



# Storm Report

Issue 2

Sept. 5th - Sept. 10th

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**HOMECOMING**

**Football Story**

**POWDER PUFF GAME**

*Current Issues*

# WHAT'S HAPPENING

**Powderpuff:** This years powderpuff game will be on September 21st. Pick up permission slips in the front office and turn into Mr. Dunn in his office. Make sure to come to the game to see if last years juniors (this years seniors) will again hold the winning title!

**Homecoming:** The homecoming theme this year is 'Lost In The Masquerade'. Yes, it is a masquerade dance! Which means, get your masks! Masks cannot cover your entire face. The administration has allowed us the opportunity for this dance, under a few conditions. At the door you must take off your mask to prove you go to Westlake, at any time during the dance if there is a problem they can confiscate your mask. So basically, be mature and have fun! The dance is from 8:00-11:00. Tickets will be sold for 30\$ each. Picture prices will be forthcoming. Get your dates!

**Homecoming Carnival:** For the first time in Westlake history there will actually be a homecoming carnival. On September 23rd you will be released from class early at 12:00 and will continue until 4:00 with a tailgate following. Each club, organization and sport will be over a booth. Booths range from food, treats, entertainment, games, etc. There will be a small cost at each booth. You can purchase tickets the day of the carnival so make sure to bring some money on the 23rd. More information coming.

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# FOOTBALL

**Friday night August 19th, Mr. Mangelson and his wife were invited into the boys locker room before the game. They were given a little circle sticker with the letters "GM".**

**Garrett Mangelson was Westlake biggest fan. On June 29th, 2011 there was a tragic accident where this 2 year old boy passed away.**

**In memory of him our football team wears that little circle sticker on the back of all their helmets.**



**COME SUPPORT  
YOUR WESTLAKE  
THUNDER THIS  
FRIDAY!**

# CROSS COUNTRY



Head Cross Country Coach:  
Coach Robison



Westlake's Star Runner:  
Austin B.

**Westlake's cross country team has really stepped it up this year in the number of team members and quality of performance. Regions are coming up and they have a very high chance and have worked very hard and might to be able to get to state this year.**

**Interview with Chad Durham, one of the Westlake's cross country coaches:**

**How do you think cross country performed at the Highland invite?**

**They were incredible. It was literally the best meets that Westlake's cross country has ever had. We had never won an event before and both the JV boys and JV girls won. Our boys beat all the teams from our region this year and they were 7th over all out of 21 teams, which is still very good. Some of those weren't even 4a anyway, they were 5a and 3a. Then the girls had one girl who didn't finish the race and still ran really well compared to the other teams in our region and actually beat one of the teams from our region. They we fantastic at the Highland invitation, you know running as a team, being excited for each other. It was really fun.**

**Among other cross country teams, what rank does Westlake hold?**

**Well we find that tonight how we compare to the other teams in the region we think both our girls and boys have a shot at becoming top ten in state. The boys have a really good shot to win region. We think that if they ran well they would make top 2, for sure. the girls have a team in their region that is amazing but beside them, they have a big chance to get to state too. Getting to state and getting on top 4, both the boys and the girls, should be able to be achieved.**

**GOOD LUCK  
THIS YEAR!**



**Last week was club rush week! If you didn't get a chance to sign up for a club you still have time!**



**There are many clubs you can join like, Art Club, Boom Squad, French Club, Role-ing Thunder (Drama), FCCLA, Skills USA, FFA, HOSA, NHS, HOSA, TSA, and many more! Also FCCLA is looking for a Freshman officer!**



**On August 27th the Freshman football team played Lone Peak, unfortunately they lost to .**



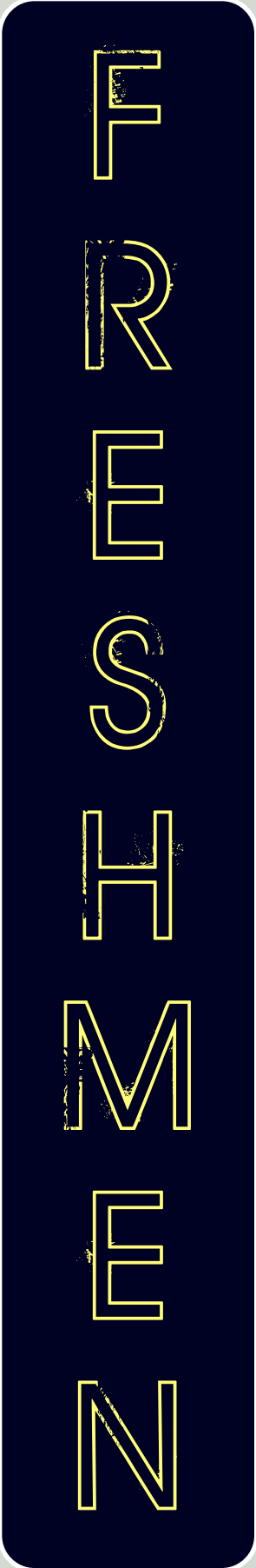
**Make sure to come and cheer on your Freshman football team next Saturday at Timpview at 1:30!**



**If you don't know the fight song better learn it to sing at the games!!**



**WE ARE THE MIGHTY THUNDER THE BEST  
TEAM IN THE WEST  
WE'RE MARCHING ON TO VICTORY TO  
CONQUER ALL THE REST  
WE ARE THE MIGHTY THUNDER  
TRIUMPHANT EVER MORE  
YOU CAN HEAR FROM FAR AND NEAR THE  
MIGHTY THUNDER ROAR!  
WEST (CLAP, CLAP, CLAP) LAKE (CLAP,  
CLAP, CLAP)  
THUN- (CLAP, CLAP, CLAP) DER (CLAP,  
CLAP, CLAP)  
WESTLAKE THUNDER FIGHT, FIGHT, FIGHT  
WE ARE THE MIGHTY THUNDER THE BEST  
TEAM IN THE WEST  
WE'RE MARCHING ON TO VICTORY TO  
CONQUER ALL THE REST  
WE ARE THE MIGHTY THUNDER  
TRIUMPHANT EVER MORE  
YOU CAN HEAR FROM FAR AND NEAR THE  
MIGHTY THUNDER ROAR!  
GO, FIGHT, WIN THUNDER!**





# ProStart®

Creating Tomorrow's  
Foodservice Leaders

You've tasted their delicious cinnamon rolls you've indulged in their amazing cookies, and now you can find out all about Prostart and what you need to do to become one of them!

Giggs: So, who are you?

Wilson: I am Candace Wilson, Mrs. Wilson and I'm a family and consumer science teacher and I am also an advisor of FCCLA and I teach Prostart and I'm also a wife and a mother of five kids.

Giggs: Perfect! So what is Prostart?

Wilson: Prostart is a class that gives students a professional start to the food service industry. It is put out by the restaurant association so they help support it, they hold a culinary competition at the end of the school year and they also are the writers of the textbooks that we use. Prostart is also a class where you can receive concurrent enrollment and so they can get 3 college elective credits per year and so Prostart is an elective program. and they can get a certificate of completion if they've passed both of the years national exams and gotten 400 hours working in the food service industry.

Giggs: What do you do in Prostart?

Wilson: In Prostart we do study out of a textbook, we need to. It is a college class so we need to learn the stuff. also we hold a cafe day, we call it, twice a month. once to twice a month. where we prepare food that the teachers can purchase and we do to-go orders for that. and they're just kind of random things that we decide we want to make and sell. and then a couple of times a month we hold a bakery and the bakery is held on Fridays that are B days and we sell cookies and cinnamon rolls and that sort of thing and we're looking at maybe starting a little smoothie business with that. So that would be awesome for them.

Giggs: What are the benefits of taking Prostart?

Wilson: Well like I mentioned before the benefits would be to receive that certificate of completion that in a way gives them credits into going to culinary school, culinary schools recognize it. another benefit is just to really learn the basic of cooking and doing it well and being able to serve and work with other people. Also it makes you a good employee, you walk away knowing what's expected of you and you learn how to work hard. We go on field trips so you can see the restaurant industries and go see a couple culinary schools that are around and that's a great benefit. It also gives you college credit for UVU.

Giggs: what do you need to do to take Prostart?

Wilson: This is ideal this is what you have to base it off of because there are a lot of students that would like to take Prostart. You have to have some pre-requisites, you need to take foods one ideally when you're a freshman, and then take foods two when you're a sophomore so by the time you're a junior you can take Prostart. There are some fees involved so it will cost a little more money, the lab fees are \$40.00 and then we do go on some field trips. You also have to get a food handlers permit so that costs some money as well. And that's all!



The hallways are your runway

We all know that shoes are an important factor to kicking this year off right! Canvas shoes are the key to hot style for school! Some trendy ideas are TOMS, Vans, and Converse. Try adding these cute kicks to any outfit!

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Westlake High School hallways can be your runway as you get creative and express your unique style



**Featured Artist of the Week:** For you lovers of screamo, but your mother hates it, check out Breathe Carolina. Their music is a mix of electropop, dance, hardcore influence, with a few screamed breakdowns. "Blackout" is their currently their hit single. Check it out,

**Performance of the Week:** At the VMAs last week Lady Gaga came prepared with a performance to once again shock the crowd. She came as Jo Calderone, a smoke spouting, slightly stained mechanic who stormed the big show, and performed a skit about his 'ex' Lady Gaga. Then broke out in an epic performance of her current

# STORIES AND WARNINGS FROM HURRICANE IRENE

East Coast - By now you've heard of the hurricane that swept across the East Coast, leaving in its wake power outages, flooding, and twenty dead. When Hurricane Irene touched down in North Carolina, it weakened to a category 1 storm. Winds were recorded around 90 mph, and as it moved to Washington D.C. on up, its power began to die down.

Despite damaged buildings, fallen trees, and floods that spawned across the coast, there was a wake-up call for Americans when faced with disaster. Supermarkets were emptied of food, bottled water, and essentials to last for days in case power were to go out. But it doesn't make sense to swarm the stores every time a hurricane or disaster were to strike. What if an earthquake happened right now? Would you be able to go to the store and purchase the items you needed to survive? Think about your family's food storage: would you have enough food to last a week? It's always good to be prepared, because you never know what could happen in the next few hours.

No matter the destruction and devastation brought by Irene, touching pictures emerged on Facebook of a lone Tomb Sentinel, a member of The Old Guard, guarding the Tomb of the Unknown Soldier while the hurricane reigns overhead. For decades, members of the Old Guard have guarded the tomb, no matter the weather or holidays, since April 6, 1948.

WTOP: "While on duty the Tomb sentinel crosses a 63-foot rubber surfaced walkway in exactly 21 steps. He then faces the Tomb for 21 seconds, turns again, and pauses an additional 21 seconds before retracing his steps.

"The 21 is symbolic of the highest salute according to the dignitaries in military and state ceremonies."

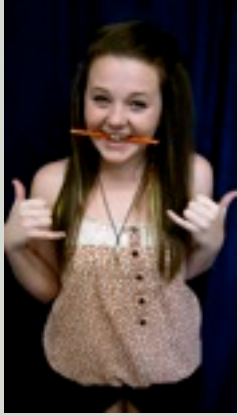
Even in the face of danger, the Sentinel stood guard out of pure love for his country. In the face of danger, we should be prepared for the worst, no matter the circumstances.

By Callie Hansen

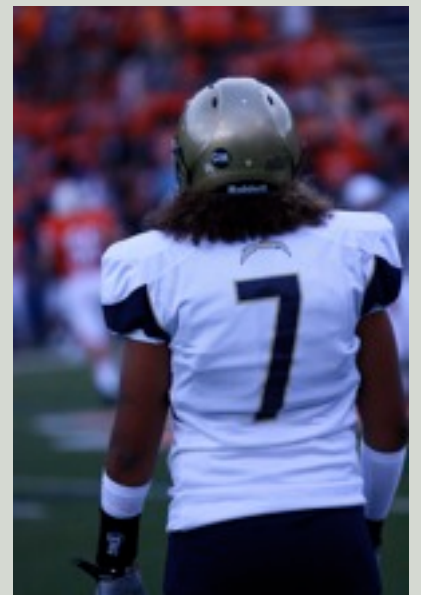
When Irene struck NYC, Felix Thompson and Brandon Roots of Buffalo Picture House shot footage in black and white as it swept through the city. No matter how powerful the Hurricane was, the footage was quite beautiful. You can watch the video here:

<https://www.youtube.com/watch?v=LrifuauXywg>





# HAVE AN AWESOME WEEK!



# *Special thanks to...*

