



Friday, March 12, 2010 "B" Day

Information on the Governor's Institutes of Vermont Summer Program is now available in the Student Services Office.

It is time to consider the Shadow Day Program. This free program is for 10th, 11th, and 12th graders and takes place on Friday, April 30 at Fletcher Allen Hospital in Burlington when students can shadow a health care professional of their choice. Applications are available from Student Services, the school nurses or can be downloaded from www.cvahec.org. Deadline is Tuesday March 16th.

Any Juniors interested in being on the Junior Prom committee, please sign up in the Main Office. Cabaret is tonight. Come and support local musicians and Haiti. Admission is \$4.00; all proceeds go to "MMU for Haitian Teens". It will start at 7:00 pm in the Auditorium.

There will be NO more charging in the Al a carte line for the remainder of the school year.

Potential Mr. Cougar contestants: to please pick up their paperwork in the main office and return it to Mrs. Alexander or Mr. Angwin. The contest can only accommodate 10 contestants!

The library will be closed from 9:45-10:30 today.

Mandatory Europe Trip meeting on Wednesday, March 24th at 6:00 pm in the Library. Please bring your parent or guardian.

GENERAL

Every Friday is Cougar Spirit Day – Wear your "Cougar Country" t-shirt or other Cougarwear.

The weight room will be open Monday, Wednesday, and Thursday afternoons. It will be open at 3:15 until 4:15

Upward Bound meets each Monday afternoon at 3:15 in room 311 with Mr. Wills.

SPORTS

Spring athletes and parents – Spring 2010 Meet the Coaches night has moved to Tuesday, March 23rd, 6-7 p.m. All MMU Spring athletes and their parents are required to attend the spring 2010 Meet the Coaches Night in the MMU Auditorium. Come and meet the MMU Coaches and then attend their sport specific breakout meeting where your coach will go over sport specifics, schedules, and ways in which we can all work together to provide the best educational athletic experience for our students at MMU.

Boys' Lacrosse players – Stop by room 314 to pick up your pre-season schedule. Remember that you must have all paperwork into the office by today. Also, Bucky must have money for shorts and practice tanks by the first day of practice.

Girls' Ice Hockey banquet on Monday, March 15th at Bridge St. Café @ 6:30 p.m.

All those trying out for Boys' Tennis – there will be a very brief, mandatory meeting immediately after school today in Mr. Popkin's room. You will still be able to catch buses but you must attend.

Girls' Varsity Ice Hockey vs. Faculty, Changed to Tuesday, March 23rd 4:15 pm Essex Rink.

Boys' Basketball banquet will be a dessert banquet held Wednesday, March 17th at 7:00 p.m. in the Library. Players: Please bring a dessert to share, as well as your uniforms washed and in bags with your name on them.

All players trying out for baseball Monday's practice is for INFIELDERS ONLY. Practice goes from 5:45-7:30pm. Tuesday's practice is from 4:15-6:00pm for OUTFIELDERS ONLY and players should meet ready for practice by the cafeteria. Any questions see Mr. Chandler.

LUNCH MENU

Meat lovers, Greek Veggie or Cheese Pizza, Tossed Salad, Fresh Fruit, Milk