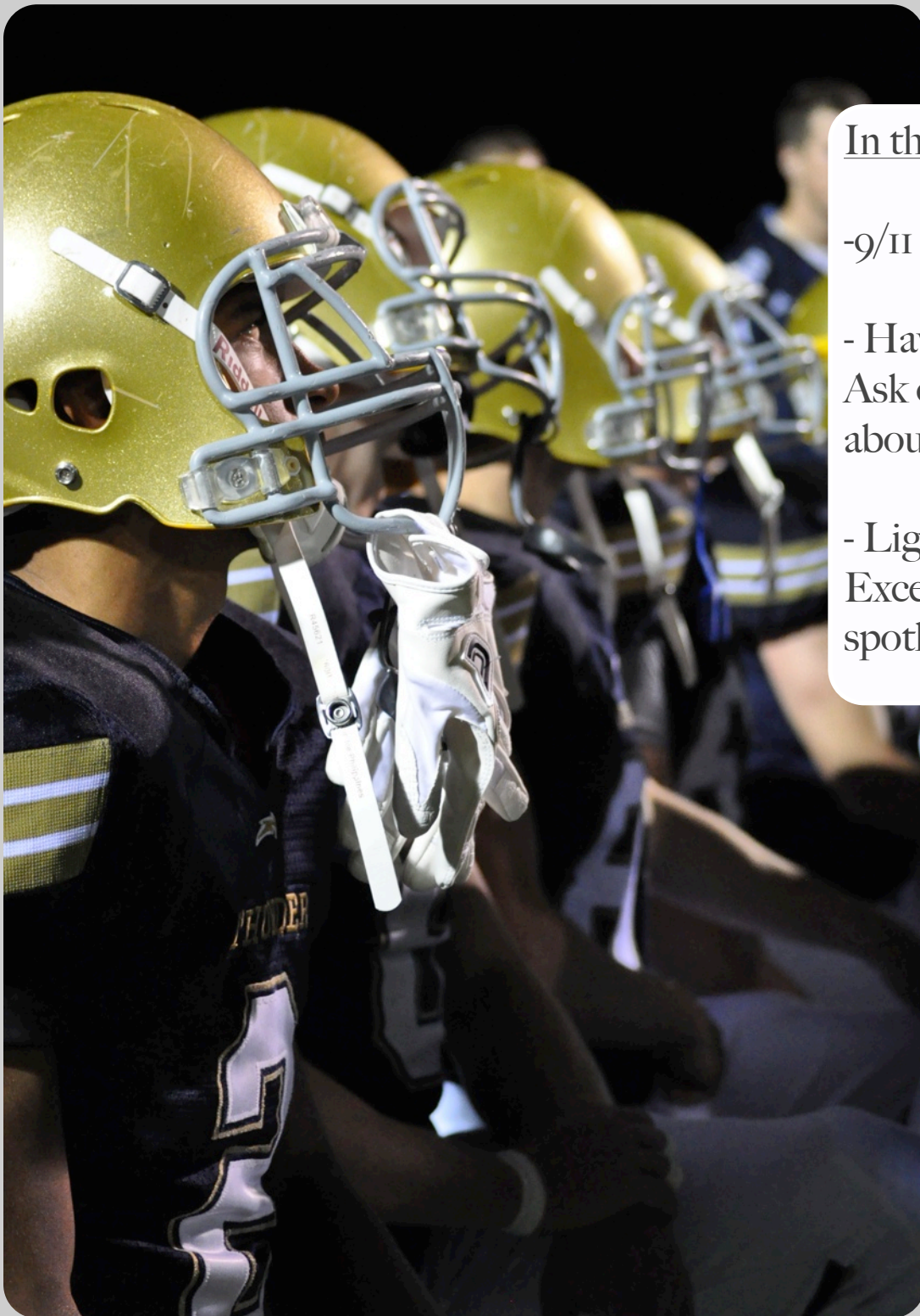


# Storm Report

Sep. 6 - Sep. 10 2010

Issue 2



## In this weeks issue:

-9/11 remembrance

- Have a question?  
Ask our expert  
about anything.

- Light and  
Excellence  
spotlight

## FOOTBALL

Congratulations on an undefeated season so far!! 4-0 baby and lets keep it that way! In last Friday's game against Provo we won 38 to 24.

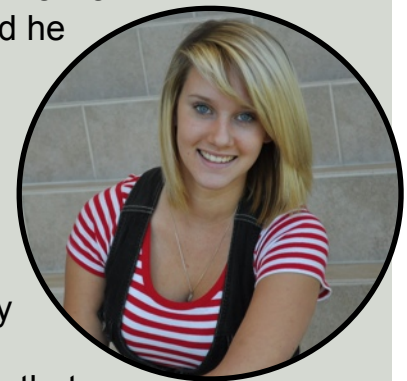


## Lux et Virtus

Each week in the Storm Report, we will feature a different student or faculty member who is an example of Light and Excellence. If you feel that someone should be recognized in this article, please let us know. You can contact Mr. Dunn, or send an email to [storm.report@yahoo.com](mailto:storm.report@yahoo.com)

This week we recognize McKenzie Neff.

We talked with Mr. Salmans and he had this to say about McKenzie, "She always has a smile on her face, she always looks for the best in every situation that she comes to. She's always looked to the positive, to see what she can do to help out those around her and make it better in every situation.



"She always looks to help those that she sees in need, and I think that's a great thing. It shows that she has a very bright light."

McKenzie has this to say about our school mission statement, Lux et Virtus. "Light... is being vibrant, not only [for] yourself, but towards students, and your peers around you. It is showing your true potential and standing out [to] others as an example."

# Reflections

Do you have an amazing talent with a paintbrush? Or maybe a camera? A pencil, clay, or anything that's considered a fine art? Well then than you need to look into the reflections contest because it could just help you pay your way into collage.

Reflection's is the fine arts contest and a chance for you to show off all the talent that you own! This year's topic is "Together We Can". Remember if you submit work it cannot have had the help of a parent or teacher. It cannot be altered by anyone other than the student who is submitting the work.

The dead line for the entries is October 4, 2010. You can find the information about Reflections in the copy room where all the rules and regulations are printed out. I recommend that all fine arts student participate, you may just come out the winner! Have fun Westlake and good luck.

-Kaitlin Krulisky

## Freshman Tip #1



**People will cut in front of you in the lunch line. It wouldn't be lunch if they didn't :)**

Dear Freshmen,  
We hope by now you have realized how different high school is from junior high. We have compiled a list of tips to help you get through your first year with us here at Westlake...

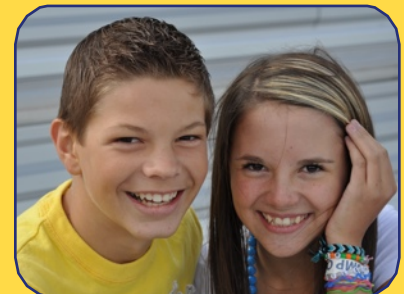
## This Week's Schedule:

Tue. 14 -HOME  
Volleyball vs.  
Timpanogos @ 4.  
-AWAY Girls soccer  
vs. Lehi @ 4.

Wed. 15 - AWAY girls  
tennis vs. Timpveiw  
@ 3.

Thr. 16 - AWAY Girls  
tennis vs. Orem.  
-AWAY Volleyball  
vs. Timpveiw. Var @  
6:30.  
-HOME Girls soccer  
vs. Orem @ 4.

Fri. 17 - Juniors class ring  
assembly @ 8 am.  
AWAY Football  
game vs. Mt. View @  
7.



Remember Homecoming is coming up on Saturday 25th!! Boys get your dates now!!! Don't forget to get your corsages, boys, and boutonnieres, girls since it is a formal dance.

Order from the best, Sweet Pea Floral & Gift. Order early for best pricing!!  
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# REMEMBER...

On September 11, 2001, four airliners were hijacked by nineteen Al Qaeda terrorists. Two crashed into the World Trade Center in New York City, one crashed into a portion of the Pentagon, and in an effort to regain control of the plane, the last crashed in a field in Pennsylvania. A total of 2,977 people died that day. (Excluding the terrorists.)

It was a day of chaos in America. Together we watched an airliner fly into the south tower, we held our breath as the towers crumbled from the sky, and cried as New York City was blanketed with ash. Many of us were unsure of what to do next. Go to war? Sit back and let fear take over our lives?

On September 12, 2001 there was a sound of awakening in America. "We were not obsessed with Red States, Blue States or political parties. We were united as Americans, standing together

to protect the greatest nation ever created."

So as you commemorate the nine year anniversary of the day the twin towers fell, remember those that died. Remember those on United Airlines Flight 93 who sacrificed their lives to prevent another attack. Remember those firefighters and policemen that put their lives at risk to rescue those trapped inside the towers. Remember the day America stood united. Remember the soldiers killed in the War on Terror in foreign countries, fighting to keep America safe. Keep the soldiers currently deployed in your thoughts and prayers, and support them with all that you can. They fight to keep our freedom.

- Callie



**"COURAGE IS NOT THE ABSENCE OF FEAR, BUT RATHER THE JUDGEMENT THAT SOMETHING ELSE IS MORE IMPORTANT THAN FEAR."**

~AMBROSE REDMOON

## SINCE YOU ASKED...



*"How do I get more self confidence?" - 11th Grader*



Dear Westlake student,  
I know it sounds cheesy, but you just simply have to love yourself and not care so much what other people think of you; this is not to be confused with being 'conceited' it's just a matter of truly accepting yourself for who you are and being comfortable with it. No matter what anyone wants to say, people respect originality and individualism. So don't try to be someone else to please someone else, because when it comes down to it, if they don't like you for who you are and love you even at your

*"My best friend doesn't like my boyfriend. How do I deal with that?" - 10th Grader*

Dear Westlake student,  
I doubt that she randomly doesn't like him without a legitimate reason. And this may not be what you want to hear, but if your closest friend doesn't like the person you're dating, it may be because she sees something you don't, and she is just watching out for you. Also, it may be because she was used to having you all to herself, and now she may be feeling a little jealous because you can't spend as much time with her anymore. The best thing to do is to just talk to her. And don't forget to still make time for her.



*"What is the best way to take care of a bee sting?" - 10th Grader*

Dear Westlake student,  
I consulted my Mom about this one. She said that you start by getting the stinger out as quickly as possible. Then you wash it thoroughly with soap and water to disinfect it. After you've cleaned it pretty good, mix water and baking soda together to make a paste like substance, and apply it to the inflamed area. If it continues to itch and or burn, throw some Calamine lotion on it and you should be good to go. Or you could just wear an astronaut suit everyday for the rest of your life and avoid bee stings all together...

*"I'm feeling stressed about my job and school. Any tips for relaxing?" - 10th Grader*

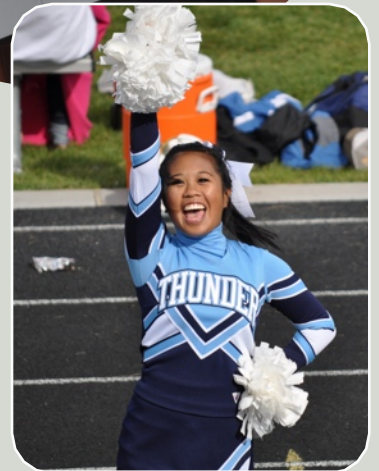
Dear Westlake student,  
Make time for you to do something you enjoy. Give yourself something to look forward to at the end of the day; a reason for all the hard work you're doing. Also, it's said that people who are active and exercise more often have less stress and are generally more relaxed. When you're feeling overwhelmed try going for a run or going outside and shooting some hoops to blow off some steam. This always works really well for me. P.S. Don't let yourself stress too much, it's just high school man!

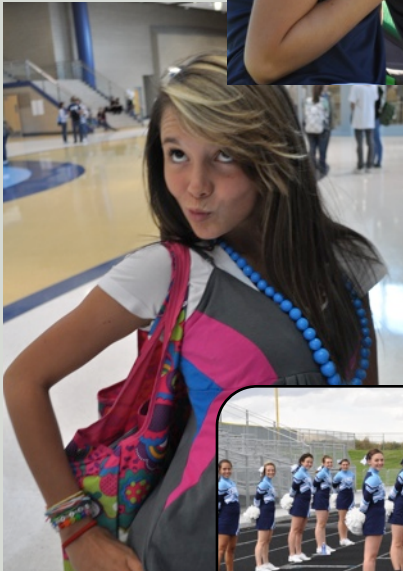
**SIGNING OFF:**

The  
Masked  
Student



# This week at Westlake...





Journalists:

Kaitlin  
Krulisky,  
Mike Dunn,  
Sara Crabtree,  
Callie Hansen,  
Mykie  
Valenzuela  
Leica Garrett

Photographers:

Lecia Garrett,  
Burgundy Vanwaganen,  
Ethel,

Special thanks to:

Stacy Salmans,  
Jenn Miller,  
Natalie Clark,  
Michelle Turner,  
Darin Edwards,