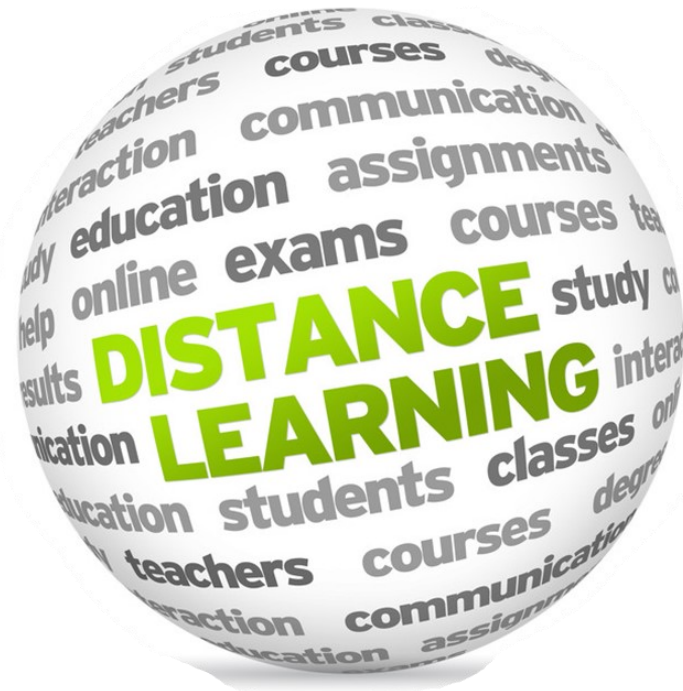


Five Struggles of Distance Learning

The appeal of distance learning is definitely here, in light of the current health considerations. But for those students who, for one reason or another, do not excel in school there are several disadvantages to distance learning.



fellow students in a face-to-face environment, it's difficult to build relationships of any kind. Not only that, but it's very easy to start to feel isolated from your peers and others because you're working on assignments and all school related activities entirely alone. Even posting to message boards or participating in group discussions can feel less interactive when they're done over the internet rather than in-person.

1. Staying Motivated

For many people, not having a classroom and set classroom times can make it difficult to remember to check in, or even to want to check in. It's important for you to have all the motivation necessary within yourself to look at the website, complete the assignments and get them in on time, even though everything is still required to be completed on a timely basis, just like with a more traditional classroom atmosphere. For those who don't have the self-motivation these classes can result in spending a lot of money on retaking classes because you've forgotten an assignment.

2. Staying in Contact with Instructors

If you ever have trouble with assignments, or questions about a lecture while in a traditional class it's generally quite simple to talk to your instructor before or after class or schedule meetings online at a different time. When you're distance learning, however, you're going to have more difficulty getting in touch with your instructor. Though you can send an email, it's definitely not going to get you the immediate response you'd get if you were able to sit down with your instructor.

3. Interacting with Peers

Because there's no classroom and therefore no ability to work on group projects or even converse with

4. Staying Connected at All Times

For those who don't have a reliable source of electricity or don't have reliable internet, it can be difficult to always get to a friend's house, a café, a library or somewhere else where internet access is readily available. And this kind of access is crucial for distance learning. Some programs may even require you to have a DVD or CD player for certain materials or other types of equipment that you have to purchase, find or rent for yourself (not to mention figure out how to use properly). All of this on top of the fact that your computer could quit at any moment, and for no reason or your power could go out for a few days and suddenly you're behind with no way to fix it.

5. Getting Immediate Feedback

Feedback can be almost immediate when you're sitting in a classroom with a teacher because they have a few minutes to take a look at your work and decide whether or not you're on the right track. When emailing assignments, however, it can become more difficult to get the feedback you're looking for. You have to wait for the instructor to get a chance to get online, which may not happen as frequently as you would like. By the time you get the feedback you need there could be very little time to make changes as necessary for the assignment.

SEPTEMBER 2020 COMMUNITY NEWSLETTER



Auburn
SEVENTH-DAY ADVENTIST CHURCH

Inside this Issue:

Page 1: PHAA Covid-19 Plan

Page 2: Inspire, Prevent, Sermons, Events

Page 3: Recipe, Positive Choice, Birthdays

Page 4: Distance Learning Struggles

Pine Hills Adventist Academy COVID-19 Reopening Plan



In preparation for elementary classes resuming in-person instruction in September (high school will continue to be online until further notice) PHAA has developed the following plans using the California Department of Public Health (CDPH) interim guidelines and considerations, which are also included in the relevant industry-specific guidance for schools on the Reopen Placer website. This plan has been drafted through the cooperation of a committee comprised of the principal, school board members, parents, community volunteers from constituent churches, and three teachers representing our ten full-time faculty members. The team includes those with employment experience (present and past) in education, business, law enforcement, fire response, and medicine. This plan was also reviewed by the Placer County Public Health Director, Aimee Sisson. PHAA's main concern is for the overall wellbeing of our students.

With these considerations, the goal is to provide in-person instruction for the full school day, five days per week. This type of education is preferred for the social, emotional, academic, and physical needs of our students. The following safety measures have been selected based on developmental appropriateness, practicality, and, hopefully, effectiveness in allowing in-person instruction to begin and continue as long as possible.

Safety Measures: Limited class size, social distancing and face masks for students and teachers. If a student does not wear a face mask or practice social distancing they have the option of distance learning.

For more info and the full reopening plans, please visit www.phaaonline.com. Please contact the school for the official reopening date.



HIS PERFECT LOVE

It's hard for this man
To submit to His plan
To humble myself
Put my pride on a shelf

I like to be in charge
Few problems too large
I shut out that voice
Make my own choice

To submit to God's will
Is like taking a pill
It may grate on my nerve
From my goal to swerve

But over the years
I've learned to shift gears
To yield my own will
My selfishness to kill

By making His plan
The one for this man
When I finally submit
I just have to admit

His perfect love
Shines down from above
In my own actions
He is the attraction

Because His is the power
In His day and His hour
He will always provide
When in Him we confide

My own plan may be flawed
But when I rely on God
His perfect love shows me
Just what a plan should be

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Prevention Not Cure

5 Ways to Lower Blood Pressure Without Drugs

When you get a high blood pressure reading at the doctor's office, it might be tough for you to understand exactly what impact those numbers can make on your overall health, since high blood pressure has no unusual day-to-day symptoms. But the truth is, having high blood pressure is a serious health risk—it boosts the risks of leading killers such as heart attack and stroke, as well as aneurysms, cognitive decline, and kidney failure. What's more, high blood pressure is a primary or contributing cause of death in more than 1,000 deaths a day in the United States.

Even scarier? One in five U.S. adults with high blood pressure don't know they have it,

While medication can lower blood pressure, it may cause side effects such as leg cramps, dizziness, and insomnia. The good news is that most people can bring their numbers down naturally without drugs. "Lifestyle changes are an important part of prevention and treatment of high blood pressure.

- 1) **Regular Exercise**—like brisk walking—seems to be just as effective at lowering blood pressure as commonly used BP drugs.
- 2) **Eat Potassium Rich Foods**—Bananas, potatoes, sweet potatoes, tomatoes, orange juice, kidney beans, peas, cantaloupe, honeydew, and dried fruits like prunes or raisins.
- 3) **Cut Sodium Intake**—Most people can benefit from less sodium in their diet. How low should you go? Aim to keep your sodium intake below 1,500 mg for healthy blood pressure, recommends the American Heart Association. That's about half of what most Americans consume per day.
- 4) **Eat Dark Chocolate**—The sweet serves up flavanols that help lower blood pressure by relaxing blood vessels and boosting blood flow. On average, regular dark chocolate consumption could help lower your systolic blood pressure (the top number) by 5 points and your diastolic blood pressure (the bottom number) by almost 3 points.
- 5) **Take up Tea**—Lowering high blood pressure is as easy as one, two, tea: Adults with mildly high blood pressure who sipped three cups of hibiscus tea daily lowered their systolic BP by seven points in six weeks.

Coming Events

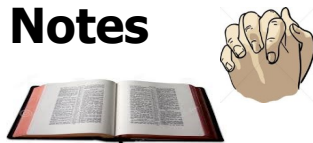
Aug 17: PHAA Starts 2020-2021 School Year Online

Aug 28-29: NCC Virtual Prayer Retreat with Pastor Randy Maxwell

September: PHAA Begins In-person Instruction for Elementary/High School Still Online

Sept 11-13: Church Campout at Fallen Leaf Lake

Sermon Notes



Sept 5: Pastor Mel
Sept 12: Pastor Mel
Sept 19: Pastor Mel
Sept 26: Jason Brown

Auburn SDA Community Church

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Youth Pastor—Dana Rae DeTar
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Newsletter Editor -
Michael O'Haver
E-mail -
GodsScribeMike@gmail.com

Jan's Healthy Recipes

No Noodle Vegetable Lasagna

Ingredients

- 5 sprays cooking spray divided
- 1 medium eggplant, trimmed, and sliced
- 1 large uncooked zucchini, trimmed, and sliced
- 1 large egg, beaten
- 3/4 lb part-skim ricotta cheese
- 1/4 cup basil, fresh, cut into thin strips
- 1/2 cup grated Parmesan cheese
- 4 cups store-bought marinara sauce,
- 1/2 lb shredded part-skim mozzarella cheese, divided

Directions

To roast vegetables, preheat oven to 400°F. Coat two baking sheets with cooking spray. Place eggplant on one prepared baking sheet and place zucchini on other prepared baking sheet; coat vegetables with cooking spray. Roast 8 minutes; turn over vegetables and roast for 7 to 10 minutes more (total roasting time should not exceed 20 minutes or the vegetables will get too mushy); remove from oven and set aside. Meanwhile, in a medium bowl, combine egg, ricotta cheese, basil and 1/4 cup Parmesan cheese; set aside. When vegetables are done, reduce oven temperature to 350°F. To assemble lasagna, coat bottom and sides of a 14- X 8-inch baking dish with cooking spray. Spread a thin layer of sauce (about 1/4 to 1/3 cup) on bottom of pan. Layer eggplant over sauce (use all the slices, even if you have to overlap them). Cover eggplant with half of marinara sauce and then spread half of ricotta mixture on top; sprinkle with half of mozzarella cheese. Top mozzarella cheese with zucchini and cover zucchini with remaining marinara sauce; spread with remaining ricotta mixture and then sprinkle with remaining Parmesan cheese. Bake until the bottom starts to bubble, about 35 to 40 minutes. Remove lasagna from oven and allow it to rest for about 15 to 20 minutes before slicing into 12 pieces. Yields 1 piece per serving.

Positive Choices

Exercise Can Protect Against a Broken Heart

Posted by Fred Hardinge on March 22nd 2015

As few as 5 consecutive days of exercise provides cardio protection in lab animals.

Coronary artery disease is a major cause of death around the globe. When the arteries supplying blood to the heart muscle become blocked damage occurs. This is known as a heart attack. Fortunately, there is a simple countermeasure that is known to protect the heart--regular physical activity! Exercise-induced cardio protection is gained in just a few weeks, and it can also be lost as rapidly.

Even after a heart attack regular physical exercise can get you back in protection mode.

It makes sense that after a heart attack, you'd want to get back to exercising, but when is it safe to start exercising again? Your doctor may recommend a cardiac rehabilitation program of three months or more to get you back into a routine. While your doctor can give you personal guidance, the Cleveland Clinic notes that everyone recovers from a heart attack at a different pace, and it may take months before you can get into a routine that feels consistent, so it's important to start slow and steady. The Heart Foundation recommends building up to at least 30 minutes of moderate-intensity activity most days of the week. Just make sure you consult your physician to determine which exercise plan is best for you.

Positive Tip: Make 30-60 minutes of endurance exercise a part of your daily program.

Church Birthdays

Zeva Hall.....Sep 02
Jonalyn Cooke.....Sep 03
Sebastian Gannon.....Sep 03
Wanda Rasche.....Sep 04
Karen Koehler.....Sep 05
Rocio Mojica-Bierwirth...Sep 06
Annmaree Gipson.....Sep 08
John Kaster.....Sep 08
Keith Murillo.....Sep 08
Mace Stokes.....Sep 10
Ashley Meg Galicia.....Sep 14
Dennis Hanson.....Sep 14
Rodney Wehtje.....Sep 14
Bonnie Carter.....Sep 16
Elizabeth Porco.....Sep 17
Joseph Fralick.....Sep 21
Victoria Borlean.....Sep 22
Delores Trest.....Sep 23
Satchel Genobaga.....Sep 23
Chris Genobaga.....Sep 24
Ivanette Osborn.....Sep 24
Marilyn Herron.....Sep 26
Mike Wood.....Sep 29

Bible Humor



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