**SAULT AREA HIGH SCHOOL**

**AND**

**CAREER CENTER**

Monday, February 10, 2014

**GENERAL ANNOUNCEMENTS**

**PLEDGE**

The Sault High Quiz Bowl team of Kyle Flickinger, Daniel Frechette, Trevor Miller, and Henry Shackleton qualified for quarter finals in the **High School Bowl** tournament at NMU. They were able to tie the game at the buzzer and claim success in the first round of sudden death against Superior Central (the reigning champions from last year). Every member’s contribution advanced the team to victory. They travel back to Marquette on February 21st to see if they can move on to the semi-finals. Good job Blue Devils.

Congratulations to Steven Kymes, Michael James and Nathan LaJoie on qualifying for the individual wrestling regionals. Steven took 2nd place at districts, while Nathan took 3rd and Michael placed 4th. They will wrestle in the regionals on Saturday in Bay City. Charlie Dunton also achieved his 100 win milestone! Great job boys and Good Luck!

Get a carnation for your special someone today for only two dollars. You can order white, red, or pink but there is a limited number available. Carnations will be delivered on February 13th. Just in time for Valentine’s Day!

Come watch the powderpuff hockey game on Wednesday, February 12 from 6-7 at the pullar. Admission is a donation of $3. Come support BPA and the Sault High Hockey Team!

Sault High Hockey will be hosting Pink in the Rink along with Senior Night on Feb. 18th at the Pullar vs. Traverse City game. The hockey team would like to "Pack the Pullar Pink" to show their support!

**GET MOVING SAULT HIGH:**

Need more ways to get your 60 minutes of exercise a day? Come to the following:

Open Swim every Tuesday from 6:45 – 7:30

Open Gym during C Lunch from 12:45 – 1:10

Weight Room Monday through Thursday from 3:00 – 4:30

And Open Gym every Friday from 7:30 – 7:50.

**Lunch:** Chicken Patty on Whole Grain Bun, Whole Grain Pizza, Specialty Salad with Whole Grain Roll, Ham & Cheese Wrap

**Sides:** Baked Beans, Broccoli, Peaches