

Seniors, if you missed the Herff Jones representative on Monday, you need to stop in the main office to get the information for your cap & gown. They will also be here on Thursday evening from 5:30 to 7:00 pm, and on Friday from 7:00 am to 2:00 pm in the commons.

Come out and support Urbandale Best Buddies at Chipotle on Merle Hay road, Tuesday October 2, from 4 to 8 pm. Just tell the cashier you are with us! Best Buddies members will eat together from 6-7pm. Members- we are looking for individuals and buddy pairs to take shifts at Chipotle throughout the night.

Silver Cord volunteers, we just sent out an email with lots of good information. If you are not getting our emails, please stop in and see Mrs. Strong in Room 212 to update your contact information.

No lunch students allowed in the LMC Wednesday and Thursday this week. Students with Learning Center passes may still come, but space is limited all day.

There will be a meeting for current members of National Honor Society after school on Wednesday, September 26th in the library.

The girls cross country team finished 2nd at Indianola on Thursday. Macy Gaskill finished 3rd, Erin Van Quathem 11th, Brie Ruch 12th, and Abby Huls 16th. In the JV race, Jaden Scharingson was the individual champion, Mykenna Cole was 4th, and Julia Martinez-Lohf was 6th. The girls run at Knoxville on Tuesday and Wartburg on Saturday.

The VFW (Veterans of Foreign Wars) sponsors the annual Voice of Democracy Patriotic Audio Essay Competition, with a grand prize of \$30,000, open to students in grades 9-12. The theme this year is "Why My Vote Matters". More information is available in the Scholarship Drawer in the Counseling Office. Deadline is October 31, 2018.

The PSAT will be given at UHS on Wednesday, October 10, from 8:00 am - 12:00 pm. This is a practice test for the SAT and is also the entrance exam of the National Merit Scholarship program for students in the class of 2020. The test is available to any junior, sophomore or freshman student, with priority given to junior students who register by October 2nd. Freshmen and sophomores who register will be placed on a wait-list and will be notified on October 3 whether or not they will test. The cost is \$17, payable by cash or check to UHS. Seating is limited. All students desiring to test should register with Mrs. Gibson in the counseling office as soon as possible.

The Urbandale Food Pantry is looking for high school volunteers, specifically in the afternoon. If interested in volunteering and helping the community stop in and touch base with Eileen. The Urbandale Food Pantry is located in the Cedar Ridge Shopping Center on Douglas.

FCA will meet this Thursday at 8:30 PM at Ty Carenza's house (9212 Oakwood Dr.) We will have a speaker, music, games and yummy treats! All UHS students invited! This is not a school sponsored event. Have a great day!