

Wednesday, October 4th, 2017

Today, **Dartmouth College, Colorado State, Seattle Pacific University** and **University of California, Los Angeles** will be visiting. Tomorrow, **Northwestern College, Case Western Reserve** and **California Lutheran University** will be visiting. All visits will be in the Post Grad Center. Sign up on Naviance, print out your confirmation, and show it to your teacher as your pass.

The kitchen staff would like all students and staff to please observe the new traffic flow for the **lunch lines**. Lines run clockwise and start behind the stairs. Please follow the ropes and do not enter through the exit. Thank you in advance for your cooperation.

Picture Retakes will take place today from 11:00AM - 1:00PM outside the auditorium. IF you have not yet had your student picture and/or ID taken, please plan to do so during this time.

Unified will be selling popsicles and brownies for \$1 each, tomorrow during SOAR. Come get your sweet tooth satisfied!

Students, are you caught up with all your classes and grades and looking for something to do during SOAR this week? Come on down to the large gym! There will be a **Martial Arts/Self Defense** presentation tomorrow from 7:45AM - 8:45AM. Come ready to participate in the fun!! If you have any questions please see Ms. DeBolt. Hope to see you there!

Would you like to experience more peace and less fear? Come to the **Mindfulness Room** in U508 tomorrow during SOAR, and learn about the Appreciation Audit.

If you are interested in joining us on the Mountain Vista **European Spring Break** trip to France and Italy, please attend the brief interest and sign up meeting on Thursday, October 19th at 8:45AM, during SOAR, L512. Come with your questions and get excited to see the world with other students from MVHS. This could be your last chance to sign up. See Mrs. Price if you have any questions.

Do you like to write? Sing? Dance? Play an instrument? Then you are invited to perform a piece at Mountain Vista's first ever **Autumn Open Mic Night**, coming this November. Stay tuned for more details!

Seniors! The first round of **college deadlines** is approaching! If your deadline is November 1st, you must submit your transcript request by tomorrow.

The **Lost & Found** Box in the athletic hall will be cleaned out over fall break. If you have lost items, best search here, before they are gone forever.

Come support your **Unified Eagles** at their final soccer game of the season, today at 5:30PM, here at Vista!