

VEGAS VALLEY ADVENTIST ACADEMY

BOUND BY BELIEF

-YESEL GONZALEZ

Bounds by Belief will bind this year's theme. This theme motivates us to connect with the Lord and have faith in him with our needs and problems. The speaker for this year will be a recruiter from Rio Lindo. So be ready on October 30th through November 3rd. The school will go to the chapel weekly to hear the word and sing along. Our theme song will be "I Speak Jesus" by Charity. Hope to see you there.

CHIPOTLE & CHAT

-CALLIE SAMANIEGO

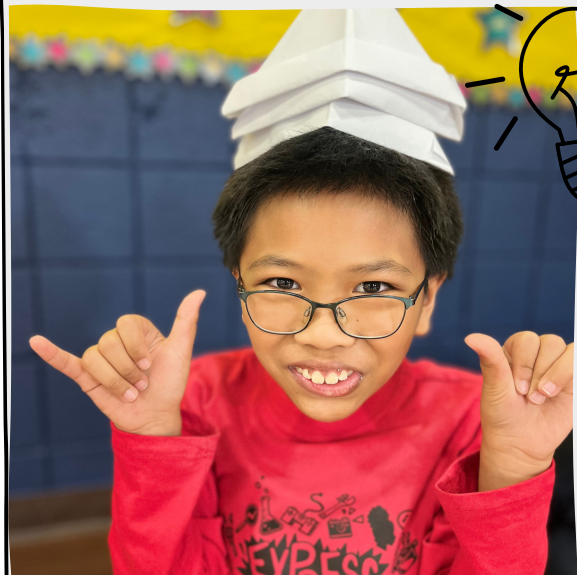
On November 2, we are inviting all of our 5-10 graders and their families to chat with our Rio Lindo Recruiter. It will be held in the VVAA gym at 6:00 pm. Rio Lindo is an Adventist boarding school. It is located in Healdsburg, California about one and a half hours north of San Francisco. There are many things to do on their campus. Some of the activities students enjoy are canoeing on the Russian River, mountain biking on the trails, and even hiking down to a horse barn. It is a very beautiful campus and they would love to have students from our school attend. Be sure to come listen to what Rio Lindo has to say, enjoy some Chipotle for dinner and maybe even decide that you want to attend Rio Lindo Academy!



FAITH AND FRIENDSHIP THROUGH SMALL GROUPS!

-MARIÉ ENTERINA

Hope Channel Inter-America is releasing a new TV series called "Conocidos," set in Mexico City. It is about people meeting through a Bible study group and it helps explore their friendships and lives. The show aims to encourage small group ministries, as they can help with emotional and spiritual needs. This is the first TV series of its kind for the Inter-American Division and hopes to inspire people to engage in small group ministry. The series is a collaboration between Hope Channel and the Personal Ministries department. It's all about making friends and growing spiritually!



CALENDAR

- Oct. 23 -26
Red Ribbon Week
- Oct. 27
Nevada Day (NS)
- Nov. 4
Church Visit to Mountain View SDA Church
- Nov. 10
Veteran's Day (NS)
- Nov. 17
Family Lunch
- Nov. 20 -24
Thanksgiving Break

CYCLING FOR YOUR HEALTH!

-MCRYLEIGH PIERRE-LOUIS

Cycling is a great way to help all kids get more active physically, mentally, and it is also a great way to get fit and healthy! Based on research from Loma Linda University, cycling improves the psychosocial well-being of students. Mental health is a huge concern all over the world, about 1 in 6 students are diagnosed with a mental health disorder. Students can enjoy bike rides with friends and family and learn to put down their cellphones. That is why cycling is able to help enhance social skills. Middle school students participated in a cycling activity and took surveys both before and after monitoring their mental health. After the surveys were conducted all students felt a positive increase in their physiological well-being. Teenagers should be healthy in all attributes of their body, energetic activities are a great way to accelerate their health!

WATER CONTAMINATION

-JOSHUA M. MATTHEW

Recently, Loma Linda researchers studied numerous samples of water found in soda fountains at fast food restaurants. The researchers found microbial contamination in nearly half of the samples. This has been acknowledged by multiple professionals as a major health hazard. They have also noticed this happening more often in lower income areas with underserved civilians. This is because the filters are not taken care of as often in these areas, partly due to lack of funding. The researchers recommended not to drink water or soda from fast food restaurants because of this finding.

BACK 2 BACK

-ROBERT CASTRO

This week of sports was amazing, as our Las Vegas Aces defeated the New York Liberty 3-1 in the WNBA Finals. This victory marked the Aces second consecutive WNBA championship, becoming the first team in the league to win two titles in a row since the Los Angeles Sparks in the 2001-2002 season. The NFL was packed with tons of prime time games, with the Philadelphia Eagles cruising past the Miami Dolphins 31-17. With this win the Eagles and the Chiefs tie for the best record in the NFL with a record of 6-1. In the MLB, last year's champions, the Houston Astros lost a Finals clinching game to the Texas Rangers in a series that went to seven games.



QUOTE OF THE WEEK

“What you do is temporary, but what you leave behind is forever”
-Mark Fischbach

SILLY GILLEY

How do you get a squirrel to like you?

Act like a nut!



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