

keeping it HEALTHY

"Almost every day, I bring my lunch from home. My lunch usually consists of fruit, a sandwich and yogurt."



Graham Parker, 11

henry vander vennet

"I drink water every day because water keeps me more awake and keeps me less thirsty."



Hillel Rodarte, 12

henry vander vennet

"I try to drink a lot of water throughout the day so I don't get dehydrated so I can be ready for [rowing] practice."



Marina Gianakopoulos, 10

ally spectator

"I bring a salad every day, but sometimes I keep the carrots to eat for a snack later."



Georgina Kuhlmann, 11

henry vander vennet



morgan saucier

FIRED UP

Following instructions from the Westlake Fire Department, senior CERT member Whit Barksdale extinguishes a fire during sixth period. "I took CERT class because I wanted to play with fire and put it out," Barksdale said. "It was exhilarating."



obie jones

HEALTH TAKES FLIGHT

Freshmen Chris Lefan and Chloe Mantrom and sophomore Mark McConachie give their health presentation in PE. "I felt this project was a good way to learn how to work together to discover possible health risks," Mantrom said.

CHEESY FAVORITE

While making macaroni and cheese in Lifetime Nutrition and Wellness, sophomore Parker Brown gets help from teacher aides Ryan Jung and Randy Ratliff. "Parker loves mac 'n' cheese and his nutrition class with Mrs. Stewart," Ratliff said. "He has a playful personality and loves being 'on stage.'"



brayden clark



brayden clark

CERT AND RESCUE

On Dec. 9, juniors Natalie Walker and Caroline McPhail and freshman Katrina Gaedcke practice their search and rescue skills. "The search-and-rescue part of CERT was really intriguing because it can really help in the real world," McPhail said. "I know what to do in really tough situations."

FLAME-FILLED FUN

During sixth-period CERT class, sophomores Cullen Lowder and Barry Sun practice their new skills for using a fire extinguisher. Sun served as Lowder's partner, emulating the firefighters. "I really like being in CERT because of the variety of things we are taught in class," Lowder said. "One day, we might be learning first aid, and the next day, we are learning from DEA agents."



morgan saucier

ACTIVE LIFESTYLES

Students stay in shape through various activities and types of exercise

"I play basketball a lot — recreational and just with friends. I really like the rush of winning a game or making my shot."

Julian Williams, 11

"I really just eat healthy and play sports. I am on the varsity tennis team and I play ultimate Frisbee for fun."

Travis Fulcher, 11

"I have a great time getting in shape by running track and eating healthy. I am on the track team, and being fast is something I am really proud of."

Zee Dugar, 11

"I run cross-country for school and run just for fun. Running miles after miles is easy because running long distances is what I have to do."

Garrett Downs, 12

"I run a lot, work outside such as yard work and cutting down trees, and lift weights. But during the summer, I work on the farm, and we eat a bunch of meat."

Ty Henton, 11

"I eat healthy, work out at Gold's Gym and laugh A LOT! Going to Gold's Gym is one of the key components that I like to do because I couldn't keep in shape without my gym."

Elisabeth Ledoux, 12