

F00TBALL

FCCLA

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What's Happening?



STOMPLEX REMINDER!

This friday will be awesome! Not only is it senior night it is STOMPLEX. It is gonna be even bigger and better then the last one. It will be 3\$ to get in the dance. Also, for the first time ever we will have a photo booth! Yearbook is charging only 2\$ for fun pictures with your friends. I dont know about you but, 5\$ for a night of fun is totally worth it!

Just a reminder about Red Ribbon week this week!

We will be doing lots of fun activities! Lunch time activities everyday, assemblies to keep you out of trouble, and dress up days!

Monday- Disney Day! Tuesday- Twin Day! Wednesday- Red Day!

Do you always wonder why we have Red Ribbon week?

Well nows your time to know! Red Ribbon week is to encourage teens to not do drugs and to be smart!! We are also having safety week! "Don't Drive Stupid" will be coming to do some lunch time activities!

So drive safe, and don't do drugs!

UOLLEDBALL

Westlake Volleyball team has always been a strong talented team. This year they have had the opportunity to gain a new coach. Here is an interview with the one of Westlake's newest teachers and coaches, Ms. Walker.

-How would you describe being a brand new coach as well as new teacher to Westlake?

Oh man, Its been very overwhelming, but so fun! I feel like I am constantly working and exhausted but I love it. I love teaching, I love my students, love my volleyball girls so its been fun. I really like Westlake.

-How has the volleyball team done so far this season?

Good! Right now we are sitting fourth in region. We are just getting better every day so it's fun to see the improvement from the time we started to now. We are working on making it to state right now.

-What is something you do to motivate the team before a game?

Before each game I draw them a picture? I really draw them a picture! Usually it's of like a lighting bolt going through the spartans head for an example. I like to draw them pictures! But usually it's getting them focused and ready and we prepare all week for the game.



This week is our 2012 senior night. It will be a very emotional night for a lot of people. The cheerleaders, and drill team will be putting on an awesome half time, and our football players will put up an intense fight. Here is a list of our seniors that will be recognized.

Spencer Brown, Austin Morgan, Josh Sorensen, Derek Parker, Taylor Riding, Connor Fordham, Todd Mantandon, Addison Bates, David Sherf, D'Vairo Auelua-Notoa, Jeff Collier, Mithchel Willis, Christian Garcia, Peter Krinke, Gus O'Barr, Brayden Beratto, Josh Martin, Austin King, Conrad Sa'aga, Cody Young-Brown, Marcus Valdez Pisu Teisina, Fiki Tonga, Junior Toleota, Miguel Gonzalez, Jacob Young Gilbert Rodriguez, and Moana Ofahengaue.



FCCLA stands for Family, Career and community Leaders of America. Its a club that has many purposes this year. Some of them are to provide opportunities for personal development and preparation for adult life, create greater understanding between youth and adults, and to prepare roles of men and women in today's society. This year they also want to focus on the multiple roles of family member, wage earner, and community leader. FCCLA members develop skills for life through character development, creative and critical thinking, interpersonal communications, practical knowledge, and career preparation.

This year they choose their motto to be "Toward New Horizons". FCCLAs colors are red and white, red blazer, black skirt for the girls and black slacks for the boys. Their flower that represents them is a beautiful rose. They also always want to look professional to represent their good leadership skills. They are very hard works and always look forward for their future with warm courage and high hope!

FASHON



As the weather gets colder the styles start to heat up. One of the simplest yet trendy tricks to learn is layering! This is an easy trick that can make your wardrobe possibilities endless. Layering allows you to be more creative with your outfits and to make them more unique. It can also cover up more skin to keep that cold weather away. Layering one new piece onto an outfit can change it into an entirely different look!

Here are some basic tips to keep your layering style looking fabulous! Stick to the same color family. Whether its neutral's or neon's, try keeping all your colors in the same family. Using too many random colors might have you looking more like a pile of random colors. Keep shape in mind. The key to layering is to leave shape in the outfit so that you don't end up looking like a heap clothes. Try tying a look together with a large belt or using tights to better define your shape. Think ahead. Remember that if you go into a room with a different temperature you might need to rethink the outfit so make sure that layers can be added or taken off without ruining the outfit. Be yourself. Whether you layer with socks, shirts, or necklaces always be unique. Don't be afraid to always be yourself.

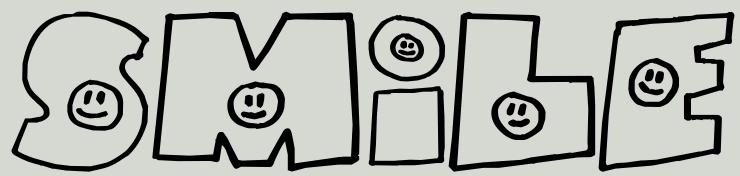
MUSIC



Featured Artist of the Week: Go radio, was formed in 2008 when singer/quitarist Jason Lancaster left Mayday Parade in 2007. He claimed that he was burnt out and that he needed a break from music, quickly discovered that he couldn't stay away from playing for long. So, he formed the similar sounding band, Go Radio. I may be biased in saying that this is my favorite band, but see them perform live and you might just love them as much as I do. This summer at Vans Warped Tour 2011 I had the chance to see them perform live and let me tell you, they know how to pump up a crowd! Not only are they awesome on stage, but they are real down to earth guys. After their performance I went to the meet and greet and they actually took the time to have a real conversation with me. Don't miss your chance to see them perform live with Yellow card October 13, at The Complex.



Featured Music Video of the Week: Adele recently released a video for her chart topping hit Someone Like You. The video was shot in Paris in the very early hours of the morning, it is little more than Adele wandering the deserted streets of the city, nearly breaking into tears. The video was shot in smudgy black-and-white which only ads to the clips desolate, haunted feel. There are no special effects, no camera tricks or elaborate choreography. The simplicity of this music video fits the song perfectly.















Special thanks to...















