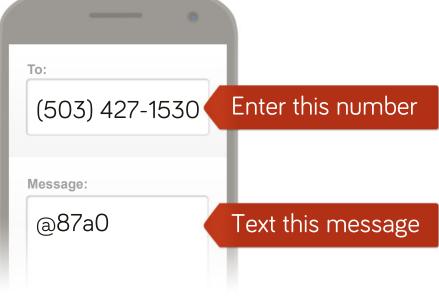
## How to sign up for Mrs. Guest's International Studies messages:



To receive messages via text, text **@87a0** to **(503) 427-1530**. You can opt-out of messages at anytime by replying, 'unsubscribe **@87a0**'.



\*Standard text message rates apply.

Or to receive messages via email, send an email to **87a0@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.

## New message \_ Recipients 87a0@mail.remind.com Subject (You can leave the subject blank)

## WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a one-way text messaging and email system. With Remind, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

Visit remind.com to learn more.