



We Be Packin'

Here at Mountain Vista there are students who maybe don't eat as much during the week and maybe have no food on the weekends.

So what do these students do to eat? Many students are not aware but Mountain Vista works with The Backpack Society, a foundation that makes sure students are still able to eat after school and on the weekends.

The element of being a Good Person that Vista tries to foster extends to the students here at Vista who volunteer to help organize meals for these students.

"BackPack Society helps kids and families in our community by making sure that they have enough to eat during the week and on the weekends. Originally Backpack Society was only doing weekend bags for kids to take home over weekends. In the bags were easy to prepare meals that kids could make themselves," **Alexis Schubert, '24** said. "However, when Covid hit, they switched over to family boxes alongside the weekend bags. That way families would be taken care of the whole week and not just the kids over the weekends. It helps people by ensuring that kids and families are staying healthy and eating good food so that they can live happier lives with a little less stress."

She and her mother are both very involved in the organization. The impact of Backpack Society isn't always seen and the impact isn't always understood, but Nikki Schubert, the director of marketing states "We are often asked if there is really food insecurity in our area. The short answer is yes. We provide approximately 225 weekend bags to students and about 80 family food boxes each week," Mrs. Schubert said, "Many times help is needed by families that have recently lost a job, newly single parents or families that experienced a tragedy. We are here to bridge the gap until they are able to get back on their feet."

Backpack Society is always looking for help and more volunteers. It is open for all types of students and it's a wonderful way to get those volunteer hours.

"There are many ways to support Backpack Society. [You can] volunteer, donate food, hold a food drive, or donate money, which helps us to pay our rent & utilities," Schubert said, "Starting in 2024, we are rolling out a program specifically for high school students to earn volunteer hours."

Story By: Gillian Rod Doro



She is the best Pom coach in the State. Her record speaks for itself. However, she cares about the girls in the program and what they learn from her as they become adults. That's honestly what coaching is truly all about at its core. Not a lot of people realize what she is about at her core due to all the championships she has won. - **Jim Flanagan - Athletic Director - Mountain Vista High School**

Allie Perardi - former Vista dancer...Keri is a type of coach you will never forget. She puts her whole heart into the dance team. She made such a big difference in my life that I want to thank her forever for all she's done. I'm so proud of her and am so glad I had her as a coach!



Former dancer Ashliana McIntosh...Coach Atchison has been known to be a coach who picks her girls up at their lowest. She doesn't stay in the limit of coaching, but builds a personal relationship with each girl. When I needed her most, she stepped in and supplied me my needs. She sits with girls in their emotions, pain, joy and success, and all the in between. She pushes each dancer to be their absolute best while having grace with the mistakes. Her kindness, compassion, and love continues to grow more each year. Her dedication to coaching cannot be matched, and her effort every single year blows my mind. She is not known to be one who half heartedly does something. Her goal is to always be full in, at all times. She has an eye for talent and knows how to use it for the benefit of the team. Even when putting in full effort seems impossible, she finds a way to make it happen. I'm thankful that I know her as a coach and a mentor who always looks out for my best and loves me for me.

