

CVU ANNOUNCEMENTS
Thursday, October 4, 2018
Red Day

Birthdays: Heidi Berger, Anna Perrotto, Cooper Whalen, Christine High, Megan Tatro

Menu: Korean beef bowl w/rice & broccoli
Vegan Korean Bibimbap w/rice & broccoli

Activities: Fairbanks service-learning field trips 8:30-12:30/9:00-11:00
Dave T Cultivating Pathways field trip to Shelburne Farms 9:00-1:00
Naomi W CCV field trip 8:00-11:00
Girls Golf at Alburg CC 3:30 – dismiss 1:30
Girls JVB Volleyball v Essex at CVU 5:00
Boys JV Volleyball v Essex at CVU 5:00
JV Field Hockey at Burr & Burton 5:15 dismiss 2:00
V&JV Field Hockey at BHS 3:45/5:15

SPIRIT WEEK – OCTOBER 1-6

Monday, 10/1	Denim Day
Tuesday, 10/2	Sports Jersey Day
Wednesday, 10/3	USA Day
Thursday, 10/4	Camo/Vermont Day
Friday, 10/5	Red Out
Friday - Rally in the Valley	Gym 6:00-7:00
Spirit Dance	Café 7:00-10:00 (\$5.00)
Saturday Spirit Day – Games:	
10:00	Cross Country at Thetford Academy
11:00	Girls JVB Soccer at St. Johnsbury
1:30	Girls JV Volleyball v Randolph at CVU
1:30	JV Field Hockey v SBHS at CVU
3:00	V Field Hockey V SBHS at CVU
3:00	Girls V Volleyball v Randolph at CVU
3:00	V Football v North Country at CVU
4:30	Boys V Volleyball v BHS at CVU
4:30	Boys V Soccer v Mt. Anthony at CVU
4:30	Girls V Soccer v Mt. Anthony at CVU
6:00	Boys JV Volleyball v BHS at CVU

- **Anyone interested in joining the Scholars Bowl Team** contact Mr. Bennett at jbennett@cvsdvt.org
- **The CVU MOUNTAIN BIKE CLUB** is riding this Friday, 10/5 at Mud Pond in Williston from 3:30 - 5:00PM. Get your ride in before CVU's RALLY in the VALLEY & Spirit Dance! RSVP to Jess Barnum (jbarnum@cvsdvt.org) and John Wulff (jwulff@cvsdvt.org). See the manilla envelope hung on the wall in Rm. 218-2 for 2018-2019 permission slip & waivers! These must be completed before riding with the club. Once your paperwork is submitted, you'll be added to the club email contact list. CHECK YOUR EMAIL WEEKLY for ride details in addition to these announcements. Also, email/see Jess for more information about the VT Youth Cycling league fall races. Come to Cochran's this Sunday at 12:30 to spectate & support our CVU MTB racers!
- **This year's musical is LEGALLY BLONDE** and will be performed Friday and Saturday 10/26 and 10/27 at 7:30 and Sunday 10/28 at 2:00. Tickets are \$8.00 for students, children, faculty and staff and

\$10.00 for general admission. Tickets are currently available on-line at www.Ticketsource.us/cvutheatre. Get your tickets early, so you will get the best seats.

- **Lost water bottles and lunch boxes** are located on the window ledge by the Main Office. Please check there if your water bottle/lunch box has gone missing. They are disposed of after a couple of weeks.
- **Spirit Week Photo Op! Friday, Red Out Day**, stop by four corners on your way to first block. We will have photographer Amanda Vincent here from Josten's Yearbook to take your picture. Make it a date with your besties (group photo) and be in the 2019 EMBRACE yearbook!
- **Habitat for Humanity Spring Break 2019** – this community service trip to North Carolina is open to all students age 16 and older. Check out the details on line at <http://travel.cvuhs.org> or talk with Rahn Fleming, Pam Gover, or Carol Fox. Applications are available now in the main office and on the travel website on the Habitat for Humanity home page.
- **New Club! Bring Change to Mind: Let's talk mental health** - New this year...*Bring Change to Mind: Let's talk mental health* - A club that gives students the chance to share their voices and raise awareness around mental health. The goal is to educate each other and our communities, and create a culture of peer support within our school around mental health. Together, we'll fight the stigma around mental health! Interested in being a part of this club? Join us on **Thursday mornings at 7:40am in room 238**.

DIRECTION CENTER:

College Visits Are Here! Please come on time, during a free block or with permission from your teacher. If you are going to be late, please let Karen in the Direction Center know the day before so that the college rep waits for you. All visits are 45 minutes long.

Friday, 10/5

10:00 Hampshire College

11:00 Colgate University

WORD OF THE DAY: Weltschmerz

1. Mental depression or apathy caused by comparison of the actual state of the world with an ideal state
2. A mood of sentimental sadness

The word *weltschmerz* initially came into being as a by-product of the European [Romanticism](#) movement of the late 18th and early 19th centuries. A combining of the German words for "world" (*Welt*) and "pain" (*Schmerz*), *weltschmerz* aptly captures the melancholy and pessimism that often characterized the artistic expressions of the era. The term was used in German by the Romantic author Jean Paul (pseudonym of Johann Paul Friedrich Richter) in his 1827 novel *Selina*, but it wasn't adopted into English until the middle of the 19th century.

Merriam-Webster

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