

# Panther Pause



Weekend Activities, February 5, 2010  
Sunset 6:07p

## Friday, Feb 5

11:50a Assembly  
No Vespers on Campus

## Sabbath, Feb 6

No Sabbath Worship on Campus

## Sunday, Feb 7

7:45a ACT

## New Recreation Program - 5:45p-7:00p

Introducing the new and improved evening recreation program now known as **After Hours Sports!** It began this past Wednesday night with coed soccer and will continue between now and Spring Break. The fields are lined, the goals are up, and Coach Tamara is ready for action. Parents, encourage your teenagers to come on out and kick the ball around. Come to think of it, why don't you come out too? Play on a team, cheer, or just watch. We want to see you next Tuesday night!

## Senior Interviews with SAU

All seniors are required to meet at the Schmidt Auditorium for a general session about Southern Adventist University on Monday February 8, 2010 at 7:45am. Individual interviews will follow in the Gym Lobby right after the general session. All seniors are required to have a scheduled appointment to meet with Departmental Professors to answer any questions regarding careers at Southern Adventist University. Appointment schedule will be posted in the Library on Wednesday. Start thinking about your area of career interest & check out their website at [www.southern.edu](http://www.southern.edu)

## Spring Break Mission Trip - Mexico

February 25 – March 7, 2010. Please be at the Green Room this Sunday, February 7 at 1:00p.

## SAT Prep Class

This is a 9 week class of intense instruction to raise your scores in Critical Reading, Mathematics and Writing. Classes will meet Mon & Wed from 5:30p - 6:30p starting March 10 thru May 2, 2010. The cost is \$225, book included. Sign up in the library with Mrs. Palomo. This class is opened to juniors and seniors and will meet in Mr. Woolley's classroom.

## Community Service Opportunities

Apopka Florida Hospital – [ken.fuller@flhosp.org](mailto:ken.fuller@flhosp.org)  
The Learning Tree – Chani, 407-884-9499  
Prayers and Squares – Mae Feldmann, 407-886-5137 or 407-762-9400

## Seniors

Permission form, passport, payment – all due at this time.

## Dress Code for Winter Banquet

Ladies:

- Must have a scarf or shawl to cover shoulders or have shoulder straps
- Cover the back from the waist up to bottom of shoulder blades, no bra straps showing.
- Should not have cutouts or sheer panels
- Should not reveal cleavage
- Should have hems that are no shorter than 3 ½ " above the knee
- No jewelry
- Tattoos must be covered up

Gentlemen:

- Dress pants
- Dress Shirt
- Dress shoes
- No jewelry
- Tattoos must be covered up

As a representative of the Christian lifestyle we are held to a higher standard and look forward to our FLA students exemplifying that standard in their dress and actions at our 2010 SA banquet.....See you there!!!



*Under the Stars in Venice  
Coming Sunday Feb 21  
5:45p - 9:30p*

*It's a formal "girls ask guys"  
occasion!!!*

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*\$15.00 for FLA students  
\$30.00 for non FLA  
students*

*Submit request for non FLA  
student to Pastor Cain by  
Feb 16.*

*Ticket sales begin on  
Monday Feb 8.*

*Deadline for sales is Friday  
Feb 19.*



Forest Lake Academy  
Educating Today for Eternity

## FLA CAFÉ

*Café menu February 7<sup>th</sup> to February 13<sup>th</sup>*

**Sunday: D-** Personal Pizza, Chick Tenders, Scalloped Potatoes, Vegetables and Salad

**Monday: L-** Beef Style Fajita, White Rice, Red Bean Stew, Mixed Vegetables and Yucca.

**D-** Hot Panini Sandwich, French Fries and Salad

**Tuesday: L-** Black Bean or Cheese Quesadilla, Fiesta Rice, Plantain, Southwestern Corn

**D-** Spinach Empanadas, Baked Potato, Chili, veggies

**Wednesday: L-** Fried Rice, Egg Rolls, Lo-Mei, Sweet and Sour Chicken, Steamed Broccoli

**D-** Black Bean Burger, Mac and Cheese and Fries

**Thursday: L-** Vegetarian Gyro Celebration, Philly Cheese stake, Roasted Potatoes, Mediterranean Veggies

**D-** Hot Panini Sandwich, French Fries and Salad

**Friday: L-** Chicken Strips, Noodles on Alfredo Sauce, Bread Stick, Vegetables and Salad

**D-** Fish Tenders, Enchilada Sonora and Garlic Mash

**Sabbath:**

**February Break**