1653	98	0.25	4.8	19.9
		112.2	153.01	40.81	.2062	115	0.26	5.8	26.0
8	-60°	3.05	12.5	9.45	.1565	95	0.22	3.9	19.1
14	-90°	2.13	152.39	150.26	.2311	116	0.3	4.83	26.2

Disclaimer: The nickel values reported above include nickel in both sulphide and non-sulphide minerals as total nickel.

The Company's field activities are supervised and the technical data for this report was prepared by H. Kim, P.Geo/P.Eng (Practicing) and the Company's on-site Geologist.

About West High Yield

West High Yield is a publicly traded junior mining exploration company focused on the acquisition, exploration and development of mineral resource properties in Canada with a primary objective to locate and develop economic gold, nickel, magnesium, cobalt and magnetite properties.

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