

**Today is Wednesday, October 2nd**  
**Today's Lunch is a Toasted Cheese Sandwich**  
**Tomorrow's Breakfast is a Cheese Omelet with Toast**

---

**Start with Hello.**

Did you know helping people gives you a natural high? Altruism releases endorphins, helps you feel grateful for what you have, distracts you from your own problems, and improves your physical health. Today your challenge is this: **Invite someone new to eat lunch with you, open a door for someone, or help someone in need.**

**Black Student Union**

**Congratulations** are in order for the 2019-2020 Leadership Board for BSU!

**President** - Vanessa Leftwich

**Vice President** - Cameron Clark

**Secretary** - Arianna Hensersky

Public Relations and Historian - Travon Michalksi

**Next Meeting is October 14th** - Interested in joining? Stop in Student Services to see Mrs. Bratcher any day before or after school for more information.

**Chess Club**

Hey Everyone! Chess Club starts **Tuesday, October 8th** after school in room 272. If you want to learn how to play chess or if you want to show us your grandmaster moves, either way is fine by us. We'll give you all the information on playing just for fun. Plus we'll tell you how to earn a spot on the chess team. We were the Division 2 State champions last year and plan to repeat this year so come and join. Again, Chess club starts this coming Tuesday, October 8th in room 272. See you then!

**Raise Your Voice Psychology Club**

Did you know that 1 in 5 adults will experience mental illness this year? This week is Mental Illness Awareness Week. If interested in helping increase awareness about mental health issues, join us for the Raise Your Voice Psychology Club meeting this Thursday, Oct. 3 after school in Rm 256. We will be discussing how mental illness has impacted people you know and creating awareness posters.

## **Career Center**

UW Madison will be holding their college visit on Thursday Oct. 3rd during 1st hour in room 280 and Grinnell College(IA) will be holding their college visit on Friday Oct. 4th during 7th hour in the CC.

## **Athletics**

If you love pizza, your chance to support the Wauwatosa Blazers Lacrosse Teams is coming on Sunday, October 6th at Pizzeria Piccola on State Street. Enjoy a meal there between 11:00 am and 9:00 pm on Sunday and 25% of your purchase will be donated to the lacrosse teams. Eating pizza and supporting our teams - it doesn't get any better!!

## **Anime Club**

Are you interested in Anime? Come join the new Anime Club. Our first meeting will be this **Wednesday, October 2nd**, in the ARC after school. All Anime enthusiasts are welcome! Have more questions? Email Emma Currie.

**Have a great Wednesday!**