



# Tiger NEWSBYTES

Terra Nova High School E-Newsletter | January 29, 2024

*Translation: Para ver este boletín en español: 1) ubique el ícono que ve a la derecha de este artículo ( la figura de palo en un círculo) ... está en la parte superior derecha de su pantalla. 2) Haga clic en la imagen. 3) seleccione "Traducir" en la parte superior derecha de su pantalla (computadora). 4) Seleccione Spanish/Español.*



- **GRAD NIGHT TICKETS:** On sale now
- **BAND DINNER & AUCTION:** Sat, Feb 24 | Pacifica Moose Lodge | 5:30 PM

Dear TN Families,

I hope this message finds you well. We have embarked and that you have settled into our second semester.

Although our second semester is in full swing, it's not too late to celebrate the academic accomplishments from last semester. I am happy to share that over 50% of each class of our students earned either Honor Roll or Principal's List. We take great pride in their accomplishment, which not only reflects their individual efforts but also the support and guidance they receive from both home and our dedicated staff. Honor Roll and Principal's List certificates will be distributed to students in their English class this week and names are proudly displayed in our main hallway.



This is also a good time to highlight the supports available to all students as they work through this semester such as FlexTime and PAPER, the online tutoring program that allows students to access tutoring and writing support 24/7. ParentVue is another great resource to track grades and attendance. Have your student show their google classroom(s) regularly so you can monitor their work completion and assignments. Reach out early to the teacher, counselor or an administrator if you have questions or concerns.

It'd be great to see more student names on our wall of fame!

Warmly,

Megan Carey  
Principal

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## CAMPUS NEWS

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**FEBRUARY 24, 2024**  
**5:30PM**

**TAKE ME BACK TO THE 80s**

**DINNER Silent Auction**



**Terra Nova Bands**  
*the sound of excellence!*

ONE NIGHT ONLY CHARITY EVENT  
FOR THE BENEFIT OF THE TERRA  
NOVA HIGH SCHOOL BANDS

**PERFORMANCES BY THE TERRA  
NOVA HIGH SCHOOL JAZZ BAND**

**LIVE MUSIC AND DANCING WITH RAISED ON VIDEO**

**PACIFICAMOOSE LODGE**  
776 BRADFORD WAY  
PACIFICA, CA 94044

**LIMITED TICKETS AVAILABLE**  
\$45.00 From your favorite band student  
\$55.00 at the door



## Science Classes Beyond 10th Grade Chemistry

If you have additional questions you can check in with Ms. Gutierrez for AP Chemistry and AP Environmental Science or Mr. Mullen for Physics as well as with your school counselors.





## Science Classes Beyond 10th grade Chemistry



### AP Chemistry

The AP Chemistry course provides students with a college-level foundation to support future advanced coursework in chemistry. Students cultivate their understanding of chemistry through a variety of strategies including lab investigations, as they explore content such as: atomic structure, intermolecular forces and bonding, chemical reactions, kinetics, thermodynamics, and equilibrium. A satisfactory performance in CP Chemistry and Math 2 is recommended.



### AP Environmental Science



The AP Environmental Science course is designed to engage students with the scientific principles, concepts, and methodologies required to understand the interrelationships within the natural world. The course requires that students identify and analyze natural and human-made environmental problems, evaluate the relative risks associated with these problems, and examine alternative solutions for resolving or preventing them. Environmental science is interdisciplinary, embracing topics from geology, biology, environmental studies, environmental science, chemistry, and geography. A satisfactory performance in 2 years of lab science is recommended.

### Science Pathway

2 year grad requirement:

Biology → Chemistry

UC/CSU Pathway - strongly recommended

AP Chem

Biology → Chemistry

APES

Physics

### CP Physics



In this course, you will study motion. This includes big stuff, such as planets, and small stuff, such as atoms and sub-atomic particles. You will explore motion, forces, and energy.

### QUESTIONS????

See the following teachers:

AP Chemistry/AP Environmental Science:

Ms. Gutierrez -M203

CP Physics

Mr. Mullen -M206



**& PUBLIC  
Wireless**

**FREE TABLET  
& INTERNET**

## Free Wi-Fi for Qualifying Families

We would like to inform you of a Federal program that supplies free tablets and Wi-Fi for qualified low-income families & individuals. There is a one-time fee of \$11.00.

Devices will be distributed at our District Office on Tuesday, March 12 from 6:00-8:00PM in the Galleria at 699 Serramonte Blvd.

### To qualify, individuals must:

- Receive government assistance (Medi-Cal, EBT, WIC, Social Security Income, and Veterans Pension).
- Pay \$11.00 to activate the service at the time they obtain the device. (This is a one-time fee.)
- If the individual does not receive Government Assistance, they must make under \$90,000/year and bring their W-2 (2022) or 1040 tax return (2022).
- Proof of Government Benefits is required and can be made with an EBT verification of benefits letter, a 2022/2023 Medi-Cal issued benefits card, or a verification of benefits.
- W-2, 1040, or W9 is required to verify income.
- Individuals that have no social security number would need any form of identification and proof of benefits.



## Yearbooks For Sale

Reserve your copy of the 2024 *Tiger* for \$100.

Terra Nova yearbooks are exclusively sold online at [yearbookforever.com](https://yearbookforever.com) or click the following [link](#).

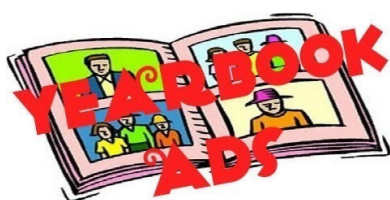


## SENIOR SPOTLIGHT

### JUHSD College and Career Newsletter for Senior Students and Families

FAFSA/CADAA Information

<https://www.smores.com/ypwqr>



### Yearbook Senior Ads are for Sale! Deadline for Senior Portraits is Fast Approaching

**Senior Ads in the Tiger 2024 Yearbook are now available for purchase!** Ads are shoutouts for your graduating senior in the back of the yearbook, and are meant as a surprise. Families

choose the photos and text, then yearbook editors will design and place the ad for you! You can purchase 1/8th of a page up to a full page, and prices range from \$65 to \$375. **Ads can be purchased [HERE](#)** or through the online yearbook site, [yearbookforever.com](https://yearbookforever.com). Ad space is limited, and often competitive. We plan on selling ads through February 23rd, but it is very possible that we sell out of ad space before then!

**Our deadline for selecting which pose your senior student wants included as their Senior Portrait is February 9th!** Senior Portraits can only be accessed through an email sent to you or your student from Lifetouch. Check your email for an access code to choose your portraits. Any shoulders-up image is okay with any background or pose, but if no image is chosen by the deadline, editors will choose for them. If you and your senior student are having trouble accessing Lifetouch to select a portrait pose, have the student sign up for Mr. Colvig's flex time, and we can help you select the pose on our end! If no photo was taken, or if other issues arise, please reach out to Mr. Colvig or Dani Ratkovic ASAP! Our staff will do our best to reach out to students with no image in the next few weeks as a last warning. *Students with no image will only be included by name.*

Senior ads, Business ads, and Yearbook add-ons are available for purchase as well. All purchasable items can be found by **following this link -> [Online Yearbook Purchase](#)**

Be on the lookout for information regarding both senior polls and senior quotes!

For more information and updates, please follow our instagram, [@tnyearbook](#). Information about yearbook prices, deadlines, and more will be updated regularly on instagram stories. **You can email Mr. Colvig directly at: [rcolvig@jeffersonunion.net](mailto:rcolvig@jeffersonunion.net).**

Terra Nova *Tiger* Staff

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## IMPORTANT DATES FOR SENIORS

### Scholar Awards & Applications

The Terra Nova High School Scholar Award program is comprised of local businesses and organizations who donate money directly to benefit our graduates.

- Students must submit an application in order to be considered for an award.
- The application will be sent out to all seniors in March.
- Deadline for applications to be submitted will be *Wednesday, April 24th*.

### Senior Awards Ceremony on May 9th

- This event recognizes the outstanding academic achievement of our graduates.
- The Class of 2024 Senior Award Ceremony will be held on May 9th at 6pm in the Terra Nova Theater.
- Students being honored will receive an invitation for themselves and their family to attend.

### Senior Ball on Saturday, May 18th

- Details including the location and costs will be announced at a later date.

### Senior Check-Out

- Check-Out is scheduled for Monday, May 20th.
- This is a mandatory attendance day.

### Graduation Practice

In order to participate in the graduation ceremony, seniors must attend all practices. Therefore, we ask each graduating senior to keep practice times/days free from any commitments, including doctor or dental appointments, job interviews, etc.

- Tuesday, May 21st 9:00 am - 12 noon.
- Wednesday, May 22nd 9:00 am - 12 noon.

### Graduation Ceremony

The graduation ceremony will take place Thursday, May 23rd at 3:30 pm at the Coach Bill Gray Stadium at Terra Nova High School.

- More information regarding tickets and other ceremony details will be shared at a later date.

Please reach out to Ms. Christensen if you have questions about any of the above information:  
[mchristensen@jeffersonunion.net](mailto:mchristensen@jeffersonunion.net)



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## Grad Night 2024

Dear Parents and Guardians of the Class of 2024,



**venmo**

We are very excited for our seniors and their upcoming graduation. Part of the celebration includes the Grad Night Party which is happening on Thursday, May 23rd from 9:00 pm to 12:00 am. This is a fun opportunity for your student(s) to celebrate with their peers in a safe environment. This year's party is sure to be an event that the seniors will remember for years to come.

The cost of a Grad Night ticket is **\$130.00** which covers the cost of the venue, all activities and games, snacks, beverages, and transportation. Students can purchase tickets from Gina Tosetti in the Terra Nova Counseling Office for \$130.00. **After March 1st**, the price will increase to **\$145.00**. The deadline to purchase tickets is Friday, May 10. We encourage students to take advantage of the early bird ticket price! Unfortunately, there will be no refunds. We will accept cash, checks, and venmo only. All checks should be made payable to "Terra Nova PTO". Please specify in the notes - Grad Night 2024. To pay via Venmo: @RitaKSargent.

Our goal is to make this opportunity accessible so **ALL** seniors may attend the memorable and safe celebration. Some students have financial hardships. This is why we need your help. **Would you please consider sponsoring a senior for Grad Night or making a donation?** If you choose to make a donation, you can do so when your student purchases a ticket. Any donation will truly make a difference to our students!

**Parents/Guardians and students please complete the following Expectations and Release of liability form required for the event as soon as possible. Students will not be able to attend if the form is not completed by both guardian and student.**

### [Grad Night Expectations and Release Form](#)

We are excited to make this a memorable evening for your student(s)! Should you have any questions or concerns, feel free to contact me as **this is not a school sponsored event** but put on by your Senior Parent Grad Night Committee. **The name of the venue will not be released until the evening of the event.**

Cheers,

Julie Arnaudo

On behalf of the Grad Night Committee

[jarnaudo816@gmail.com](mailto:jarnaudo816@gmail.com)

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## COUNSELING CORNER

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### College and Career Center Monthly Newsletter

If you are looking for information regarding college, career and/or scholarships, head on over to the [Monthly College and Career](#)

**College and Career  
Center News**





**The California  
State University**

### **Updated CSU Application Deadlines**

Several CSU campus and/or majors are still accepting applications for freshman admissions for the 24-25 school year. Please refer to this link to see the various dates and deadlines:

[CSU Application Deadlines.](#)

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### **2024/25 Financial Aid | FAFSA Application Now Open!**

Complete your financial aid application as soon as possible for the priority deadline of April 2, 2024.



Get started on your FAFSA application by creating your FSA ID. For more information visit this website: [Create an FSA ID](#). You (the student) and your parent/guardian will each need to create an account. Please contact your school counselor or stop by the College & Career Center for more information.

[FAFSA](#)

[CA Dream Act](#)

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## **Terra Nova High School February 2024 Flex Workshops!**

These presentations and workshops will be offered during flex period on **Tuesdays and Thursdays from 11:39am -12:09pm** in the college and career center, A209. Students can sign up for upcoming workshops/presentations by emailing

Ms. Spasic at [dspasic@jeffersonunion.net](mailto:dspasic@jeffersonunion.net),

Mrs. Lozowski at [mlozowski@jeffersonunion.net](mailto:mlozowski@jeffersonunion.net)

Ms. Carew at [acarew@jeffersonunion.net](mailto:acarew@jeffersonunion.net)

**2/1 Financial Aid Support\***

**2/6 Financial Aid Support \***

**2/8 Overview of Skyline College**

**2/13 Skyline Application Workshop**

**2/15 Financial Aid Support \***

**2/27 Financial Aid Support \***

**2/29 Financial Aid Support \***

\*Financial Aid Support includes:

Creating an FSA ID

FAFSA

CADAA

Promise Scholar Program



## Spring 2024 Lunch Visits\*

### January

- **1/30**
  - Pacifica Park and Rec
  - Skyline College
  - Marines
  - Boys and Girls Club

### February

- **2/27**
  - Skyline College
  - Army
  - College of San Mateo(CSM)
  - Navy

### March

- **3/13**
  - 9th Annual Career Fair -GYM
- **3/19**
  - Skyline College
  - College of San Mateo(CSM)

### April

- **4/30 ( Mini-Summer Opportunities Fair)**
  - Skyline College
  - Pacifica Park and Rec
  - San Mateo County (TIPS)Trade Introduction Program

\*Lunch visit will take place in front of the gym!





# UPCOMING TIP ORIENTATIONS!

ONE ORIENTATION IS MANDATORY IN ORDER TO APPLY: REGISTER BELOW TO ATTEND!

San Mateo County Union Community Alliance and Local Apprenticeship Programs offer a certificated, Apprenticeship-Readiness Training course that will prepare trainees to enter a green construction career ladder through state certified joint apprenticeship training programs. The program lasts approximately 20 weeks, with classes twice a week from 6-9pm at College of San Mateo (see [smcuca.org](http://smcuca.org) for updated schedule).

TIP IS FREE TO OUR TRAINEES!

#### WHAT YOU'LL EARN:

- CPR/First Aid certification
- OSHA 10 certification
- TIP Program Certificate
- National Building Trades Certificate
- Priority hiring in some trades

#### WHAT YOU'LL LEARN:

- Blueprint Reading & Technology
- Tool Identification and Practical Application
- Basic Construction Math
- American Labor History
- Knowledge of the Unions in Construction/Building Trades
- Job-site Attitudes and Behaviors
- Local Union Code of Conduct
- Union Membership, Apprenticeship Roles and Responsibilities
- Green Construction
- Construction Industry Awareness

OPEN 29 AFL-CIO 174

SATURDAYS  
@ 9:00 AM

**MAR 2, APR 6  
MAY 4, JUNE 1**

IN PERSON, AT:  
**1519 ROLLINS RD  
BURLINGAME, CA**

REGISTER HERE:  
[TINYURL.COM/2024TIP](http://TINYURL.COM/2024TIP)  
OR USE  
QR CODE BELOW

FOR

CLASS WILL BE FROM:  
**JULY-DEC  
2024**

CLASS HELD PRIVATELY  
"IN PERSON" AT  
COLLEGE OF SAN MATEO  
TUES & THURSDAY  
6-9PM

#### REQUIREMENTS:

- Up-to-date COVID-19 vaccination records
- 18 years of age
- Valid Driver's License
- Appropriate documentation to work in the US
- High school diploma, GED, or equivalent
- Be able to do physical work
- Ability to pass on-the-spot drug testing
- Ability to read, write and communicate in English

#### REGISTER HERE!



[tinyurl.com/2024TIP](http://tinyurl.com/2024TIP)



## WELLNESS MATTERS



Center for Children and Youth  
A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES

## We Stand *with* Teens

Workshops Designed to  
Help You Be the Parent Your  
Teen Wants to Talk To



ADHD



Drug Use



Body Image

We are excited to offer this special series of youth mental health-focused workshops for parents of teens, each one focusing on a different topic: ADHD, Drug Use, and Body Positivity. These interactive sessions will be facilitated by experts in their fields who will provide foundational knowledge, share insights, and offer parents a chance to share experiences and ask questions. **Come to one or as many as interest you!**

### Striking the Right Balance: Parenting Teens with ADHD

Wednesday, January 24, 2024  
7:00 – 8:30 pm | In-Person at JFCS SF

### Supporting your Teen with Body Image Resilience

Wednesday, March 13, 2024  
7:00 – 8:15 pm (PST) | Online

### Understanding Today's Drug Scene, and What it May Mean for Your Teen

Thursday, February 22, 2024  
7:00 – 8:30 pm (PST) | Online

Questions? Please call  
650-688-3046 or email  
[maryt@jfcs.org](mailto:maryt@jfcs.org)

Register at [ccy.jfcs.org/teen-workshops](https://ccy.jfcs.org/teen-workshops)



# Supporting Our Youth



Transforming  
Mental Health



## Free Mental Health Webinar Series for Parents and Caregivers in 2024



This webinar series will provide information on the most common mental health challenges faced by youth today and will provide tips and tools to parents and caregivers to help them support the youth in their lives. It is offered through a partnership with the San Diego County Office of Education and medical and mental health experts with the Transforming Mental Health initiative at Rady Children's Hospital-San Diego. Rady Children's is on the forefront of youth mental health and wellness and is dedicated to improving the mental health of all children. Spanish interpretation will be provided.

All webinars

**5:30 to 6:30 p.m.**

Followed by an optional, 15-minute  
question and answer session  
with the presenter

**Jan. 24** Social Media's Impact  
on Youth Mental Health  
Hilary Bowers, MD, FAAP  
[sdcoe.k12oms.org/918-243923](https://sdcoe.k12oms.org/918-243923)

**Feb. 7** Mental Health 101: Everything  
Parents Need to Know to  
Support Youth at Home  
Willough Jenkins, MD  
[sdcoe.k12oms.org/918-243924](https://sdcoe.k12oms.org/918-243924)

**March 13** From Darkness to Light: A  
Parent's Guide to Recognizing  
and Responding to Youth  
Depression  
Joshua Feriante, DO, MBA  
[sdcoe.k12oms.org/918-243925](https://sdcoe.k12oms.org/918-243925)

**April 24** Cultivating School-Life  
Balance to Support Academic  
Success  
Katherine Nguyen William, PhD  
[sdcoe.k12oms.org/918-243927](https://sdcoe.k12oms.org/918-243927)

**May 15** When Anxiety Attacks:  
How You Can Help  
Tammy Maginot, PhD  
[sdcoe.k12oms.org/918-244349](https://sdcoe.k12oms.org/918-244349)



**Contact:**  
Donny Ojeda  
858-292-3898  
[donald.ojeda@sdcoe.net](mailto:donald.ojeda@sdcoe.net)

Participants may be photographed for use in promotional and/or news materials.

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In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Donny Ojeda [donald.ojeda@sdcoe.net](mailto:donald.ojeda@sdcoe.net) at least 48 hours in advance. For a fully accessible version of this information please go to: [sdcoe.net/](https://sdcoe.net/)

# Apoyando a nuestros jóvenes



Transforming  
Mental Health



## Serie de seminarios web gratuitos sobre salud mental para padres y cuidadores en 2024



Estos seminarios web proporcionarán información sobre los retos más comunes de salud mental que enfrentan los jóvenes hoy en día y ofrecerá consejos y técnicas a los padres y cuidadores para ayudarlos a apoyar a sus hijos. La serie se ofrece por medio de una colaboración de la Oficina de Educación del Condado de San Diego con expertos en medicina y salud mental de la Iniciativa de Transformación de la Salud Mental de Rady Children's Hospital-San Diego. Rady Children's está a la vanguardia de la salud mental y el bienestar juvenil y está dedicado a mejorar la salud mental de todos los niños. Habrá interpretación al español.

Todos los  
seminarios web

**5:30 a 6:30 p.m.**

Seguidos de una sesión opcional  
de 15 min. de preguntas y  
respuestas con el presentador

**Ene. 24** El impacto de los medios  
sociales en la salud mental de  
los jóvenes  
Hilary Bowers, MD, FAAP  
[sdcoe.k12oms.org/918-243923](https://sdcoe.k12oms.org/918-243923)

**Feb. 7** Introducción a la salud  
mental: Todo lo que los padres  
necesitan saber para apoyar a  
los jóvenes en casa  
Willough Jenkins, MD  
[sdcoe.k12oms.org/918-243924](https://sdcoe.k12oms.org/918-243924)

**Mar. 13** De la oscuridad a la luz: Una  
guía para padres sobre el  
reconocimiento y respuesta a  
la depresión juvenil  
Joshua Feriante, DO, MBA  
[sdcoe.k12oms.org/918-243925](https://sdcoe.k12oms.org/918-243925)

**Abr. 24** Cultivando el balance entre la  
escuela y la vida para apoyar  
el éxito académico  
Katherine Nguyen William, PhD  
[sdcoe.k12oms.org/918-243927](https://sdcoe.k12oms.org/918-243927)

**May. 15** Cuando la ansiedad ataca:  
Cómo puedes ayudar  
Tammy Maginot, PhD  
[sdcoe.k12oms.org/918-244349](https://sdcoe.k12oms.org/918-244349)



**Para más información,  
contactar: Donny Ojeda**  
858-292-3898  
[donald.ojeda@sdcoe.net](mailto:donald.ojeda@sdcoe.net)

Los participantes pueden ser fotografiados para uso en materiales promocionales y/o de noticias.

La Oficina del Condado de San Diego se compromete a garantizar un acceso equitativo, justo y significativo a los servicios de empleo y educación. SDCOE no discrimina en sus prácticas laborales y programas y actividades educativas por motivos de raza, color, origen nacional o étnico, ascendencia, edad, religión o creencias religiosas, estado civil, embarazo o estado parental, discapacidad física o mental, capacidades, sexo o género, identidad y expresión de género, orientación sexual, asociación marital o veterana, afiliación política, información genética, percepción de una o más de esas características, asociación con una persona de grupo con una o más de esas características, rasgos o percepciones, o cualquier otra característica protegida bajo la ley federal, estatal o local aplicable según corresponda a los servicios de empleo y/o educación.



De acuerdo con la Ley de Estadounidenses con Discapacidades, si necesita adaptaciones especiales para participar, comuníquese con Donny Ojeda [donald.ojeda@sdcoe.net](mailto:donald.ojeda@sdcoe.net) con al menos 48 horas de anticipación. Para obtener una versión completamente accesible de esta información, visite: [sdcoe.net/](https://sdcoe.net/)



## Going Through It? Want Someone To Listen?

THE WELLNESS TEAM IS  
HERE FOR YOU!

Scan the QR code, complete the form, and we'll meet soon  
or  
If it feels urgent, just come on down to counseling!

*Ms. Mika- Wellness Counselor*  
*Mr. Marsh- Social Worker*



SCAN ME



## Terra Nova Parent Teacher Organization



### TOGETHER WE CAN ACHIEVE MORE

The Terra Nova PTO feels that together we can achieve more for our teachers and students. Happy teachers and staff create a positive, healthy environment for our students.

Help us give our teachers, staff and students the opportunity to continue thriving at Terra Nova.

To donate click the following link or use the QR code below. Donate to the [Terra Nova PTO](#) where every dollar goes back to our teachers, staff and students.

### School Programs Funded by the PTO

- Mock Trial
- Link Crew Freshman Mentor Program
- Teacher Appreciation Week
- Mini Grants & Stipends for Teachers and Staff



**Donate | We appreciate your support!**



### **Upcoming PTO Meeting**

**Tuesday, February 27 | Library | 7:00 PM**

Meetings happen on the 4th Tuesday of the month and are posted on the Terra Nova School Calendar.

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## **ATTENTION TIGERS**

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# **TIGERS CARE**

**KEEP OUR COMMUNITY SAFE  
REPORT THREATS, VIOLENCE, AND BULLYING**

**IT'S ANONYMOUS**



## STOPit App Access Code TNHSTigers



Immediate Report



### Stay Connected to Terra Nova Events

[School Calendar](#)

[District Calendar 2023/24](#)

[TN Instagram - @terranovalpride](#)

[TN Website](#)



**Megan Carey**

Megan is using Smore to create beautiful newsletters