**SAULT AREA HIGH SCHOOL**

**AND**

**CAREER CENTER**

Friday, November 22, 2013

**GENERAL ANNOUNCEMENTS**

**PLEDGE**

Northern Life Yoga is pleased to award scholarships for yoga classes to ten high school students. Scholarship recipients will enjoy all the benefits of yoga for 5 classes at NO COST. These scholarships are made possible by a generous donation from The Skip Palmer Foundation. Upon completion of five classes, scholarship recipients will be awarded an additional 5 classes, compliments of Northern Life Yoga. Classes take place at Northern Life Studio, 529 Court Street, just one block from the Bayliss Library. To apply for a yoga scholarship, please pick up an application in the athletic office and complete it by Tuesday, November 26th. All Students with an interest in yoga are encouraged to apply.

**Ski Swap:** Project Park volunteers will put on a Ski-Snowboard Swap. It will be held from 1 – 3 on November 23rd at the Sault Seal Recreation Area lodge, formerly known as Minneapolis Woods. Drop off equipment you want sold between 10 a.m. and noon and pick up unsold equipment at 4 pm the same day. Snowboard classes for beginners will be held on December 26th at 1:00 p.m. Sault High students, Noah Talentino and Clay Friedt will offer lessons for beginner and intermediate snowboarders.

Lunch: Cheese Pizza Slices, Chicken Sandwich, Ham & Cheese on a Whole Grain Wrap

Sides: Romaine Salad with Veggies, Lite Ranch Dressing, Teddy Grahams, Apples, Oranges