

COUGAR BULLETIN

WEEKLY NEWSLETTER

OCTOBER 5-9 2020 • ISSUE 1 • VOLUME 1

Welcome to the first edition of the CIMS weekly Newsletter. We will keep you up to date with events and what is happening at CIMS

Become a Study Expert

Hey Cougars -can you believe it is almost the end of 1st quarter already?! I know some of you are struggling with your grades and you're hoping to correct the situation before your semester grades become permanent in December.

When it comes to setting a goal to get good grades, it's important to commit to a plan AND consistent, repeatable action. Because after all, a goal without a plan is just a wish!

[Read more page 3 and 4](#)

ASL Club



Interested in Learning Sign Language. Dr Vignocchi hosts the American Sign Language Club Virtually after school.

Join any time

Contact avignocchi@vvuhsd.org for more details

Fighting Teen Suicide Presentation

In the face of one of the most alarming epidemics in American history, law enforcement officials, public health professionals, and educators are all struggling to deal with a rising tide of suicides among our young people. This powerful, creative and innovative presentation is aimed directly at middle school and high school students (or high school-age youth), and makes the case that help is always available, no matter the issue, and that life holds far more riches ahead than young people can foresee. Resources are provided.

Date: October 6th, 2020

Time: 5:00 pm to 6:00 pm

Where: meet.google.com/cok-mfrd-adk

[Read more page 5](#)

High School Girls Volleyball



Tryouts will be the second week in October

October 6th-8th- Conditioning 3:30-6pm**

October 20-22 - Tryouts 3:30-6pm**

October 27-29 - Conditioning 3:30-6pm**

**Only first 20 girls to attend will be admitted daily.

All students must go through the front office and have temperature checks. Bring your own water bottles, and dress for the outdoors.

Conditioning will be with strict social distancing, and be conducted outdoors until further notice.

Contact Ms Leet at bleet@vvuhsd.org for more details

Cross Country

All Grade Levels and Abilities are Welcome!!

Students must have a physical and athletic packet on file BEFORE they can practice with the team. Must be done by the end of October or you cannot join. Join the fastest team at CIMS!

Beginning approx. 10/19/2020

Mon-Thur 3:30-4:30 PM

Check in every day 3:15 PM

[For more details see page 6](#)

Other ways to stay up to date



www.facebook.com/cimsvvuhsd



[Cims_vvuhsd](https://twitter.com/Cims_vvuhsd)



[Cims_vvuhsd](https://www.instagram.com/Cims_vvuhsd)



<https://cims.vvuhsd.org/>



Sign up for Calendar updates by clicking the bell at:
<https://cims.vvuhsd.org/calendar>

Don't forget October Break is October 12 - 16. NO SCHOOL

CIMS TUTORING

The Fall 2020 Tutoring schedule is available
Tutoring is available for Math, Science, English,
Communications and Music

[Read more below Page 7](#)

After School Program

Calling all 7th - 9th Graders!!!

AYA is hosting a virtual after school program.

Students can receive homework help and participate in a number of activities from music, to STEM, to coding, to performing Arts and more

[For More Info See Page 8](#)

Picture Days

**Students are required to wear a school polo for these yearbook pictures. If your student needs a polo, it can be purchased through the school webstore

Please make an account under the student name not the parent name.

Only ONE polo may be purchased per student at this time and is nonrefundable. Purchased polos can be picked up in Ms. Myles' room, 804, when the student arrives to take their picture. Students will not be allowed change into their polo but will need to wear it over the shirt then come in. All polo purchases must be made by Oct. 15th. The student store will not be open for purchasing polos the day of pictures.

Want to order school photos?

You will be receiving an email from Lifetouch soon about how to purchase school photos.

October 21st - 7th grade

A - L 12:30 - 2:30 pm

M - Z 3:00 - 4:30 pm

October 22nd - 8th grade

A - L 12:30 - 2:30 pm

M - Z 3:00 - 4:30 pm

October 23rd - 9th grade

A - L 12:30 - 2:30 pm

M - Z 3:00 - 4:30 pm

October 26th - 10th grade

A - L 12:30 - 2:30 pm

M - Z 3:00 - 4:30 pm

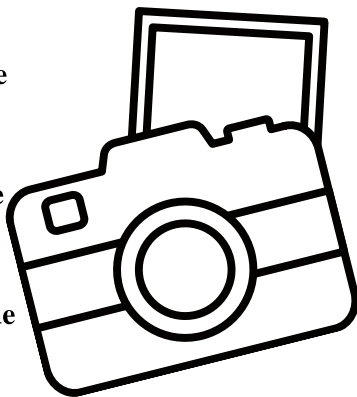
October 27th - 11th grade

A - L 12:30 - 2:30 pm

M - Z 3:00 - 4:30 pm

Please enter the south fire lane and drop off students by the 800 building. The driver will continue around the building and meet the student in the North parking lot. This is the same format that was used for textbook distribution.

[For More Info See Page 9](#)



Cash For College Workshop

Seniors and Parents of Seniors!!!!!!Students planning to apply for financial aid (FAFSA or the Dream Act) can sign up for workshops and fill it out line by line. This is a great opportunity as it can be a little confusing for 1st time filers. Students need to preregister with the links Ms Miranda sent them. Parents are welcome and encouraged log-in alongside their student.

All participants are entered for a \$1,00 Scholarship. A CIMS student won last year

[For More Info See Page 10](#)

College and Career Center

Ms Miranda has her own Newsletter with Many events.

This week:

October 5- University of Redlands Presentation

Oct 6-7- Cash for College

October 8- Army Presentation

October 9 - Airforce and A.F. ROTC Pres.

[Check out below for more details starting on page 11](#)

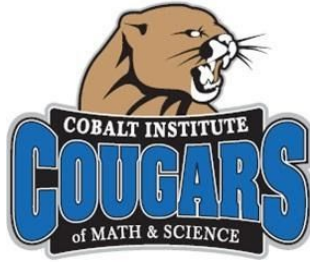
Cooking Corner

Hello Cougar Family! As the teacher sponsor for Culinary Club I've missed baking with my cougar cubs! To help alleviate some of the sadness, I've decided to do a recipe of the week that you can replicate at your house if you so desire. The recipes will range in skill level from super easy to more advanced. This weeks' recipe celebrates the start of Fall. I grew up on the East Coast and the start of Fall was always welcomed in with pumpkin and apple recipes. So even though our temperatures are still on the hot side, I thought I would share my favorite Pumpkin Cupcake recipe.

This particular cupcake is best paired with a cream cheese frosting. Both of these recipes are beginner friendly, I hope you enjoy them as much as my boys do!

-Mrs. Powers

[See Recipe Below Page 16](#)



Become A Studying Expert

Whether kids are learning at school or learning at home, there are tried and true methods for creating successful study habits that you can incorporate into your daily routine. Here is a list of our favorite recommendations. Try out a few of them and then let us know which ones help you the most!

FIRST THINGS FIRST

Workspace

- Clean and free of clutter & distractions
- Quiet, consistent location
- Cool, comfortable temperature (too warm makes us sleepy!)
- Supplies (pencils, pens, calculator, Chromebook or laptop, etc)
- If possible, a “do not disturb” procedure. For example, set cell phone to “airplane mode,” turn off alerts, or have a parent/guardian hold onto phone during school & studying time.
- If there is a lot of distraction and noise in the home, consider using a fan or white noise machine, or even noise cancelling headphones.

Organization

- Use a 3-ring binder with a separate section for each subject and make sure everything that goes into the notebook is put in the correct section. Using color-coded divider tabs can really help!
- Use a daily planner or calendar to keep track of all your assignments and deadlines. Review it every morning and night. Write in pencil so you can easily make adjustments.

THE BASICS

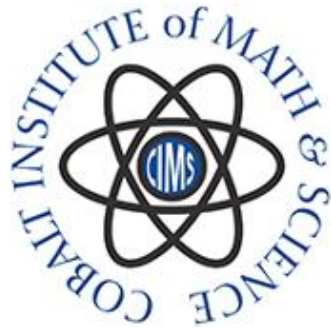
- Make a list of all your “to do’s”- on paper, on a whiteboard, sticky notes, etc. Cross them off as you finish them to feel a sense of accomplishment (and to prove to parents what you’ve been doing with your study time).

- Figure out how much time you have & how many minutes you will spend on each task
- Start with test preparation first
- If no test tomorrow that you need to study for, then start with the hardest subject first while your brain is most alert
- Promise yourself you will finish that task, and then reward yourself with a 5 minute break
- Take advantage of your teachers' tutoring and office hours! This is the best way to get personalized help with your questions and concepts you don't understand.
- Study with a goal of comprehension... to be a good "learner" with life-long knowledge as opposed to just memorizing facts for the short term.
 - Look up words you don't know. Why? Because it's one thing to be able to pronounce the words, but they're meaningless if we don't know what they are trying to tell us.
 - Re-read paragraphs or descriptions that are important, especially ones that might be on a test. Use a highlighter when you can.
 - Bonus points for taking notes on what you read! The simple act of writing something down improves the odds that it will "stick" in your brain and that you'll remember it when the teacher calls on you or when it's a question on a test.
 - Make flash cards for yourself. Study them whenever and wherever you can. Have someone else quiz you!
- Write down any questions you have so you'll remember to ask the teacher.
- Use your calendar/planner to plan for the entire week. Think ahead. What's coming up? What commitments do you have in addition to school? What will need your attention and how will you schedule your time?

THE BIGGEST PROOF YOU KNOW THE MATERIAL?

→ You can teach it to someone else. So talk about what you're studying! Share your knowledge with a family member or a friend.

When it comes to setting a goal to get good grades, it's important to commit to a plan and consistent, repeatable action. Because after all, **a goal without a plan is just a wish.**



Fighting Teen Suicide

A San Bernardino County Sheriff's Dept. Presentation

In the face of one of the most alarming epidemics in American history, law enforcement officials, public health professionals, and educators are all struggling to deal with a rising tide of suicides among our young people. Teen female suicides are at a 40-year high, and the problem only seems to be getting worse. This powerful, creative and innovative presentation is aimed directly at middle school and high school students (or high school-age youth), and makes the case that help is always available, no matter the issue, and that life holds far more riches ahead than young people can foresee. Resources are provided. This presentation, with hard-hitting videos, runs approximately 45 minutes and is open to the public so feel free to invite your friends and family. You may just save someone you care for!

FREE

Date: October 6th, 2020

Time: 5:00 pm to 6:00 pm

Where: Online via Google Meet

Google Meet Information

Meeting ID Link:

meet.google.com/cok-mfrd-adk

Cobalt Institute of Math & Science
14045 Topaz Rd, Victorville, CA 92392
Brianna Richardson - Family Engagement Liaison
760.955.2530 Ext. 45123 brichardson@vvhhsd.org

Website: <https://cims.vvhhsd.org> Facebook: <https://www.facebook.com/cimsvvhhsd>
Twitter: https://twitter.com/cims_VVUHS Instagram: https://www.instagram.com/cims_VVUHS

CIMS CROSS COUNTRY

WHEN:

Assigned Groups of 10 runners

Beginning approx. 10/19/2020

Mon-Thur 3:30-4:30 PM

Check in every day 3:15 PM

Practice days will depend on the group you are placed in.

WHO:

Prospective athletes

Students must have a physical and athletic packet on file BEFORE they can practice with the team. Must be done by the end of October or you cannot join. Join the fastest team at CIMS!

COVID Changes:

Many requirements are in place due to COVID. Please go through each of the following links for important information before signing up:

Click for [Athletic Packet](#)

Click for [XC Rules and Handbook](#)

Click for [Questionnaire](#)

**ALL GRADE LEVELS
AND ABILITIES ARE
WELCOME!!**



**THERE IS LIMITED
SPACE, SO GO OVER
THE INFO LINKS AND
SIGN UP ASAP!**

FOR MORE INFO:

Contact:

Mr. Nichols

jnichols@wvuhsd.org

or

Ms. Keiki

akeiki@wvuhsd.org

**MUST SIGN UP FOR
CIMS XC REMIND FOR
UPDATES/REMINDERS
Text @CIMSXC to 81010**

Approved by ASB

Tutoring Schedule



<p>Ms Nancy Ballard</p>	<p>Science Tuesday & Thursday 12:45 pm – 1:30 pm</p> <p>Math Tuesday & Thursday 1:45 pm – 2:30 pm</p>	<p>Science class code: s6truui Math Class code: 5hdlcjn</p>
<p>Mr. Aslanyan</p>	<p>7th & 8th grade Math 7th – 12th English, Communications & Music Mondays, Wednesdays, & Fridays 2:00 pm – 2:50 pm</p>	<p>Class Code: d5yvvyv</p>
<p>Mr. Nichols</p>	<p>7th and 8th Grade Math Thursday 3-4 PM</p>	<p>Class code: 265a73v</p>
<p>Mr Marouf</p>	<p>Math Contact teacher @ smarouf@vuhsd.org</p>	
<p>Ms Oakes</p>	<p>9th & 10th Grade English: Tuesdays 3-4 PM 1st Tuesday of the month – Grammar 2nd Tuesday of the month - Punctuation 3rd Tuesday of the month – Essay thesis/claim 4th Tuesday of the month - Writing skill</p>	<p>fxyznv2b52</p>
<p>Ms Oakes</p>	<p>11th & 12th Grade English: Thursday 3-4 PM 1st Thursday of the month – Grammar 2nd Thursday of the month - Punctuation 3rd Thursday of the month – Essay thesis/claim 4th Thursday of the month – Writing skill</p>	<p>Gih3i67ded</p>



ACTION YOUTH AMERICA VIRTUAL AFTER-SCHOOL PROGRAMS

We are thrilled to serve you for the first time this year and are extremely excited to start the new school year.

We have partnered with your school district and have developed a plan to offer the three major programs, Homework Assistance, Academic Enrichment, and Physical Fitness.

Grade Levels Served: 7th-9th Grade

PROGRAMS OFFERED BUT NOT LIMITED TO:

- ✓ Arts & Crafts
- ✓ ASL
- ✓ Cheer
- ✓ Culinary Arts
- ✓ Dance
- ✓ Coding
- ✓ Healthy Habit
- ✓ Homework Assistance
- ✓ Life Lessons
- ✓ Theater
- ✓ SEL
- ✓ S.T.E.M.

CONTACT US TO REGISTER TODAY
(888) 438-0868 OR INFO@AYA.LLC



8060 Telegraph Road
Downey, CA 90240
888.438.0868



Action Youth America / Partners of Victor Valley Union High School District





PICTURE DAY

7th Grade

OCTOBER 21

A-L 12:30-2:30

M-Z 3-4:30

*by last name

9th Grade

OCTOBER 23

A-L 12:30-2:30

M-Z 3-4:30

*by last name

11th Grade

OCTOBER 27

A-L 12:30-2:30

M-Z 3-4:30

*by last name

8th Grade

OCTOBER 22

A-L 12:30-2:30

M-Z 3-4:30

*by last name

10th Grade

OCTOBER 26

A-L 12:30-2:30

M-Z 3-4:30

*by last name

***STUDENT'S MUST WEAR CIMS POLO**

PLEASE ENTER THE SOUTH FIRE LANE AND DROP OFF STUDENTS BY THE 800 BUILDING. THE DRIVER WILL CONTINUE AROUND THE BUILDING AND MEET THE STUDENT IN THE NORTH PARKING LOT. THIS IS THE SAME FORMAT THAT WAS USED FOR TEXTBOOK DISTRIBUTION.

CASH FOR COLLEGE FAFSA & DREAM ACT LINE BY LINE APPLICATION WORKSHOP

▣ TWO DAYS OF VIRTUAL WORKSHOPS

▣ OCTOBER 6TH AND OCTOBER 7TH

	SESSION	TIME	WORKSHOP
CASH FOR COLLEGE	MINI-PRES.	8-8:30 AM	OPTIONAL
	SESSION 1	8:30-10 AM	FAFSA APP. (LINE BY LINE)
	SESSION 2	10-11:30 AM	FAFSA APP. (LINE BY LINE)
	SESSION 3	11:30 - 1 PM	FAFSA APP. (LINE BY LINE)
	SESSION 4	1-2:30 PM	FAFSA APP. (LINE BY LINE)
	SESSION 5	2:30-3:30PM	DREAM ACT APP. (LINE BY LINE)

** STUDENTS MUST HAVE TEACHER PERMISSION IF THE SESSION INTERFERES WITH CLASS

THE CASH FOR COLLEGE WORKSHOPS WILL WALK STUDENTS THROUGH THE FAFSA OR DREAM ACT APPLICATION.

The average time to fill out the applications usually takes between 45 -55 minutes, so there will be plenty of time to be able to cover each of the questions in a step by step process.

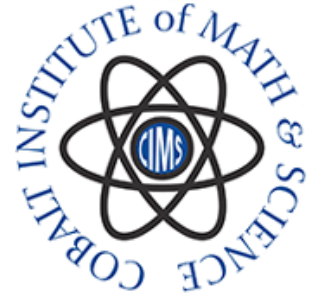
A Financial Aid Advisor will be available for more confidential one on one questions (students need to request this through the last question on the Google form).

Seniors may sign up Via the Google form sent out by Ms Miranda

*** PARENTS ARE WELCOME TO SIT IN WITH THEIR STUDENTS

PARTICIPATING IN THIS CASH FOR COLLEGE EVENT - WILL
AUTOMATICALLY ENTER YOU INTO THE CASH FOR COLLEGE \$1000
SCHOLARSHIP DRAWING!





Cobalt Institute of Math & Science

Revised 9/30/20

Upcoming Events

University of Redlands Presentation - for Juniors & Seniors (UP & CIMS)

Monday, October 5th, 2020 at 1:00 p.m. via Zoom Link:

<https://zoom.us/j/7285658149?pwd=ZFNRODEzZWJubHc3TUJ4VWNVVjN3Zz09>

Cash for College FAFSA & Dream Act Application (Line by Line) Workshop (Seniors) - Tuesday, October 6, 2020

Register at:

https://docs.google.com/forms/d/e/1FAIpQLSf-V5Yf3rUwRSEJJaxpo4w2sXCTvpb3HY1fjVKnyH-Mhk_9Dg/viewform?usp=pp_url

Cash for College FAFSA & Dream Act Application (Line by Line) Workshop (Seniors) - Wednesday, October 7, 2020

Register at:

https://docs.google.com/forms/d/e/1FAIpQLSd1NCKjJAAL7_fY

Army Presentation

Thursday, October 8th, @ 12:30 p.m. via Zoom

Join Zoom Meeting

<https://zoom.us/j/96164865319?pwd=V3g3cDAvWjBFdFFuQWJTSDJvVjJ1UT09>

Meeting ID: 961 6486 5319

Passcode: AJoxcw

US Air Force Academy & A.F. ROTC Info (Combo) Presentation

Oct 9, @ 12:30 pm via Zoom

<https://afrotc.zoomgov.com/j/1610151006?pwd=bEFuWUJ4ZTYxd1ZWMMm9MOVZjVWV5UT09>

Meeting ID: 161 015 1006

Passcode: airforce

VVUHSD Virtual College Fair – (Open to all grade levels)

FYI – The date has been changed to sometime in Mid- October
the exact date and more info...coming soon!

UC Santa Cruz Presentation

Thursday, Nov. 5th @ 12:35 pm

Students will need to pre-register using the following link: <https://slugcrm.ucsc.edu/register/?id=eb13ea80-6308-4f6e-9e38-38344a5caaca>

FEATURED OPPORTUNITIES

Rising Star Scholarship

Students must submit their appl. by 09.30.20

Please visit website 4 criteria & req:

<https://www.weisspaarz.com/scholarships/2020-weiss-paarz-rising-star-scholarship/>

Cal Baptist U. Free College Application Period-

Submit your Appl. between Sept 15th - Sept 30th and application fee will be waived (Free).

Visual and Performing Arts Out of State Colleges Presentation - Today

Wednesday, Sept. 30th

3:30 - 5:00

To reg. go to:

https://uso2web.zoom.us/webinar/register/1915976171297/WN_j980cMoURuuAQ1sazOICCO

**STEAM EXPO, Black College Expo, Scholarships, Careers & Internship opportunities
Friday, October 2, 2020**

<https://www.thecollegeexpo.org/ncrf-events/events>

<https://www.thecollegeexpo.org/students/scholarships>

<https://www.thecollegeexpo.org/students/internships-careers>

UCR - Pre-recorded video links. In case you missed the UCR Presentation.

<https://admissions.ucr.edu/videos#virtual-admission-presentations>

UCR Fall Preview

F.A. Pres, Appl. Workshops, Admissions Pres, Meet the Colleges Webinar, & UCR Support Services
Webinar Series:

<https://connect.ucr.edu/register/UCRFallPreview>

CSU Week for Seniors

October 5 - 9, 2020

Register at:

WWW.CALSTATE.EDU/APPLY/CSUWEEK



Northern Arizona University Virtual Campus Visit.

Register at: <https://nau.edu/>

HBCU - Historically Black Colleges & Universities Presentation/Event

Thurs, Oct. 8, 2020

4 pm

RSVP: www.webcasts.com/RealTalkHBCU

HBCU's participating:

Hampton U

Howard U

Morehouse

North Carolina A&T U

Spelman

Tennessee State U

Tuskegee U

Xavier U of Louisiana

Virtual Expanding Horizon Event- Career Choices & College Options

(Open to all grade levels)

Saturday, October 24th, 2020

9:30 a.m. – 12:30 p.m.

Register at: <https://tinyurl.com/eh-2020>

If u missed the **USC** Presentation...

Here is a link (below) 4 more presentation/event opportunities offered by USC:

<https://applyto.usc.edu/portal/virtual>

3D is Dartmouth's undergraduate admissions magazine, celebrating a vibrant community framed by nature...

https://issuu.com/dartmouthadmissions/docs/web_dartmouth_su20

UCSD Fall Showcase

This virtual event will give you an inside look at what being a Triton is all about. Learn about our academics, student life and what makes UC San Diego so special.

Saturday, November 7, 2020 at 9:00 AM until 12:30 PM Pacific Standard Time

[https://beatriton.ucsd.edu/register/?id=f8129d64-3604-4178-a46f-](https://beatriton.ucsd.edu/register/?id=f8129d64-3604-4178-a46f-ae9971179988&ga=2.207884311.407732110.1598994855-783916264.1596641252)

[ae9971179988&ga=2.207884311.407732110.1598994855-783916264.1596641252](https://beatriton.ucsd.edu/register/?id=f8129d64-3604-4178-a46f-ae9971179988&ga=2.207884311.407732110.1598994855-783916264.1596641252)

2021 Prudential Spirit of the Community Awards

Appl. Deadline: Nov. 10, 2020

Opportunity open to students in grades 5th – 12th.

Eligibility - Volunteering/Community Service involvement.



CSUSB's Virtual Next Generation Conference

This program is exclusively for our prospective African American high school (9th -12th) students.

Friday, Nov 13

8:00 am - 12:00 pm

Register @:

<https://csusbernardino.radiusbycampusgmt.com/ssc/eform/MoB87Gfx7k3Ex670otI7on.ssc>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:9577e88a-e3cb-4d93-be62-5eab44fe4ed>

Here is the link for those of you who missed the **UC San Diego Pres.** & were asking 4 a video.

https://www.youtube.com/watch?v=SUNc90DhO_g&t=28s

https://youtu.be/SUNc90DhO_g

UC Santa Cruz (UCSC) - info sessions, Video, Popular Majors, Meet a Slug, Campus Tours, & More! Looks Beautiful 2!

<https://admissions.ucsc.edu/visit/fall-virtual-events.html>

Cornell U. virtual undergraduate admissions events

<https://admissions.cornell.edu/visit/online-events>

Coca Cola Scholars Scholarship

D/L: Oct. 30, 2020

<https://www.coca-colascholarsfoundation.org/apply/>

<https://webportalapp.com/sp/login/ccsf>

CSU Fullerton

Get Yourself Prepared!!!! CSUF Admissions Pres, CSU application workshop, FAFSA/Dream Act pres.

Eng/ Span, CSUF Nursing Program, O & A

http://www.fullerton.edu/or/webinar_series/index.php

Meditation Resource (4 those stressful times)

Virtual Calming & Wellness Center

https://sites.google.com/view/can_help-calming_and_wellness/home

SAT Test Dates:

September 26, 2020

October 3, 2020

November 7, 2020

December 5, 2020

ACT Test Dates:

September 12, 2020

September 13, 2020

September 19, 2020

October 10, 2020

October 17, 2020

October 24, 2020

October 25, 2020

December 12, 2020

Pumpkin Cupcakes

- 1 cup (125g) all-purpose flour (spoon & leveled)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 and 1/2 teaspoons pumpkin pie spice*
- 1/2 cup (120ml) canola or vegetable oil*
- 2 large eggs
- 3/4 cup (150g) packed light or dark brown sugar
- 1 cup (225g) canned pumpkin puree*
- 1 teaspoon pure vanilla extract

Cream Cheese Frosting

- 8 ounces (224g) full-fat block cream cheese, softened to room temperature
- 1/2 cup (115g) unsalted butter, softened to room temperature
- 3 cups (360g) confectioners' sugar, plus an extra 1/4 cup if needed
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt

Instructions

Preheat the oven to 350°F (177°C). Line a 12-cup muffin pan with cupcake liners. Whisk the flour, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice together in a large bowl. Set aside. Whisk the oil, eggs, brown sugar, pumpkin, and vanilla extract together until combined. Pour the wet ingredients into the dry ingredients and use a mixer or whisk until completely combined. Batter will be thick. Pour/spoon the batter into the liners – fill only 2/3 full to avoid spilling over the sides. Bake for 20-22 minutes, or until a toothpick inserted in the center comes out clean. Allow the cupcakes to cool completely before frosting.

Make the frosting: In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 confectioners' sugar, vanilla, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add the extra 1/4 cup of confectioners sugar (I add it).

Frost cooled cupcakes however you'd like. Store leftovers in the refrigerator for up to 5 days.

Recipe from

<https://sallysbakingaddiction.com/pumpkin-cupcakes-with-cream-cheese-frosting/>