



# POUDRE HIGH SCHOOL

POUDRE SCHOOL DISTRICT

201 S. Impala Drive, Fort Collins, CO 80521  
Phone 970-488-6000 | Attendance 970-488-6002

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I AM WHO I AM BECAUSE OF WHO WE ARE

## IMPALA PRIDE BULLETIN

Principal  
Carey Christensen

Assistant Principal  
Bryan Kiel

Assistant Principal  
Activities Director  
Kendall Wilson

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Will Cantwell

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School District

### MESSAGE FROM PHS ADMIN

Parents and Guardians,

November reminds us to be thankful for our friends, family and community. Our motto at Poudre is "I am who I am because of who we are." An amazing display of this concept of Ubuntu happens each year, starting in late October and culminating in early December at Poudre's "Feed Our Families" food drive.

Last year, over 400 Poudre students, staff, parents and community members collected enough food to make more than 1,600 food boxes which were shared with Poudre families and the Poudre community. This food is distributed to around 1,000 families from Poudre as well as our feeder schools. Along with the families associated with our community, we put together "Pay it Forward" boxes. Our families are asked to assist a family outside the school community with an additional box of food we provide them. Poudre High School considers this food drive a "Hand up, not a hand out." If you are interested in receiving food or know someone in our school community that would benefit from our Feed Our Families food drive, please email Mallory Devore at [mdevore@psdschools.org](mailto:mdevore@psdschools.org)

This year's Distribution Day occurs on Saturday, December 13th at Poudre High School. There are a few ways you can get involved. Students can sign up for a canning shift to collect donations at grocery stores. If you would like to make a direct donation, please go to:

<https://www.schoolpay.com/pay/for/PHS-Curricular-Donations/SdiYDL3>

or the QR code below:



Seniors will have a senior meeting on Wednesday, November 5<sup>th</sup> at 9:00 AM in the auditorium. Jostens will be there to talk about graduation items they offer, specifically caps and gowns. During that meeting, students will have their first chance at choosing their staff member who will hand them their diploma at graduation in May. Students will be taking the Connection Survey on Wednesday, November 5<sup>th</sup> in their 2nd period class. Our theater department will be putting on five performances of our fall musical of Hadestown on November 7<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> at 7:00 PM and a matinee on November, 15<sup>th</sup> at 2:30 PM. There will be no school on November 24<sup>th</sup>-28<sup>th</sup> for Thanksgiving Break!

As always, we are grateful to be a part of this Poudre family. "I am who I am because of who we are. We are Poudre"

Sincerely,

PHS Administration



Is it just a phase?



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Rob Mangelson (720) 878-4107

Rob@tscacolorado.com



Supporting Schools & Local Businesses

IMPALA CHARACTER TRAIT

IMPORTANT ANNOUNCEMENT!



During the month of November we are celebrating the Impala Character Trait:

Communicator

HERE'S HOW YOU CAN DEMONSTRATE THIS TRAIT AS A Poudre STUDENT:

- LISTEN ACTIVELY AND RESPECTFULLY ENGAGE IN MEANINGFUL CONVERSATIONS USE APPROPRIATE LANGUAGE, TONE AND VOLUME WHEN SPEAKING



How Families Can Encourage their Student to be Great Communicators at Home:

- Encourage open conversations: Ask your child about their day and listen actively to what they share, showing interest and asking follow-up questions. Model clear communication: Use clear and respectful language when talking with your child and others, demonstrating how to express thoughts and feelings effectively. Create opportunities for sharing: Encourage your child to explain their ideas, tell stories, or discuss family plans, helping them practice organizing and expressing their thoughts.

THANKSGIVING

IS A TIME OF

TOGETHERNESS

AND GRATITUDE

# NEED A TUTOR?

*Join us at the "On-Track Center"*

- ✔ Wednesdays during lunch
- ✔ Room 230
- ✔ Bring your assignments and your lunch

Questions? reach out to  
Mrs. Lizardo  
[alizardo@psdschools.org](mailto:alizardo@psdschools.org)



Teens are at the highest risk for motor vehicle crashes



*Make the Call* [NoDUINoCo.org](http://NoDUINoCo.org)

Interest in Pursuing a Career in Nursing or Culinary?



**Columbine Health is hiring and we'll train you!**

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- Food and Nutrition** - (Age 16+)

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POUDRE HIGH SCHOOL PERFORMING ARTS

# HADESTOWN

## TEEN EDITION

### BY ANAIS MITCHELL

*To the world  
we dream about,  
and the one  
we live in now.*



NOVEMBER 7 & 8 AT 7:00  
NOVEMBER 13 & 14 T 7:00  
NOVEMBER 15 AT 2:30  
POUDRE HIGH SCHOOL AUDITORIUM  
[WWW.POUDRETHEATRE.ORG](http://WWW.POUDRETHEATRE.ORG)

*Hadestown: Teen Edition is presented by arrangement with Concord Theatricals Corp. [www.concordtheatricals.com](http://www.concordtheatricals.com) Art © by SpotCo*



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[HealthDistrict.org](http://HealthDistrict.org)

**Health District**  
OF NORTHERN LARIMER COUNTY  
970-472-0444

Se Habla Español



## PHS Winter Sports 2025-26



**Orange Card** "Permit to Tryout & Participate" cards will be issued for the winter season starting Monday October 20<sup>th</sup>. Monday through Friday 8:00am–4:00pm at Cindy Smith's desk in the front office. **You must have an orange card to start tryouts.**

To receive an **Orange Card**

1. Bring a paper copy of your current physical (if you don't have a current one on file in the Athletic office) **Make sure it is signed by a parent/guardian and athlete**
2. Complete the online registration through Sports Engine at [www.psdathletics.org](http://www.psdathletics.org)
  - a. Hover over High School
  - b. Click on HS Online Registration
  - c. Click on the blue box: Register Poudre High School on the right-hand side
  - d. Scroll to the bottom of the page, click sign in or create an account
  - e. When you have completed the form, it will say "WOOHOO! YOUR'RE ALL SET"
3. Payment on [www.schoolpay.com](http://www.schoolpay.com) (there will be a credit card fee) or pay the cashier at Poudre.
4. Check in with Cindy Smith so she can check your grades and classes.

ALL 4 Steps are required to receive an Orange Card. You will not be allowed to tryout or participate if all 4 steps are not completed.

Winter Online Registration opens October 20<sup>th</sup> and closes 12/5/25.  
Please do not wait until the last minute to complete the 4 steps above.

### Athletic Participation Fee

PHS Students  
\$220.00 per sport no family max

Charter/ Home or Private School Students  
\$320.00 per sport no family max

If a student athlete is not offered a spot on a team, the athletic fee will be reimbursed in full. Students who meet federal guidelines for the free or reduced lunch program will have the participation fee waived; you will still have to go through the payment process online.

### Eligibility

Eligibility will be checked at the beginning of each season. Eligibility is determined based on previous semester grades earned. Athletes identified as failing two or more classes during the previous semester will be ineligible for sports until the regain date. All sports have different regain dates.

PHS checks athletic eligibility on a weekly basis. Athletes identified as failing two or more classes will be declared ineligible and will lose one week of eligibility, beginning on the following Monday through Saturday. For any questions with regards to eligibility, contact Cindy Smith [cindys@psdschools.org](mailto:cindys@psdschools.org)

## PHS WINTER SPORTS 2025-26, continued...

### Communication

You can check for sport schedules and updates at [www.frontrangeleague.org](http://www.frontrangeleague.org) and select Poudre. Follow us on Instagram: @runcacherun

We use social media for many updates and celebrations so please follow us!

### Boys Wrestling

Coach Barrett Golyer 488-6047, C: 970-217-8425 [bgolyer@psdschools.org](mailto:bgolyer@psdschools.org)

- **Mandatory Parent Meetings (and 1<sup>st</sup> year Poudre wrestlers)**  
**October 14<sup>th</sup> OR October 21<sup>st</sup> (choose one) 6:00-6:45pm PHS Events Center**
- Pre-Season Open Mats Thursday & Friday 4:30–6:00pm
- First Official Day: November 17<sup>th</sup> 4:30-6:15pm (MUST have orange card to participate)
- Tryout dates and times: Blue and Silver “Wrestle-Offs” November 25 6:00pm Main Gym
- Booster Meeting for parent support 10/7/25 at LaPorte Pizza 6:30-7:15pm

### Girls Wrestling

Coach Desiree Kendall 970-817-0157 [dkendall@psdschools.org](mailto:dkendall@psdschools.org)

Coach Joshua Beck 970-566-2122 [joshuab@psdschools.org](mailto:joshuab@psdschools.org)

- **Mandatory Parent Meeting October 15<sup>th</sup>, 6:00–7:30pm PHS Events Center**
- Preseason Open Mats: Thursdays & Fridays 4:30 – 6:00pm
- Preseason Camp/Tryouts: November 10<sup>th</sup> – 14<sup>th</sup>, 4:45 – 6:30pm
- First Official Day: November 17<sup>th</sup> 6:00–8:00 pm
- No experience required! Come try out an amazing sport! Do not hesitate to reach out with any questions

### Boys Basketball

Coach Jeff Brubaker [jebrubak@psdschools.org](mailto:jebrubak@psdschools.org)

- Pre-Season Open Gym: Mondays and Wednesdays 6:00 -8:30pm Happening Now
  - Open Gym on 10/21 4:30-6:30pm (No school on 10/20)
- Team Camp November 3<sup>rd</sup>-6<sup>th</sup> 6:40-8:40pm  
November 10<sup>th</sup>-13<sup>th</sup> 4:30 -6:30pm
- Tryouts: November 17<sup>th</sup>-19<sup>th</sup> 6:40-8:40pm
- **Parent Meeting: November 20<sup>th</sup> 5:30-6:30pm in the Event Center**
- First Official Day: November 17<sup>th</sup>
- Everyone is welcome and encouraged to attend!

### Girls Basketball

Coach Jeff Schelly [jschelly@psdschools.org](mailto:jschelly@psdschools.org)

- Pre-Season Team Camp:
  - November 3<sup>rd</sup>-6<sup>th</sup> 4:30-6:30pm
  - November 10<sup>th</sup>-13<sup>th</sup> 6:30-8:30pm
- Tryouts: November 17<sup>th</sup>-19<sup>th</sup> 4:30-6:30pm
- First Official Day: November 17<sup>th</sup>.
- **Parent Meeting: November 20<sup>th</sup> 6:45-7:45pm in the Event Center**

Please send Coach Schelly an email to be added to our TeamSnap. Anyone is encouraged and welcome to attend.

## PHS WINTER SPORTS 2025-26, continued...

### Nordic Skiing

Coach: TBA

Website <https://psdnordicski.weebly.com/>

Parent Meeting: November 10<sup>th</sup> 6:30-7:30pm Event Center

First Official Day: November 17<sup>th</sup>

For more questions, please email Sarah Fonte [sarahfonte@gmail.com](mailto:sarahfonte@gmail.com)

### Girls Swimming

Coach: Sandy Hicks [shicks@psdschools.org](mailto:shicks@psdschools.org)

Parent Meeting: October 30<sup>th</sup> 6:00-7:00pm in the Event Center

Pre-season weights and conditioning training Oct 27<sup>th</sup> through Nov 14<sup>th</sup> M/W/F 7:45am

First Official Day: November 17<sup>th</sup> at Mulberry Pool Time-TBA

### Girls Dive-Housed at Wellington Middle-High School

Coach: Luke Richmond [lrichmond@psdschools.org](mailto:lrichmond@psdschools.org)

Pre-season camp is M/Th/F from 5:00p-6:30p and is free of charge. Complete a registration form and daily RSVPs for the practices you will attend. You can register at <https://www.norcodiving.com/program/25679> and use the promo code PSD2025/26

Practices are held primarily at two locations.

- The AM practices (MWF) are strength and conditioning practices and are held at CrossFit DNR from 7:30-8:30am.
- The PM practices usually run from 4:30p-6:00p. However, that is our window of time, and since I coach all the schools in PSD, which also includes a wide variety of ability levels, that window of time may be broken up depending upon the time of year.

First Official Day: November 17<sup>th</sup>

### Ice Hockey-Housed at Fort Collins High School

Coach: Riley Nelson [rilevn@psdschools.org](mailto:rilevn@psdschools.org)

You will still complete all your steps at Poudre High School

First Official Day: November 10<sup>th</sup>

More hockey information <https://fch.psdschools.org/hockey>

### Unified Basketball

Coach: Wendi Miller 970-488-6204 [wendim@psdschools.org](mailto:wendim@psdschools.org)

Unified Basketball Will start in January, and more information will be shared as we get closer

Juniors and Seniors only as Partners

*Cindy Smith*  
*Poudre High School Athletic Assistant*  
(970)488-6014 / <mailto:cindys@psdschools.org>

## STUDENT COUNCIL INFORMATION

### Feed Our Families Food Drive

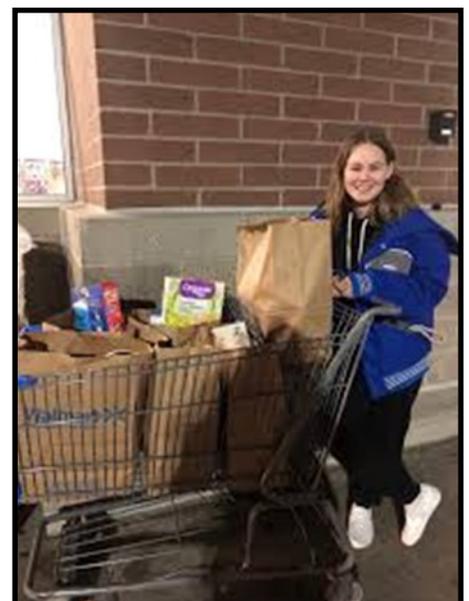
- What is it?: Student Council's annual philanthropy project to address food insecurity in our own community by fundraising and collecting food donations to be distributed to Poudre families in need.
- What is "canning"?: Canning is a term we use to refer to volunteer shifts served at local grocery stores where students give lists of needed items to customers as they enter the store and collect any donations when customers leave the store.
- When does canning happen?: Canning shifts to begin Nov. 7th! <https://signup.com/go/FbpMLON>
  - Canning days at grocery stores will be Nov. 7-9, Nov. 14-16, Nov. 21-23, Nov. 28-30, and Dec. 5-7.
    - Friday shifts = 5:00-7:00pm
    - Saturday shifts = 9:00-11:00am, 11:00am-1:00pm, 1:00-3:00pm, and 3:00-5:00pm
    - Sunday shifts = 9:00-11:00am, 11:00am-1:00pm, 1:00-3:00pm, and 3:00-5:00pm
  - We are also looking for volunteers from the community to help unload and sort food on Monday mornings from 8:00am-9:00am. (Link to sign up!: <https://signup.com/go/FbpMLON>)
- When is Distribution Day?: Final boxes will be distributed to pre-registered families on Dec. 13th
- How to get involved or added to the distribution list?: Official Website link coming soon! Or contact one of the staff members listed below.
- Questions?:
  - Mallory Devore - [mdevore@psdschools.org](mailto:mdevore@psdschools.org)
  - Chantal Bouveron - [cbouveron@psdschools.org](mailto:cbouveron@psdschools.org)
  - Stephanie Gutierrez- [stephanieg@psdschools.org](mailto:stephanieg@psdschools.org)
  - Nancy Gallegos-Saighman - [ngsaighman@psdschools.org](mailto:ngsaighman@psdschools.org) (habla español)
  - Angelica Munoz-Cruz - [cmunoz@psdschools.org](mailto:cmunoz@psdschools.org) (habla español)



## STUDENT COUNCIL INFORMATION SPANISH TRANSLATION

### Colecta de alimentos “Alimenta a nuestras familias”

- Que es? El proyecto humanitario anual del consejo estudiantil para abordar la inseguridad alimentaria en nuestra comunidad por medio de la recaudación de fondos y la recolección de donaciones de alimentos para ser distribuidos a nuestras familias necesitadas de Poudre.
- ¿Qué es enlatado? Enlatado es un término que usamos para referirnos a turnos de voluntarios servidos en supermercados locales donde los estudiantes les dan listas de artículos necesarios a los clientes cuando van entrando a la tienda y colectamos donaciones cuando los clientes se van de la tienda.
- ¿Cuándo es el “Enlatado”? Los turnos de enlatado comienzan el 7 de noviembre <https://signup.com/go/FbpMLON>
  - Los días de enlatado en los supermercados serán del 7 al 9 de nov., 14-16 de nov., 21-23 de nov., 28-30 de nov. y del 5 al 7 de diciembre.
    - Turnos del viernes= 5:00p.m-7:00p.m
    - Turnos del sábado= 9:00a.m-11:00am, 11:00a.m-1:00p.m, 1:00p.m-3:00p.m y de 3:00p.m-5:00p.m.
    - Turnos del domingo= 9:00a.m-11:00a.m, 11:00a.m-1:00p.m, 1:00p.m-3:00p.m, y de 3:00p.m-5:00p.m.
  - También estamos en busca de voluntarios de la comunidad para ayudar a descargar y acomodar la comida los lunes por la mañana de 8:00a.m a 9:00a.m. (Link para registrarse!) <https://signup.com/go/FbpMLON>
- ¿Cuándo es el día de distribución? Las cajas finales serán distribuidas para las familias previamente registradas el día 13 de diciembre.
- ¿Cómo estar involucrados o agregados a la lista de distribución? ¡El enlace oficial vendrá pronto! O ponte en contacto con los miembros del personal en la lista de abajo.
- Preguntas?
  - Mallory Devore - [mdevore@psdschools.org](mailto:mdevore@psdschools.org)
  - Chantal Bouveron - [cbouveron@psdschools.org](mailto:cbouveron@psdschools.org)
  - Stephanie Gutierrez- [stephanieg@psdschools.org](mailto:stephanieg@psdschools.org)
  - Nancy Gallegos-Saighman - [ngsaighman@psdschools.org](mailto:ngsaighman@psdschools.org) (habla español)
  - Angelica Munoz-Cruz - [cmunoz@psdschools.org](mailto:cmunoz@psdschools.org) (habla español)



# ROBOTICS FIRST TEAM 159, POUUDRE HIGH SCHOOL

## 2025-2026 - Newsletter



### The 2026 Game is almost here!

Join us Tuesdays and Wednesdays afterschool from 4:10 to 6:00pm!

This year's game, sponsored by Haas, is called REBUILT. Teams have been given 6-10 weeks to build a robot to complete the objectives revealed at the season kickoff on January 4.



### Our 2025-2026 Pre-Season

- Our shop is back in action!
- We're going to work on improving the functions on our robot.
- This year we will have new team members including:
  - Freshmen
  - Sophomores
- We will be attending **two** competitions
- Showing off our robot in Denver



### Community Outreach and Fundraising

- We volunteer
- In November we will host an elementary and middle school LEGO Robotics teams in our annual FIRST Lego League Tournament at Poudre High School .
- We will set up the event and then judging and mentoring the teams
- Thank you to our parents for helping us raise money through our concession sales.
- In our remaining weeks of preseason, we will show off robots. We will tour them at local middle schools to promote STEM and robotics to younger students.

### FLL Event Sponsors

We would like to thank the following sponsors for their donations and support of our hosting of *FIRST* Lego League Competition. We couldn't have done it without you!



Thank You, Donors and Sponsors!



**P THE IMPALA**  
**poudre high school yearbook**

The Impala

Students are back at school making new memories! Be sure to order the one book that captures the activities, spirit, and unique qualities of your child's school. Visit [www.jostensyearbooks.com](http://www.jostensyearbooks.com) to order the 2026 Yearbook by October 31st for the BEST PRICE!

¡Los estudiantes han vuelto a la escuela creando nuevos recuerdos! Asegúrese de pedir el libro que captura las actividades, el espíritu y las cualidades únicas de la escuela de su hijo. Visite [www.jostensyearbooks.com](http://www.jostensyearbooks.com) para pedir el Anuario 2026 antes del 31 de octubre al MEJOR PRECIO.





# ADVANCED MANUFACTURING P-TECH

Poudre High School Campus

Interested in pursuing a career in Advanced Manufacturing? The Pathways in Technology Early College High School (P-TECH) at Poudre High School helps students simultaneously complete their high school graduation requirements and an Associate Degree of to prepare for a future career in their industry. Poudre's P-TECH is a one-of-a-kind program in Poudre School District and is a partnership with Woodward and Front Range Community College, as well as many other industry partners in Northern Colorado. Students must apply and be accepted to this program, and coursework starts in the 9th or 10th grade.

- ✓ Hand-on and High Interest High School Diploma
- ✓ Free Associate's Degree
- ✓ Real life Industry Experience and In-Demand Jobs

SCAN ME



**Contact Us:**

✉ [jweissma@psdschools.org](mailto:jweissma@psdschools.org)

🌐 <https://phs.pdschools.org/programs/p-tech>





# DONATION REQUEST

We are launching an exciting and necessary initiative to completely revitalize our communal pond area. This space serves as a crucial aesthetic and ecological feature of our campus grounds, offering a place for relaxation and natural beauty.

This undertaking is being spearheaded by Mrs. Miller's 21<sup>st</sup> Century Science class, who have been doing the literal "heavy lifting", including removing a dense cattail root ball, lugging rocks across campus, and enduring foul odors nearly every day for the last six weeks.



## SPECIFIC NEEDS

- NEW FILTRATION SYSTEM
- NEW FOUNTAIN UNIT
- MEDIUM RIVER ROCKS
- CATTAIL CLEARING SOLUTION
- TOOLS INCLUDING:
  - LONG-HANDLED NETS
  - RAKES
  - DURABLE WADERS
- NATIVE PLANT DONATIONS

# THANK YOU!

## HOW YOU CAN HELP

SCAN THIS QR CODE, AND CLICK "POND RESTORATION" AT CHECKOUT .



Contact: Wendi Miller, [wendim@psdschools.org](mailto:wendim@psdschools.org)



## SRO CORNER: OCTOBER 2025

Keeping students and staff safe is always our top priority. Just as students learn academics step by step, we also take time to practice safety drills. We want everyone to know what to do and can respond calmly if the need arises. We understand that hearing about these drills can sometimes feel unsettling, but they are an important way we help students and staff be prepared and confident in any situation.

In Poudre School District, every school holds a monthly evacuation drill (what most of us grew up calling a ‘fire drill’). Each school also participates in three lockdown drills throughout the year, with some schools choosing to practice more often. These drills are short, calm, and age-appropriate so students know what to do without creating unnecessary fear.

All of our schools follow the [Standard Response Protocol \(SRP\)](#), developed by the [“I Love U Guys” Foundation](#). This system uses common language, such as [Hold, Secure, Lockdown, Evacuate, Shelter](#) – so staff and students know exactly what to do in different situations. Staff members in Poudre School District have had additional training in the SRP, and they practice regularly to ensure your child’s safety is always a top priority.

These drills are about preparation, not fear. We want to help the students feel prepared and confident. It is like buckling our seatbelt... we hope we never need it, but it is there to keep us safe if we do.

Safety is a team effort! At home, you can help by listening to your child’s questions after a drill and letting them share what they practiced. This helps students feel prepared and in control. Please reach out to me if you have any questions about your school’s safety. We are here to help.

### **Are you looking for a safe place for your middle or high school student after school?**

TAC212 is an inclusive and fun supervised space that is drug, weapon, and alcohol-free. Teens have access to art supplies, computers, gaming consoles, movie streaming, puzzles, games, books, snacks, friends and more!

#### Hours of Operation:

- Tuesday-Thursday 4pm-8pm
- Saturday 12:30pm-6:30pm
- Questions? Contact our Program Coordinator - Jaylen Jackson
- 970-698-7269
- [jaylenj@tcffo.org](mailto:jaylenj@tcffo.org)

**BY TEENS, FOR TEENS.  
THRIVE. ACHIEVE. CONNECT.**



## WRESTLING SEASON IS COMING

- Pre-Season information:  
**Thursday and Friday**  
**"open mats" from 4:30-6pm**
- First official practice:  
**11/17/2025 4:30-6:15pm**
- Tryout dates and times:  
**Blue and Silver "Wrestle-Offs"**  
**11/25/2025, 6pm main gym**



## Deadlines for Student Travel Opportunities



## POUDRE IMPALAS

2025-26 BOYS WRESTLING

**CONTACT INFORMATION FORM**



Stay up-to-date and receive important messages from Coach.

Sign up for Poudre Wrestling **REMIND**

Send a text to this number: **81010**

Text this message: **@poudre25**

Impalas! Remember to Train Hard and  
Dream Big.

Try to **avoid** too much **junk food**,

Too much **social media**,

and people with **negative attitudes**.

**Let's Go!**

**Head Coach:** Barrett Golyer

[bgolyer@psdschools.org](mailto:bgolyer@psdschools.org)

### • PHS trip to Paris, London, & Edinburgh

- Type of trip: tourist-style, PSD-sponsored
- Standard deadline has passed, but students may still apply!

### • CIEE High School Summer Abroad

- Type of trip: study abroad; NOT PSD-affiliated
- Deadline: 11/1 for the free flight raffle
- Deadline: 1/21 for scholarships