

The DAILY BULLETIN

TUESDAY · OCTOBER 22, 2013

Today in History



Andre-Jacques Garnerin made the first parachute jump from a balloon in 1797. He was a balloonist and the inventor of the frameless parachute. He was appointed Official Aeronaut of France. Garnerin began experiments with early parachutes based on umbrella-shaped devices and carried out the first parachute descent with a silk parachute in Paris. Garnerin's first parachute resembled a closed umbrella before he ascended. Garnerin rode in a basket attached to the bottom of the parachute.

SPORTS SCHEDULE

Tuesday, October 22nd:
5:00 PM Junior Varsity Volleyball AWAY Mercersburg Academy

Thursday, October 24th:
4:30 Girls Varsity Volleyball AWAY St. Johns Catholic Prep
IPSL Championship Game

Friday, October 25th:
7:00 PM Boys Varsity Football AWAY MSSD

GO MSD ORIOLES!

Today's Forecast

HIGH—64°
LOW—43°



GIRLS BASKETBALL MEETING

This Thursday, October 24th, during Enrichment, there will be an informational Girls Basketball meeting in the computer lab.

If you are interested in attending, please see Amy Mowl.

ACT TESTING THURSDAY

The following students are to report to the seminar room at 8:00 am:

Bagley, Brewer, Fisher, Grill, Grindstaff, Kamara, Newman, Rosko, Wilson, Zimmer

"Quote of the Day..."

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

- Saint Francis of Assisi



Academic Bowl Trivia

Founded in 1867, this famous landmark located at 59th and Lexington Avenue in NYC takes up a full city block . What is it?

THE MENU

Lunch

CHICKEN NOODLE SOUP
BAKED CHICKEN/GRAVY
TURKEY SANDWICH
MASHED POTATOES/GREEN BEANS
GARLIC BREAD/GREEN BEANS
WHEAT SPLIT TOP ROLL
SLICED PEACHES



Dinner

SOUP OF THE DAY
ITALIAN SAUSAGE SUB
PEPPERS & ONIONS
TURKEY SANDWICH
FRENCH FRIES/CELERY/DIP
FRESH FRUIT

NUTRITION FACT OF THE WEEK

With protein foods, variety is key. Here are some tips: 1. Vary your protein food choices to include soy and beans. 2. Choose seafood twice a week. 3. Have an egg. 4. Keep it tasty. Try grilling, broiling, roasting, and baking. 5. Make a healthy sandwich and avoid deli meats.