

THE STORM REPORT

WESTLAKE HIGH SCHOOL, SARATOGA SPRINGS, VOLUME 5

Valentine's Day

By: M'Taya Johnson

Valentine's Day means different things to different people at different stages of their lives. We are taught at a young age and in grade school, to make Valentine's boxes and exchange cards and candies with our classmates and friends. Valentine's Day is a holiday that we celebrate and turn our thoughts to sweet hearts and loved ones whether it be friends, family or a special someone. We exchange candy, cards, flowers, and other tokens of affection and appreciation. Don't worry if you don't have a special someone, you always have your friends to exchange cards, letters, candies, and flowers with. Valentine's Day is a happy occasion, it is a holiday that offers hope and allows us to share a day with people we love or care about. Enjoy your Valentine's Day, and spend quality time with your friends and loved ones!

WHAT'S HAPPENING:

MONDAY, JAN. 27:

- JUNIOR REGISTRATION ASSEMBLY

TUESDAY, JAN. 28:

- 7 PM VARSITY GIRLS BASKETBALL VS PG
- 7 PM VARSITY BOYS BASKETBALL @ PG

WEDNESDAY, JAN. 29:

- 3 PM JUNIOR REGISTRATION BEGINS
- 7 PM ORCHESTRA CONCERTO

THURSDAY, JAN. 30:

- 5:30 PM WRESTLING VS LONE PEAK
- 7 PM VARSITY GIRLS BASKETBALL @ RIVERTON

FRIDAY, JAN. 31:

- STATE DRILL @ UUU
- 7 PM VARSITY BOYS BASKETBALL VS RIVERTON

SATURDAY, FEB. 1:

- 3:30 PM REGION SWIM @ SOUTH DAVIS

MONDAY, FEB. 3:

- HOPE WEEK

TUESDAY, FEB. 4:

- HOPE WEEK
- 7 PM VARSITY GIRLS BASKETBALL @ LONE PEAK
- 7 PM VARSITY BOYS BASKETBALL VS LONE PEAK

WEDNESDAY, FEB. 5:

- HOPE WEEK
- WRESTLING DIVISIONALS @ ALTA
- HOPE SQUAD (DOUBLE) ASSEMBLY

THURSDAY, FEB. 6:

- HOPE WEEK
- WRESTLING DIVISIONALS @ ALTA
- 7 PM VARSITY GIRLS BASKETBALL VS HERRIMAN



Sandwich Competition

by Mady Wilkins

What many people do not realize is that there is *always* something going on at Westlake. People are sewing pajama pants, creating a chest of drawers, making delicious food, there's always something.

This week, the foods classes had a sandwich making competition, judged by our very own teachers. For the first two classes, they had breakfast sandwiches such as a bacon, egg and cheese, french toast sandwiches, and to top it all off a chocolate whip waffle sandwich. There were eight sandwiches that three lucky teachers got to try and then rate based on taste.

There was one winner per class, decided by the judges scores. However, student had to wait to find out who's sandwich won until the next class period.

This competition is one that students look forward to for weeks! It is definitely worth looking in to if you like cooking and especially if you like to eat!

JUDGING THE COMPETITION...



Comfort Foods

By: Becca Crabtree

Food, specifically our personal list of comforting favorites has the power to shift our mood as well as our physiology. That is why when we are not in a very good mood we crave these foods. Our body is aware which foods are our personal favorites and will let us know what those are when we are in need of a pick-me-up.

So what are those most comforting foods? Well, we all know them, even though there are a few random ones unique to every individual. I think we could agree that pizza is ranked clear at the top of the list, followed by ice cream, french fries, tacos, and many, many more of the least healthiest foods around. No one will ever understand why the most "comforting" foods are also the most dreadful.

Why Choose CTE Classes?



By: Lexi Batton

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Career Technology Education. What does that mean to High School Students? It means another class they have to take. But in reality most students find that that they enjoy these classes. They realize that this is something they may actually want to do after they graduate. Math, English, and Sciences may prove useful in life. But more often than not, they don't make for very good careers. Also if you don't want to take math, there is an alternative: take a CTE class that's less intimidating than trigonometry. Don't want to take sculpting with people who know what they're doing? Take digital photography, which counts for a half credit of art. When registering for your new classes, this is good thing to keep in mind.

Students are often confused as to what they want to do when they graduate. Do I want to college? If I do, what for? Could I possibly skip college and find a job that works for me? Yes, you can find something that interests you with the help of CTE classes. Woodworking, Interior Design, Foods, Computer Technology, etc.. There are many options to choose from when it comes to a career. Expand your view on what to do. CTE puts you into a perspective where you can see past the lies that "core classes are more important". Skills that are applicable to life are what's taught in CTE.

Many of these classes give you skills that you can use after you move out of mommy's house. It's highly recommended to join classes in the CTE department. Classes that set you up for life after high school drama, for what happens after Prom has ended, and you've walked down to receive your diploma. Whether you are Valedictorian or barely passing to graduate, take these classes for *life* experience.

Sweetheart's

By: Sam Bridge

Hey Westlake, guess what is coming up? SWEETHEART'S!!!! For anyone who is wondering, Sweetheart's is a girl's-choice dance. I don't know about you guys, but sometimes dances can be awkward. Sometimes you are in a group where you don't know anyone but your date. Or sometimes you've been friend-zoned by the guy you like and you are trying to get out of it, well... this is your chance, ladies!!! The Sweetheart's dance will be held here at our very own Westlake High, home of the Mighty Thunder. The dance is February 8th from 5-11pm. Get your dates if you haven't already!



WINTER SPORTS FESTIVAL

By: Katy Mollinari

The Winter Sports Festival is a week long event starting on the 17th. On the 21st, at the basketball game, the Winter Sports Festival Queen will be

crowned. And the king will be crowned at the stomp directly afterwards. To qualify for the queen and king, you must have at least a 3.7 GPA and play on a varsity sports team. Get ready Westlake, we have an exciting week ahead of us!



