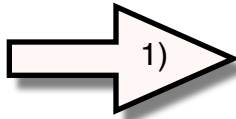




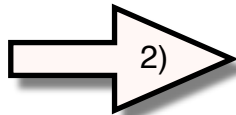
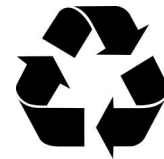
## Pacific Edge/Beach Clean-up Alternative Assignment

We are truly sorry you couldn't make it to today. You will be missed! A group is always so much better when everyone can participate with a full heart.

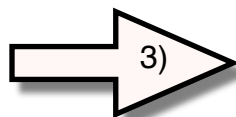
Instead of climbing and cleaning with us...



1) Complete at least two (2) hours of neighborhood or community service. This is not to be for family or family members. (We are cleaning up the beach as a class) Document your time/project with: a) before and after pictures; b) a supervisor; and c) a signed and dated sheet explaining what you did.



2) Engage in at least two (2) hours of vigorous exercise. This could be running, horseback riding, mountain biking (with some hill climbing), push-ups/weight training, etc. Document in a similar manner to number one above.



3) Finally, explain in '5 paragraph essay form' at least three ways in which you could have been supportive of your classmates today by being able to attend the trip. Be sure to include Lifeskills in your answer.

