

Panther Pause



Weekend Activities September 17, 2010
Sunset 7:29p

Sept 17

11:50a Chapel
7:30p Vespers, Campus Chapel

Sabbath, Sept 18

11:15a Deeper

SENIORS

Remember to be at FLA at 9:00 p.m. Saturday night! We would like to leave as early as possible. Also, don't forget to check your "What to Bring" list and pack in two separate bags. We are looking forward to a great trip! See you Saturday night!!!!

AFTER HOURS SPORTS SCHEDULE

Come and Join in the Fun!

Tues 9/21 Coed Volleyball Pick-up games

Wed 9/22 Fitness Challenge

Thurs 9/23 Coed Volleyball Pick-up games

PANTHER GOLF TEAM

Congratulations to the Forest Lake Academy Panther Golf team for winning their first ever travel tournament! Team member are:

Joseph Acosta

Jeffrey Brownlow

Matt Green

Griffin Prusia

Judson Prusia

Samantha Gozo

VARSITY

Attention all Soccer and Volleyball Players going to WWU for the Tournaments, all of the paper work and money is due NOW !!!!! GET IT IN!!!!!!

OAKWOOD TRIP

Oakwood University visit is Oct 10-12. The cost is \$70. For information please contact Dean JP, Dean Paschal or Mrs. Garnett.

CLASS OUTINGS

Freshmen – Roller skating, money is due today

Sophomore – Bowling

Juniors - Ice skating! Turn in \$3 to the business office by Wednesday, Sept. 22. Load the bus at 7:45pm, leaving at 8pm

Seniors – Sak Comedy Club

WELCOME DISTANCE LEARNING

Distance Learning Students will be on campus all next week. Make sure to give them a warm welcome.

RIVER RAT CANOE TRIP! October 27-31.

You can plan on four fun days of canoeing and camping on the Suwannee River with 48 students and staff. We'll stop at Bob's Place again for rope swings, water slides and zip lines! The cost is \$100. If interested, see Mr. Tavasci to get on the "interested" list. Or email him at

tavascit@forestlake.org

ATTENTION WRITERS! Do you like to write? Join the Write Away Creative Writing Club. It is led by Dale Slongwhite who has eight years' experience running writing workshops. The groups meet one Sunday per month from 4:00 - 7:00 p.m. to write from prompts designed to awaken creativity. In addition, each student will have a one-on-one session for one hour to discuss, critique, and improve his or her work. \$35.00 includes the following: writing with the group once per month, snacks/light meal, and an individual session in person. For more information, contact Dale Slongwhite at 407-803-8840 or dale@writelines.net. For more information, check out www.writelines.net.

CAFÉ MENU – SEPT 19 - 24

Sunday: D- Bean Burrito, Chick Tenders,
Scalloped Potatoes

Monday: L- Chicken Enchilada, Fiesta Rice,
Plantain, Mexi-Corn

D- Fry Chick, Pasta, Vegetables

Tuesday: L- Fried Rice, Egg Rolls, Lo Mei,
Mongolian Beef, Stir Fry Veggies

D- Open Faced Turkey Sandwich, Garlic
Mashed Potatoes, Veggies

Wednesday: L- Croquettes, Smilie Potatoes,
Sweet Potatoes, Steamed Broccoli

D- Haystack and Baked Potatoes

Thursday: L- Refried Bean and Cheese
Quesadilla, Mexican Rice, Southwestern Corn

D- Joanne's Special

Friday: L- Chicken Patty, Brown Rice, Red
Bean Stew, Mixed Veg.

D- Cheese & Spinach Lasagna, Caesar
Salad, Bread Stick

Sabbath: L- Dinner Roast, Mashed Potatoes,
Gravy, Dinner Roll, Vegetables, Salad and Fruit
Salad

D- Hot Chix Wings, Onion Rings, Veg.

“Salad Bar and Soup available Mon – Fri”