

Reflections - our deadline is fast approaching! This year's theme is "Beauty is..." Students are invited to participate in this PTSA-sponsored annual program which celebrates the arts. Categories to compete in are: Visual Arts, Literature, Photography, Music Composition, Film/Video and Choreography/Dance. All submissions must be the student's own art or composition. Information packets are available in the office. The deadline for submission is on or before November 2, 2009. If you have any questions, please call Melanie Vargas, Reflections Chair, at 425.766.4595 or melanie@vargas.com.

Winter Sports Registration – Registration for winter sports – Men's & Women's Basketball, Gymnastics, Wrestling and Men's Swim & Dive - will start on Monday, October 26th through Friday, November 6th. Students can register at PCFC, before school, during lunches and after school in the Athletic Office. Registration packets are available online or on the Information wall by the main office. Practice for Gymnastics starts November 9th, all other winter sports starts November 16th.

Picture Re-takes – Friday, October 23rd, picture retakes are happening on the stage during lunches.

Sports Pictures for Yearbook - Friday, October 23rd, during 5th and 6th periods, fall sport athletes will be called down for group pictures for the yearbook. Please dress in jersey's, t-shirts, uniforms etc.

What's happening outside of school? Check out [Pacific Cascade's Community Fliers](#) electronic bulletin board.

In case you've never received E-News before, why are you getting it now? Every July, October, and January we automatically roll your e-mail address in Family Access up into the E-News lists for the schools your students attend and for the District E-News.

To unsubscribe from this list [click here](#).

Please share this information with others who might want regular Pacific Cascade E-News updates and messages. They can join this list at <http://www.issaquah.wednet.edu/news/ENews/>

Please do not reply to this E-News message as it comes from an unattended e-mail address used to distribute information to the community. To contact someone about topics in this E-News, please call (425) 837-5900. Thank you.