

MAR-APR 2025 | TRI 3 ISSUE #3



NEWSLETTER

A 3AAMS PUBLICATION PRODUCED BY THE DIGITAL MEDIA CLUB



WHAT'S IN THE HIVE



LISTEN UP!!

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| April 7-11, 2025 | Spring Break (No School) |
| April 21-24, 2025 | Mid-trimester 3 Exams |
| April 29, 2025 | Teacher Workday |
| April 30, 2025 | Parent/Teacher Conferences |
| May 5, 2025 | Field Trip |
| May 19-22, 2025 | End of Trimester 3 Exams |
| May 26, 2025 | Memorial Day (No School) |
| May 30, 2025 | Graduation & Matriculation Dress Rehearsal (in-person) |
| June 1, 2025 | Graduation & Matriculation Ceremony (in-person) |

Message from the DMC Team

The BUZZ #1 and #2 have passed, and we are now at Issue #3 - the final one for the year! Can you bee-lieve it? So much time has gone into history. How do you feel now that the school year is almost over? Are you still feeling the pressure of maintaining your grades, or is there a slight relief since we're nearing the end? **Don't give up yet!** "I'm prezzing on the upward way, new heights I'm gaining everyday." Your effort and hard work will not leave you disappointed. Remember, work that seems *STREZZFUL* can also be extremely *FUN* depending on how you approach it. But yes, the struggle is real.

Increased schoolwork, the dreaded final exams, participation in our amazing clubs, and the drive to move up in life, they're all that makes Trimester 3 a time of endurance and anticipation. Hold fast! Hold fast! Summer is nigh, when we can relax a little, have some quality family building time, take some camping trips, or just be *lazzzy*. But, wait! Though the end is in sight, now is not the time to slack off and hope our current grade will bring us through. This trimester is about diligence and perseverance as we fight everyday to continuously keep our grades up, so we can move to the next level. As we go, let's take some time to reflect on our growth this year.

Stay Diligent,
DMC Team



Guess the Riddle

I help you grow and do your best, not to settle or take a rest.
With me you aim high, stay focused and strive. What am I?





Study To Show

One Last Push

BY AMEYA MCKENZIE

The unbearably scorching sun, seemingly endless days, and a satisfying glass of ice-cold water. Sounds like summer, right? It is. And, it's fast approaching! But, a few weeks still remain (approximately four, in case you were wondering), along with a couple projects and tasks. You may feel inclined to give less effort, but, "students, cooperate with your teachers." The reason is that as you do this, "you give them hope and courage." They're tired too. They're also waiting for the year to end. Yet, without fail, they still show up to class, and when you work with them and give your all, "you are helping them, and at the same time you are helping [yourself] advance. Remember that it rests largely with you whether your teachers stand on vantage ground, their work an acknowledged success. In the highest sense, you are to be learners, seeing God behind the teacher, and the teacher cooperating with Him." MYP 183.1.

Though your academic demands may be high, your efforts should be **double**. Because no matter how difficult your task is, you must work twice as hard to successfully conquer it. But, be not discouraged. "[You] can do all things through Christ which strengtheneth [you]." Philippians 4:13. Remember?

Go to bed early, and rise early again. Have devotion. Eat healthy. Stop rotting in front of a screen every minute you have free time. Use those moments to study, or work with your hands; acquire and develop new skills. Time is ever fading, and there's but so long you can continue in idleness before waking up one day and realizing your whole life, or a good portion of it, was wasted. "Your opportunities for work are fast passing. You have no time to spend in self-pleasing. Only as you strive earnestly to succeed will you gain true happiness. Precious are the opportunities offered you during the time you spend in school. Make your student life as perfect as possible. You will pass over the way but once. And it rests with you yourself whether your work shall be a success or a failure. As you succeed in gaining a knowledge of the Bible, you are storing up treasures to impart." MYP 183.2.



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DID YOU KNOW? CONTRIBUTED BY MUBANGA CHISULO, HIGH SCHOOL SCIENCE INSTRUCTOR

In a world that often tries to separate Biblical truth from the scientific, perhaps the greatest mystery is how beautifully they intertwine. After all, isn't it fitting that the more deeply we peer into nature's mysteries, the more we stand in awe?

Have you noticed how the smallest things in life often carry the biggest messages? Take water molecules, for instance. They are incredibly particular about forming perfect hexagonal shapes when they freeze into snowflakes. Yet no two snowflakes are exactly alike. In the entire history of snow, no two have ever been identical. It is nature's way of reminding us that an Intelligent Designer fashioned and created the universe.

These are not just fascinating facts to draw your attention - they're windows into something greater. As you go about your biology, chemistry, and math classes, remember: you are part of God's wonderful created world where Mathematics & Science dance with mystery, where change is constant, random events follow divine direction, and where what seems empty somehow holds everything together.





Navigating the challenges of being a student, and managing your daily home duties can be overwhelming. Who better to provide tips on successfully playing your role as a student and helpful household member than those walking in the same path? You can find such advice from fellow students here in the P.E.E.R. Forum!

ACHIEVING HIGH STANDARDS

BY AMEYA MCKENZIE

Do you ever have moments where you feel ambitious and want to complete any and everything? Compared to other times, when you want to do nothing at all. I often feel that way, too, though truth be told, it's usually the latter. But, in Messages to Young People, 192.4, we're told to "be not satisfied with reaching a low standard. We are not what we might be or what God's will is that we should be. God has given us reasoning powers, not to remain inactive, or to be perverted to earthly and sordid pursuits, but that they may be developed to the utmost, refined, sanctified, ennobled, and used in advancing the interests of His kingdom." This means that even when all our efforts are yearning for rest, we shouldn't complete our tasks haphazardly. No, rather, we should strive to attain the "utmost, refined, sanctified, and ennobled" interests of His kingdom, because He has given us the ability to do so. We're never given a task too difficult for us to handle in God's strength, as promised in **1 Corinthians 10:13**: "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way of escape, that ye may be able to bear it." While this verse is in regards to the temptations we face, it also applies to our work.

As children of our Heavenly Father, we're bid to go the extra mile. "And whosoever shall compel thee to go a mile, go with him twain." **Matthew 5:41**. So, we should do more than our teachers and parents expect of us, in school and at home. Sister White says, "Never think that you have learned enough, and that you may now relax your efforts. The cultivated mind is the measure of the man. Your education should continue during your lifetime; every day you should be learning, and putting to practical use the knowledge gained." MYP 193.1

Additionally, if you desire great things, you must first attempt great things. "**Many who are qualified to do excellent work accomplish little because they attempt little.**" Thousands pass through life as if they had no great object for which to live, no high standard to reach. One reason of this is the low estimate which they place upon themselves. Christ paid an infinite price for us, and according to the price paid He desires us to value ourselves." MYP 192.2. It's easy to compare ourselves to our peers and those we see, and perceive ourselves lacking in some way. But, "none should consent to be mere machines, run by another [person's] mind. God has given us ability to think and to act, and it is by acting with carefulness, looking to Him for wisdom, that you will become capable of bearing burdens. Stand in your God-given personality. Be no other person's shadow. Except that the Lord will work in and by and through you." MYP 192.4. You are who you are because that's who God designed you to be (sins and shortcomings not included). The same way no fingerprint or house key is the same, God designed us. While we may be similar in nature, our thoughts, strengths, weaknesses, interests, disinterests, and even appearances differ for a reason!

"Remember that in whatever position you may serve, you are revealing motive, developing character. Whatever your work, do it with exactness, with diligence; overcome the inclination to seek an easy task." Whether it be the temptation to cheat on your test, or clean your room by shoving everything in a closet, drawer, or under the bed, overcome that inclination. **Go the extra mile!**

P.E.E.R. TIPS

"In order to achieve excellency, we must find points where we struggle and work to improve them."

● Jobaskey F., G10

"Beginning each day with my daily devotional in the morning has had a profound effect on my life."

● Isabella N., G7

"One thing I would stress is the importance of time management—the ability to manage your time effectively."

● Kyla E., G9



Health Nugget

CONTRIBUTED BY J. & M. WILDER
HIGH SCHOOL MEDICAL MISSIONARY INSTRUCTORS

In World War II, coconut water was used for blood transfusions in soldiers and saved many lives. Drinking a mixture of 55% coconut water and 45% Chlorophyll (plant blood) is **supposed to be** an instant blood transfusion. By drinking this concoction, you can help rebuild your blood! This is helpful to know when suffering from blood diseases and issues.





SPOTLIGHT

Grade 12 Medical Missionary Herbs Class



Shiloh Denman



Glorielle Cadet



Alan Tkalec



Joshua James



Chizim Kamanu



Jemill Wilder



Mandy Wilder



John Carpenter



Creating our class herb book was a true labor of love, fueled by each student's dedication and teamwork. From the very beginning, every member of the class took ownership of the project—carefully selecting which herbs to grow, researching their uses, and tending to them daily. Whether it was planting seeds or ensuring each pot had just the right amount of water and sunlight, the students approached every task with patience and responsibility.

What made this project truly special was how each student poured their creativity and effort into both the garden and the pages of the book. They documented their herbs' progress week by week, wrote detailed care instructions, and added personal reflections about the experience. It wasn't just about plants—it was about growth, both in the soil and within themselves. Even when challenges came up—wilted leaves, unpredictable weather, or writing deadlines—no one gave up. They problem-solved together, encouraged each other, and pushed through with heart.

The finished book is more than a collection of herb facts—it's a beautiful reflection of the hard work, collaboration, and care that each student brought to the table. Every page tells a story of learning, collaboration, and commitment. It's a reminder that when we invest time and passion into something meaningful, the results can be lasting and inspiring. I'm proud of each student for the effort they gave and the pride they took in seeing the project through from seed to story.

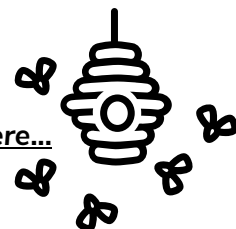
"I am the true vine, and my Father is the husbandman.

Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit." **John 15: 1-2**

Jemill & Mandy Wilder

Medical Missionary Instructors

 **B**uzz in here...





Fudgy Sweet Potato Brownies

Ingredients:

- 1 cup sweet potato puree - about 2 medium (see instructions below)
- 2/3 cup maple syrup
- 1/2 cup almond or peanut butter
- 1 tsp vanilla extract
- 1/4 tsp oil (avocado, olive, melted coconut or melted vegan butter)
- 1/2 cup carob powder
- 1/4 tsp pink or sea salt
- 1 tsp baking powder
- 2/3 cup oat flour (almond, coconut or GF/unbleached all purpose)
- 1/2 cup chopped raw pecans or walnuts
- 1 cup carob chips
- 1/2 cup vegan marshmallows (optional)

- 7. Bake on the center rack (at 350 F / 176 C) for 28 minutes. The brownie edges should appear slightly dry and a toothpick inserted into the center should come out mostly clean (a few crumbs are okay, but it shouldn't be overly gooey). Remove from oven and let cool in the pan for 30 minutes.
- 8. Lift out of pan and slice. Enjoy warm or room temperature. Store leftovers covered at room temperature up to 3 days, in the refrigerator up to 5-7 days, or in the freezer up to 1 month.

These brownies are delicious on their own but elevated with a scoop of vegan ice cream. Yummmm...

Instructions:

1. **For sweet potato puree:** Halve sweet potatoes and brush the cut sides with oil (optional). Add to a parchment-lined baking sheet. Bake at 375 F (190 C) for 25-30 minutes or until tender to the touch. Remove from oven and move to one side of the pan and wrap the parchment paper over the top to steam. Let steam for 5 minutes. Then peel away skin and mash in a mixing bowl. Set aside.
2. Adjust oven temperature to 350 degrees F (176 C) and line an 8x8-inch baking pan (or similar-size pan) with parchment paper. Set aside.
3. Divide carob chips in half. Place 1/2 cup in a saucepan over medium heat to melt. Stirring to avoid burning. Suggestion: Let cool in water bath to avoid hardening.
4. To a large mixing bowl, add sweet potato purée, maple syrup, almond/peanut butter, vanilla extract, melted carob chips and oil. Stir to combine.
5. Add carob powder, salt, baking powder, carob chips and marshmallows (reserve half of both if making rocky road) and stir to combine. Then add flour and stir. Batter will be thick.
6. Transfer batter to parchment-lined baking dish and spread into an even layer using a spoon or rubber spatula. Then top with pecans/walnuts. For rocky road brownies, add the reserved carob chips and marshmallows. Gently press these into the top of the batter.

minimalistbaker.com

Buzz's Corner

Hey there, sweet friends! Buzz here. I've been busy buzzing about sharing my sweetest recipes with you, but now I'm curious— did you try any and how did they turn out? **Snap me a pic of your delicious creations** and let me know if they were the beez-nee! I'm all a-buzz to see what you've cooked up...and guess what? The first two persons to email me will receive a special prize.

Buzz in your emails to: thedmc@3angelsacademy.com by **Thursday May 15, 2025**.



Did you guess the riddle?

Answer: Effort