

# CEDAR SENTINEL

the kingsway college newspaper

*happy  
new year*

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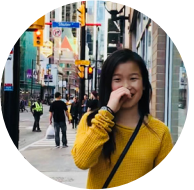
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# Editor Message

ALANNAH  
TJHATRA  
EDITOR IN  
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Hi everyone!

Welcome to 2018. It's always quite a stressful beginning to the new year, for sure. With final exams, attempts to fulfill New Year's resolutions, renewed promises...it's a lot to take on all at one time. It's a lot of pressure and a lot of stress and sometimes all I want to do is get a really thick blanket, wrap myself in it, and curl up in a ball on the floor. (Actually, I've done that before -- it's quite relaxing, you should try it some time.)

Nevertheless, through all the stress, I still find myself thankful. For one, I'm thankful for a new start. Yes, I believe that you can have a new start at any time of the year, at any point in your life. But having a new year makes it more "official" for me, in a way. (I've always been that type of person haha)

I'm also thankful for the weather. It's cold and slippery, true, but it's also invigorating and refreshing for me -- especially when I've been stuck for eight hours indoors. When I step outside and the sun shines and I can feel that stinging in the air, it makes me feel very alive. (I'll always love summer a little bit more, of course.)

One more thing I'm really thankful for, and probably one of the most important one, is the support system I have. I'm really grateful for all the people in my life, honestly. I'm definitely not the best person, I *always* make mistakes -- whether it be saying something I shouldn't have, or getting upset for no good reason -- I mean, we all do these things. I try hard, but I will never be a perfect friend, a perfect daughter, a perfect sister, a perfect student haha -- even though I mess up a lot, I'm so glad that I have family and friends that have stuck with me through it all. And I thank God so often for those people in my life.

Anyway, as this year goes by, I hope that you can find many things to be thankful for. Amidst all the messiness that your life consists of -- the sad things that might happen, the exams that you're nervous about, the pressure you may be under (whether it be from yourself or from others) -- amidst all of that, it IS possible to find things to be thankful for -- even the little things. With God, you will be able to stay strong -- you'll get through all of it. It sounds a little cliché, but it's true. And I, for one, believe that.

Enjoy this issue!  
- Alannah Tjhatra

NYAROCK  
GATLUAK



# Prayer for the New Year

Dear Heavenly Father, I want to thank You for bringing us all through another year. Thank You for continuing to work in our lives despite that fact that we are not worthy of it. Lord, thank You for the blessings You have given us: both seen and unseen.

As we approach this New Year, I ask that You be with us every step of the way. Allow us to make decisions that are pleasing to You. May they be part of the bigger plan You have set for us. Give us continued guidance in all our future endeavours. Allow us all to rely on the plans You have set for us, Lord, but I also ask that You give us the drive we need to achieve the goals we have set for ourselves in the New Year. Help us to actual-

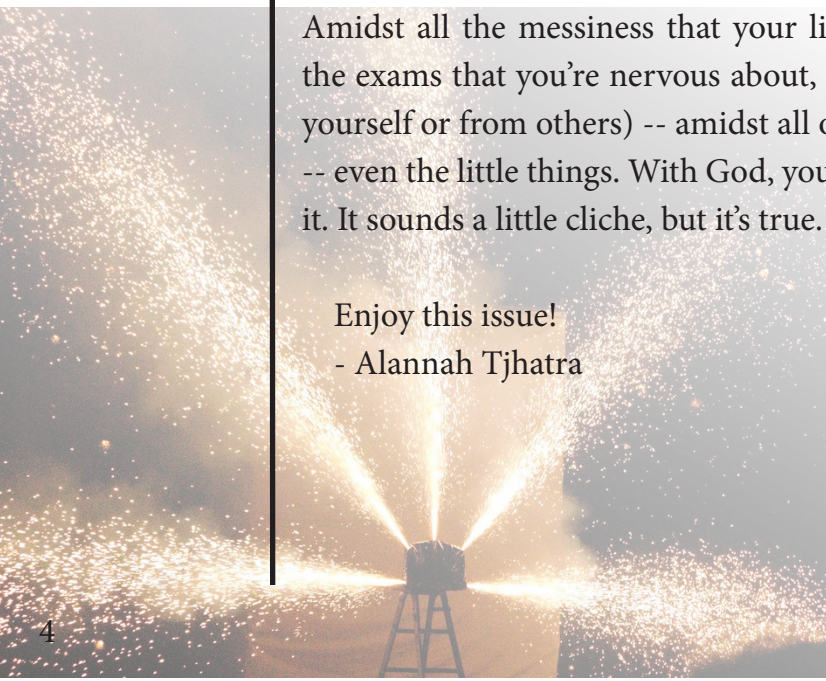
ly mean it when we say, "New Year, New Me." Lord, give us signs when You open doors for us to walk through. Allows us to use this year to seize op-



You. Give us the strength we need to let go of the habits that pull us away from You. Help us to realize that often times, we are using the things we refuse to let go of as shields to block our blessings. Keep us from being tempted by sin. I ask that You keep us from entertaining stupidity. I ask that You act as our conscience, constantly telling us to turn away from evil.

Lord, I pray that You give us the wisdom and understanding we need to get through the rest of the school year. Allow us to get through the rest of this semester with ease. For many, school doesn't come easy, but I ask that You enable us the ability to get through it anyways.

Father God, I pray a prayer of protection for our families



and friends. Keep all we love from the hands of the Devil. Give them insight on the plans You have for them as well, that they may know Your ways. I ask that You put people in our lives who will bring us closer to You, and then give us people who we can bring closer to You.

Father, I ask that You keep us from swaying in our faith in You; keep us on the path to righteousness, that we may be able to see You soon. Stop us when You see us acting as stumbling blocks to those around us. Give us endurance for the course that You have us taking this year. Keep us from distractions; allow us all to have a

year that is enriched by our families and friends, and most importantly, You.

Forgive us of the past times when we have transgressed against You. Forgive us of the moments when we thought we didn't need You, and tried to go our own way. I ask that You help us to desire the plans that You have for us, and to long for Your constant presence. Help us to block out the voice of the Devil and to remember the promises You have made to us, reminding us that You will make all things new, that the old has passed. Lord, I ask that You keep us from allowing our past to hold us back from a real relation-

ship with You. Remind us every day of the potential that You have instilled in us, and allow us to unlock that potential and do great things.

I ask that You provide us with all our needs. I ask that You make 2018 a year that is rich in family, friends, experiences, good decision-making, and blessings. Be with us in our upcoming trials and tribulations. May we remember the plans You have for us. Give us spiritual healing, making us new creations in Christ's name.

This I pray,  
Amen.

their mouth. With me being so particular, I've always wanted to be more spontaneous, but of course, every year, I find a reason to stay where I feel "safe". Just like going to the gym and eating healthier, improving my relationship with God always makes its way on the list. In the beginning of the year, I am on a spiritual high, doing my devotionals every morning and evening, and actually spending quality time with God. For some reason, by the middle of the year, the "high" begins to decrease. Daily devotionals end up being done every other day, and instead of spending one hour a day, I find shorter devotionals to accommodate for my "busy" schedule.

The thing about resolutions is that we hope to see these improvements by the end of the year, but many times, we get discouraged by the results that we get. This year, I told myself that I wouldn't bother taking the time to make resolutions because I know that I would not be able to actually accomplish them. I wanted to avoid adding expectations to a list that was already going to leave me disappointed. Life's inevitable failures are plentiful enough without me setting

myself up for more.

I've always wondered why resolutions were never met. Was it because my goals were just unrealistic? After pondering on this question, I realized that maybe it's because I keep fixing my eyes on aspirations that are not aspirational -- and quite frankly, they are unworthy of my best efforts and ability to hope and dream. A lot of the things that I want to accomplish are simply not "grand enough". Sure, losing weight and skydiving are not necessarily unrealistic, but rather, maybe I've set my sights far too low.

C.S. Lewis makes the point clearly: "It would seem that our Lord finds our desires not

too strong but too weak....We are far too easily pleased." This means that, as human beings, we make goals that are easy to accomplish. They are goals that are unworthy. This year, my only goal is to set bigger dreams for 2018. I want to take my relationship with God to another level. I want to take what I know and develop it even deeper. I want to worship God so that I can have a delightful encounter with the Divine. We easily lose perspective and human tendency is to shrink the

horizon that our dreams inspire. My goal this year is to experience God's global and cosmic vision.

I hope that we can all achieve our minor goals, but, I suspect that a lot of things won't go as planned. Fortunately, God ignores the limitations to our tiny dreams and instead is interested in the improvements that are beyond our comprehension. God is "making all things new" and His vision is recorded in Revelation 21. God is revealing to us that He is already at work in heaven, and He is inviting us to join in. As we worship, may we be inspired to dream bigger dreams- dream with the hope that "a new heaven and a new earth" is promised.

HOPE  
MALABRIGO



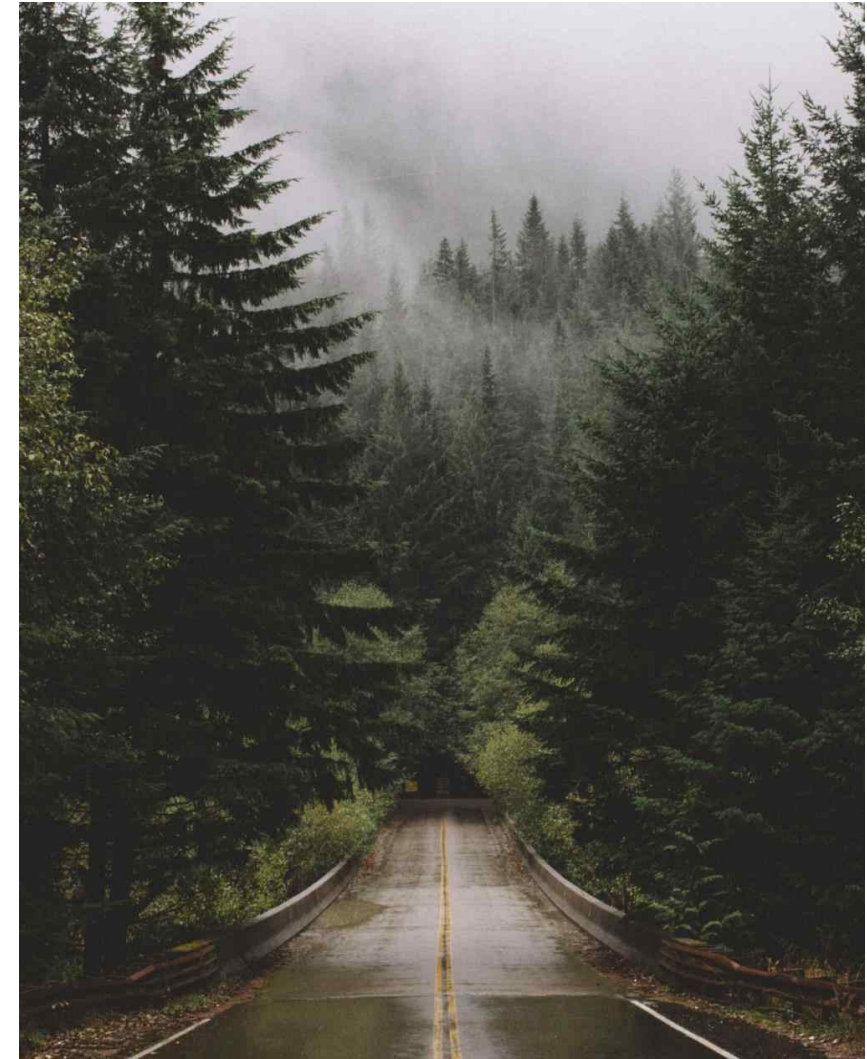
# New Year, New Me

2017, came and left, and now we face another year. Every year, I find myself making New Year's resolutions, but I don't actually complete them other than during the first month of the year. I'm always motivated to get to the gym or to eat healthy for the first three weeks, but then, one day I slip, and from one that day, it turns into the next eleven months. But, this year, I decided I

didn't want to make any resolutions.

My typical list would consist of getting back to the gym and eating healthy. I would always plan to go to the gym consistently and stick to a workout plan. I make meal plans and try to incorporate salads into my diet. For some reason, after two weeks of consistency, I slip and my daily routine turns out to be a once-a-week routine -- and by the

end of the year, I gain more weight than I should have lost. Another thing that would be my resolution is trying new things -- being more adventurous. I am the type of person who likes to stay within what I know. I hate stepping out of my comfort zone. I'm the person who finds it mind-boggling to mix the sauces in the cafeteria. I don't understand how anyone would want to have different tastes burst in



# 1: Caralynn

## MISSION TRIP

2018

It is said that learning is done best through experience. On a frigid January 3, 2018, at 5:30 am, 28 students from Kingsway College embarked on a journey that took place on bus, plane, then bus again. We were escaping the harsh winters of Canada and going to Tesopaco, Mexico, with its beautiful above-20 degree weather. There as representatives of the Kingsway College collective, we would construct two more quaint buildings for a blossoming high school academy in Tesopaco. One building would serve as a lovely extension of the high school academy for students to learn, while the other building would be a new home for the benevolent owners of the land, Frances and Isaac.

Every morning, everyone would gather in the designated chapel for a thought-provoking devotional talk from Mr. Wilkins, as well as to find out information about the various activities of the day. Then we would enjoy breakfasts that consisted of cereals, toasts, fruits, pancakes, and oatmeal prepared by some students, volunteers, and some of the Kingsway staff such as Mrs. Pilapil, Mr. T, Mrs. Campos, and Mrs. Babida. Next, us students were split into groups, where we

would all rotate between constructing the buildings, helping prepare the hearty food, cleaning up after delicious meals, preparing crafts for the attentive children who would attend the VBS, and supervising/helping with the VBS activities every day. I was placed in a group with Kimberly and Davia, two amazing students here at Kingsway College.

The main construction work was done in the gruelling heat of the day. First, a concrete foundation was put in place. There were piles of materials in different locations on the academy land, so many of us would have to help transfer structural bricks from one place to the next. Structural bricks are hollow clay bricks that were developed to allow the use of reinforcing the brick by filling it with stone or mortar to enhance the structural characteristics of the brick.

We had to make sure that we carefully aligned all of the structural bricks by using a piece of white string as a guide. Other students would sift rocks from the soil using a sifter that could be used by four people. The sifted soil would be used to create a mortar mixture in a machine, and then we would use the mortar to make sure that the bricks stayed in place. We would fill in

bricks with mortar, dried mortar, or rocks. As the buildings increased in height, we would form stacks of the structural bricks to stand on and placed pieces of lumber on top of them to walk across. Electrical outlets, wiring, lights, and pipes were installed. Students would dig trenches in the ground to fit the pipes and some of the guys helped build the roof. We did complete the structure of the building, but we were unable to paint the buildings because time and our schedule did not permit it.

After working for a few hours, we would take a break from our various jobs around the academy campus and eat lunch. Then the groups that prepared the VBS materials and were chosen to help out with the VBS program on the

mountain would leave the campus. Meanwhile, all the other students would stay at the academy campus and resume their work.

To get to the VBS programs, Chante would drive us to the mountain in a large white van that belonged to the academy. We would walk to a certain yellow painted house with a pergola parallel to it. It was surrounded by the gorgeous scenery of the gentle sky, lush green trees, rich brown earth, and vibrant flowers. The children would arrive and we would set out plastic and wooden seats for them to sit on. The Kingsway students and some of the students from the academy would sing songs in English such as 'Father Abraham,' as well as Spanish songs. Two of the girls from the academy, Lisbeth (who has come to Kingsway) and

Abiud would tell the children Bible stories in Spanish. Then Abiud would end with a prayer. Next, we would split the kids into two groups. One group would play games such as 'What time is it Mr. Wolf,' 'Simon Says,' or 'Stella-El-la-Ola.' The other group would complete the craft for the day, usually given in a paper bag they could take home with crayons and sometimes beads. It was invigorating to see the smiles on so many children's faces when given simple crafts and cut-out animals. They truly understood the meaning of being content with what you have.

At the end of the work week, around thirty children came to the final VBS program on Tuesday. We were sad to leave them, but we left them memories and brown bags with crafts, toothbrushes and

▼ Working at the construction site



▼ Finished product



toothpaste, crayons, and cut-out animals.

When nightfall started approaching, we would wrap up our activities for the day and then go have dinner. After dinner, the Kingsway staff allowed the students to roam the nearby town to buy items such as small firecrackers, food like delectable quesadil-

las or tacos, and desserts such as nieves (NYAY-vess) which can be translated to ice-cream in Espanol. We could relax in groups of at least four. Then we would all come together to hear a devotional talk from Mr. Wilkins that would end the day. Our lights-out time was at 10:00 pm every night, so that gave us time to have con-

versations with each other, take showers, or play games.

At the academy, we had rooms to sleep in with smooth concrete floors, which we had to sleep on using sleeping bags and mats. There were showers that refreshed us with generally cold water, and toilets that we had to manually flush by pouring a bucket of wa-



ter in the toilet bowl. It made us grateful and more appreciative of the everyday appliances we have in Canada that we often take for granted.

The main highlight for me on this trip was interacting with the

friendly students and the people of Mexico who welcomed us with open arms. Many of them did speak some English and were patiently trying to understand what we were trying to convey despite the language barriers. They taught us many words in Spanish such as 'frío' which means 'cold,' 'siesta' which means 'an afternoon rest,' and 'escuela' which means 'school.' They were willing to show us a good time around Mexico -- especially around the bustling town at night -- and learn about Canadian culture. The girls in the academy graciously shared their one shower with the Kingsway girls

without complaining. We would play games such as Mafia with them during our flex time. Their kind attitudes and sincere smiles made us feel at home, even when we were completely out of our element. We also bonded by sharing our different interests such as music or art. In the end, we were sad to leave them, but many of us exchanged our Snapchat and Instagram usernames or emails with the students at the academy to keep in touch. Some of us had tearful goodbyes and we gave them gifts, donated clothes to the academy for the children, and donated pesos, which is the currency in Mexico.

In addition, my group -- Kim, Davia and I -- occasionally assisted Chante, the enrolment advisor at Kingsway, in teaching some of the young children

English after their school time. The children soaked up information like sponges, and they were so respectful when we taught them. One day we went through the basic steps on how to start a conversation with someone in English. We taught them the Alphabet Song to help them remember the ABC's in English, the 'Days of the Week' song, and the 'Head, Shoulders, Knees, and

Toes' song. Chante would write the English words using coloured pencils on white pieces of paper for the children to have visuals. She would set up the program so that the children would say the word in English while Kim, Davia, and I could repeat it in Spanish. For example, Chante would hold up a paper that had the word yellow written on it and the children would say 'yellow.' Af-

ter that, Kim, Davia, and I would say 'amarillo' (ah-mah-REE-yo), which translates to 'yellow' in Inglés ('English' in Spanish). One time, Chante allowed us to teach by playing hand games such as 'Concentration,' where we would list body parts such as 'cabeza' (k-aab-Eh-s-aa) which means 'head,' colours such as 'morado' (more-ahh-doe) which means 'purple,' and days of the week

not have to be in a foreign country. It can be lived here in Canada, in our home, and at school. For the sake of curiosity, what does it look like to live out this motto in a country far from home, where the people there do not speak the same language as you, where the laws, food, and culture are completely different than what you are used to? The focus of this motto is the mission, but what is the purpose? Is it for yourself, for God, or for others? Before anything, get your priorities straight. When you go on a mission trip, you are going to serve others and do God's work. The irony of serving others is that you are the one that ends up being more blessed from the experience. The intentions of us being there to serve those in Teso Paco resulted in children, students, staff, and people of the town blessing us with their great kindness, love and happiness. This was especially true in the rural areas where we had a VBS pro-

*"The irony of serving others is that you are the one that ends up being more blessed from the experience."*

Service, not fame." Our school's motto is on our logo, and subsequently, it is placed on the back of every school Chromebook #edugear. So, it's not hard to attend Kingsway College and not see or hear this motto -- but is it harder to attend Kingsway College and live out service, not fame? When the opportunity to go on the mission trip to Tesopaco, Mexico, was presented to me, I was hesitant to sign up -- the expense, the time away from school that I would miss, and the mountain of homework that was sure to be waiting for me when I came back -- it made me not want to go. I didn't sign up at first, but when I heard the announcement that there were still a few spots available, I felt this was a second chance and I took it. Maybe you also considered going on this trip, but then decided against it; we all have personal reasons for our decisions. However, we can make the decision every day to live out "Service, not fame," and it does

not have to be in a foreign country. It can be lived here in Canada, in our home, and at school. For the sake of curiosity, what does it look like to live out this motto in a country far from home, where the people there do not speak the same language as you, where the laws, food, and culture are completely different than what you are used to? The focus of this motto is the mission, but what is the purpose? Is it for yourself, for God, or for others? Before anything, get your priorities straight. When you go on a mission trip, you are going to serve others and do God's work. The irony of serving others is that you are the one that ends up being more blessed from the experience. The intentions of us being there to serve those in Teso Paco resulted in children, students, staff, and people of the town blessing us with their great kindness, love and happiness. This was especially true in the rural areas where we had a VBS pro-

## 2: Kimberly

gram; it was amazing to see those happy, smiling faces. We spent time with the children at VBS, teaching them songs, telling them stories, and helping them make crafts. Even when we couldn't completely speak to them in their language, they still felt that we truly cared for them. We felt a sense of satisfaction at seeing them smile and laugh while we played games, especially those that required no equipment like "Duck, Duck, Goose," and "Stella, Ella, Olla" -- contrast this to all the games, toys, entertainment, and electronic equipment we have in Canada.

The VBS program was a good break from the construction work, which at times was hard and back-breaking work in the heat of the day. On the first day, the number of times the kitchen staff was asked when lunch was ready would amount to the number hours some spent sifting dirt. Despite it being hard work, it was good work, and most importantly it was God's work.

Mexico is very different from Canada -- with the culture shock some of us had, there is no doubt about it. The differences go



beyond the landscape -- though Mexico has the most beautiful mountains and sunrises I have ever seen, it also extends to the people there and how they live -- from the way they greet loved ones by kissing each other on the cheeks to their friendly way of greeting people on the road.

However, the language barrier in Mexico (as they speak Spanish) soon became a problem for many of us. If you are like me and only took French as a second language in school, then you might find yourself accidentally responding to someone in French

instead of Spanish (like I did.) There were times when it was difficult to communicate with the students, children, and citizens of Tesopaco -- it took a lot of charades and any Spanish that we could remember from watching Dora the Explorer. Despite this, we were able to connect, make friends, and create memories with the people there. My friends and I were able to learn some Spanish from students at the school, and we also helped them with their English.

Another ironic situation was during the English classes -- my group and I helped teach a

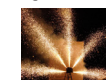
handful of elementary students English while we were there. In these classes, we went over the days of the week, the colours, the alphabet, and the numbers in English -- and in the process, we were also learning Spanish. When learning a new language or experiencing something new, sometimes you have to go outside of your comfort zone. On this trip, we went outside of our comfort zone because we were away from some of the luxuries that we are used to back at home, such warm showers, our beds, and privacy, just to name a few. This experience was good

for us to appreciate the things we take for granted here in Canada. Again, how can you live out the motto "Service, not fame?" From this mission trip, I learned that in order to serve others, you must be willing to have an open mind, perhaps you might even have to learn a new language or culture. When you take the time to show others you care, then the focus is no longer on "fame" but on "serving" someone other than yourself. This will open your eyes to different people, cultures, and ways of life, and it will help you to greatly understand, help, and serve others. Gracias!



*"Serve the Lord with gladness; come before His presence with singing."*

*Psalms 100:2*



# SHE NEVER CARED

*She never cared...*

*All she did was lie.*

*And she was good at it.*

*I must say,*

*She's a master at her art.*

*Like Van Gogh and his paint.*

*She got me caring for her like no one else.*

*And she knew about it too.*

*But she didn't care.*

*All she did was*

*Say something to make me feel good about  
myself,*

*Just to make me think she cared for me.*

*I never knew she lied.*

*She lied a lot now that I think about it.*

*"I do care for you."*

*...*

*Pfffft.*

*If you did care,*

*I wouldn't be thinking that you didn't.*

*So stop lying to yourself.*

*It's scarring that person around you.*

*And it hurts him more than you think.*

*You just don't care enough to see it.*

# S T I C K S & S T O N E S

## 1.

*I see*

The cuts on my skin

The hurt that they bring

The life that I've lived

*I count*

The pounds on the scale

The things that I've failed

The days till my end

*I hear*

The people that laugh

The gossip that spreads

My mind screaming, "help"

*I feel*

The pain in my soul

The endless black hole

The flood of dead tears

## 2.

*They say* it's all in my head

It's nothing to fear

It's nothing to dread

*They say,* "Get over it now,"

"Stop begging for love,"

"Life's too short to pout."

*They say*

It's all sticks and stones

And I guess it's true.

## 3.

The pain

Prods like a stabbing stick

And bruises like a hurled stone

The pain

Weeps

Slashes

Cuts

Stabs

Laughs

To keep from crying

## 4.

I know

That nobody likes

The way that I am

Including myself

Sticks

And stones.

Sticks

And

Stones.

Sticks

&

Stones.



# The Solution for Your Resolution

CLESHA FELICIEN



It is December 31 at 11:59, everyone is huddled around their phones, allowing excitement to run freely through their veins and muscles. Agitated hands tap against the table, creating a rhythm as the seconds are counted down. Enthusiastic hands grip a fresh glass of Welch's sparkling juice ready to toast to the New Year the Adventist way. Hooray! is the cry heard around the globe as the New Year emerges before everyone's eyes.

Then stage two comes into play: the resolutions. Plans to better one's self in the coming year -- people's desire to work out, eat healthier, get better grades, etc. They have the mindset that 2018 would magically change their determination, erase their procrastination and exterminate limitations. After a week into the New Year they realize they have already broken their resolution. So, is there a solution for their resolution?

The elucidation is very simple and highly comprehensible. This year, one needs to abandon the concept of resolutions and



make a determination instead. Determination is an action word, and in order to achieve your goals drastic action has to be taken. Many people are familiar with the saying all talk and little action. This is the year of commitments, achievements, and accomplishments. One needs to stop talking about their goals and start working towards them.

People need to understand that a determination works hand in hand with a realistic goal. Set a goal that is achievable with a devised plan. An unrealistic goal can lead to anger and frustration because the chances of an accomplishment are very slim. Your goals do not have to be easy, they just have to be attainable.

One has full control over their decisions and actions. Strive to make the right choice and do not give up, because with God all

things are possible. Joshua 1:9-10 alludes to this concept: "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Include God in your New Years and work cohesively with Him to grow and prosper in all your future endeavors. Take action, do your part, and let God do the rest.

One's positive attitude is also vital for the accomplishment of any set goal. One should cease any pessimistic mindset because it will discourage any potential progress. People need to believe a target can be reached and work towards it. If you discourage yourself by reminiscing on how hard your goal is, your chances of achieving success are very slim. Think of each day as a step closer to your goal and take it one step

at a time.

In conclusion, strive to make 2018 a year of success! It's not going to be easy, but make realistic determinations and work together with God to achieve them. I want to share my favourite verse with you from Proverbs 21:31. "The horse is prepared for the day of battle but deliverance is of the Lord." You can write down all the goals you want and you can work your hardest to achieve them, but God has the final decision in the end. He knows what is best for you, and if your goal was not achieved, do not consider it a failure -- count it as God's will. God wants what is best for you and if you allow Him to work through your life, success is guaranteed. So put away the resolutions and make a committed determination to accomplish your aspirations in 2018.

CASSIA MOHNS



## Stressed Out Yet?

Stressed out yet? Most of us students are going to be stressed out of our minds very soon, if not now. I know that for myself as well as lots of my friends, the stresses from school, jobs, friends and relationships seem to be catching up with us all at once. Sometimes, it feels like all

of the stress from everything is just coming to me and building a huge sand castle -- the stress is the sand, and the castle is the pile-up of all the stress combined. Sometimes it gets so high and heavy that I drop, and all I want is to forget about school. I don't know about you, but I know that I have to work -- I'm not complaining about working -- in fact, I like my job. I work for SA (Student Association) and get to help plan events and banquets. But sometimes, the tasks from school and my job get too stressful. Altogether I have five jobs: I tutor a boy on a street, as well as another girl. I babysit for a family twice every month, I work for Kingsway, and I also work at a pool every Tuesday for almost



3 hours. It may not seem like a lot, but it is -- especially trying to fit in homework, sleep, going out with friends, and having time to myself to just relax.

A few weeks ago for chapel, we had a lady come from York University to talk to us about anxiety and depression. She informed us that anxiety can come from many things, but the main one is usually stress. I don't know how everyone here deals with their stress, but I do know that you have to have a way to deal with it. For me, I've always liked to write. I don't know if it's because my grade one teacher used to ask us to write a story a month, or because my grade six teacher asked us to journal in class and write stories and share them. However, writing is my way of relieving myself from all of my stress. Writing it out allows me to see what is bothering me, and, in a way, control and organize it.

Our stress is categorized into four different groups: body, mind, emotions, and behaviour. Stress is categorized into these groups because these are the four different "stations" that our stress has an effect on. In our body, stress can cause headaches, eating disorders, breathlessness, and more. It can cause our mind to

have hallucinations and impaired judgement. Stress can also cause our emotions to go absolutely crazy. One minute we might be happy, and the next, we are crying because we are so scared of the next day. In our behaviour, stress causes loss of appetite and no longer wanting to talk to people -- it can even cause people to act out violently.

I know that all of us have stress -- whether it is from not having enough time at the gym, or procrastinating on school work until just before exams. Stress can be mild, or it can be dangerous. Sometimes, too much stress can lead to very scary things. Some ways to relieve yourself of stress can be *simply doing one thing at a time*. If you left all of your final projects till the last minute and you're trying to do them all at once, the most probable reality is that not even one of them is going to be done well. You're not going to do your best if you multi-task (especially when you're doing your projects while listening to music or watching movies.) I suggest to do your projects one at a time, take it slow, and do your best on each one. Once you're done one, take a break. Go to the gym, do some exercise, and eat some healthy food. Then, get

back to work and do some more.

Another easy and fun way to reduce the amount of stress you have is to go out with friends and laugh. You know how people say that it's easier to smile than to frown because it takes more muscles to frown? Well, that isn't actually true. There is no scientist that can state whether or not it takes fewer muscles to smile than to frown. However, it is proven that in order to smile, it takes at least twelve muscles while a frown takes *eleven* muscles. Although smiling uses one more muscle, it is obvious that humans smile more than they do frown. Therefore, our body is used to smiling, and that is why it is easier to smile than to frown. It takes more energy to frown than smile because our body has gotten used to smiling at least ten times more than frowning.

I know that stress seems to mostly be a negative thing. But, having mild stress about some things such as a project or presentation is actually normal. And in my opinion, without a little stress, we aren't going to be able to know what our best actually is. You see, if you don't stress over doing well on your tests and you just wing them all, you'll never know how smart you really are. I hope you get my meaning. Stress can be good in small doses. But it can be dangerous and lead to serious anxiety and depression problems if it gets to be a lot. So, if you are dealing with too much stress, write about it, talk to someone, eat properly and exercise -- but most importantly pray and talk to God, because He is our only hope.

SHINE  
SOKI



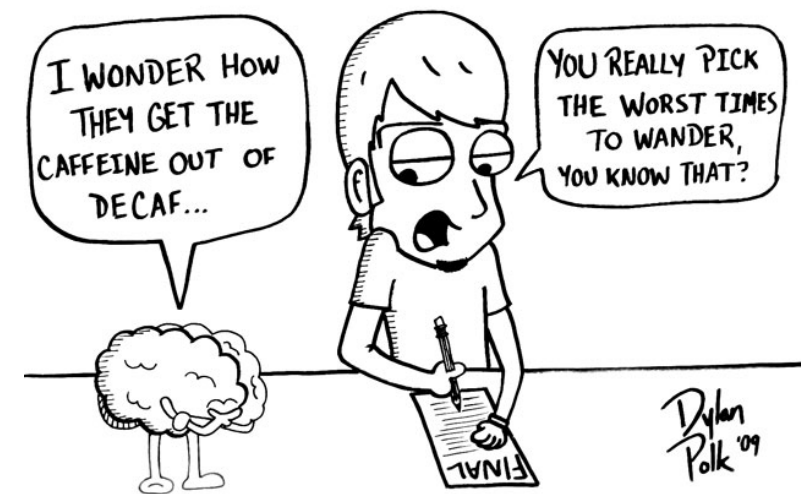
# Exam Week

As a kid, I used to look at high school and fancy it as being this big place where grown-ups can go and do whatever they want. Little did I know that this "high school" that I was romanticizing so much would one day grow to be the bane of my existence. Yes, I said it: high school is currently the absolute bane of my existence. I do not deny the fact that I absolutely need my high school education so that I can further my steps to becoming something great in the future. However, there are times when I just want to kick school and hurt it as much as it sometimes hurts me. Now don't get me wrong, I truly *do* love learning. I love the idea of my brain being drenched with knowledge and information and brilliant ideas. However, I do *not* enjoy certain aspects of school that stress me

out for no actual good reason. Last week I was scrolling through my calendar, counting down the days until summer vacation, when it dawned on me. *It's only the first semester and exams are right around the corner!* I was so focused on how badly I wanted school to end -- I didn't even notice that in order for me to get to grad weekend, I have to get past all of my exams!

One thing that keeps me going during the gruelling exam week is the idea that one day, all my hard work and good grades will finally pay off. One thing that fuels me is knowing that I can work hard in school, get far in my education, and one day be able to save lives. On the days when I feel small and insignificant, I like to look at the bigger picture, knowing that one day things will all make sense and fall into place.

As I'm pulling myself through this exam week, it is getting harder and harder not to let school get to me and stress me out. I'm looking at my workload and all the material from all my classes that I need to review, and it's hard not to panic. However, amongst this storm that all high school students are going through at this time, one piece of advice that I would give to all my peers is to just keep pushing and working hard. Hard work always pays off in the end, no matter how long it takes. Another piece of advice that I would give to all students is not to get discouraged when we don't see immediate results. As the saying goes: "Good things come to those who wait." Sometimes the best things in life take a bit longer to develop and grow. Those who are hasty to get the things they want often



end up receiving lousy results. As human beings we like to live in the now -- *we want what we want when we want it*. However, after my four years in high school, I am learning every day that sometimes what we want right away isn't always what is best for us. Also, just because you haven't received your reward for your hard work *does not* mean that your reward won't eventually come. All

good things take time, and once we all learn that lesson, life will be more joyful and promising. Ten, twenty or even thirty years from now, I want to be able to look back at my high school experience and be able to smile and proudly say "I wouldn't change a thing." I want to leave high school saying that "I conquered high school" rather than "high school conquered me." Being in the

midst of all the hustle and bustle of everyday school life, it is often very difficult to see the light at the end of the tunnel. However, as I look to the future and all the potential opportunities and doors that will one day be open to me, it makes the stress and chaos of school worth every effort.

CHLOE  
XU

# Lucky Dogs

When talking about the success of other people, many people simply summarize other people's accomplishments with the comment of, "He was just the lucky dog." There is the question of whether luck should be considered as a factor that attributes to success -- it is a controversial topic for ordinary people, and it is, indeed, a popular issue that has been discussed by extraordinary philosophers as well. However, I uphold the idea that there is no significant relation between luck and success for three reasons:

1. *People misinterpret the definition of success.*
2. *Luck is just a necessary outcome for the effort.*
3. *People are neglecting the other factors that lead to success.*

Foremost, a certain amount of the population has an idea that success can sometimes result from luck -- it was a mingling the concept of success and coincidence. Normally, "success" is a word that describes a stage where a person has arrived through their endeavours and inherent intelligence. Under such circumstances, luck cannot be counted as a factor because it failed to fulfill the standard which indicates that success was a result of a series of factors that are adherent to the person. As a demonstration, the difference between a millionaire who accumulates his properties with his aim in managing a big company and a millionaire who won a lottery was not only the way that they obtained their money, but also the subtle distinction of their feeling of

happiness. Therefore, for the latter occasion, you cannot say that the person as successful since there is a lack of meaning in his achievement that cannot bring him to the stage of success.

Another reason considered is that a great proportion of people that assert luck as a factor of success mistakenly consider "endeavours" as "luck" for they fail to see those endeavours. It is reasonable for you to say the word "lucky" about that outstanding student in your class because that person seemingly attends every single party and is never awake during English class. I have once encountered a typical classmate who was in just the exact situation as mentioned above. However, it turns out to be that he spent nearly four hours to do a review at his house every night. And

the reason why he never listened to the courses was so he could memorize all the terms and plots of the stories so well that he didn't even need to go over them again during the class. Thus, some people just make their claims too early before they really know the true situation and the story behind those successful people.

Another reason accepted for my argument is that many unconsciously neglect other factors that contribute to success. Psychologists have discovered an interesting phenomenon that transpires when people are self-indicating other's success as a coincidence in order to fulfill their own content and balance in mind. The

fact that every single person is ruled by this implication explains why we often persuade ourselves or others. Owing to this valid evidence, your brain is just deceiving you and trying to make you feel better while deciding to deny other people's effort and flare as factors of their success and magnify the function of luck.

FAITH  
O'BRADY



# Nature & Wings

The sun was bright in the crystal blue sky. Not a cloud was present and it seemed to be the perfect day. She looked up and took a deep breath. She looked at the flowers that decorated the earth, the animals that inhabited it, and the humans that destroyed it. Her wings flitted quickly and her eyes grew sad.

Flutter was a young fairy that lived in one of the most beautiful meadows in the world. She grew up learning that the only things humans did were destroy the earth and pollute the beautiful gift God had given them. She wished that someday humans would realize that what they were doing was wrong. She tried to always treat the earth with respect and love, but sadly her beautiful home was doomed.

A few miles away there was a factory that dealt with making things like plastic

bottles. The fairies knew that they were never allowed to go anywhere near the factory, but that didn't stop the workers from going into the meadow.

One day, three workers stumbled upon the meadow due to a mistake. Instead of taking a left to go into the city, they had taken a right and found their way into the beautiful meadow. Their eyes grew wide when they saw it. The flowers were all over the green grass and the air was fresh.

"I never knew the factory was so close to this. I wonder how no one ever noticed?" A man called Dan asked in surprise.

"I wonder why no one comes here?" Another man, Stefan, asked as he looked at the beautiful surroundings.

"Yes, we should tell them, they could extend the factory!" the last man, Blake, said. The other two looked at him

in shock but then realized that, if they extended the factory, they might all get more money. As they made a plan of what they would do, everything seemed to be falling into place.

Little did they know that a little fairy named Flutter was listening to every word they said from a rose bush not so far away.

She rushed to the fairy village and flew faster than she ever had before. She looked for someone on the fairy council but found no one that could make a great difference about this. She was about to give up when she saw Silver, the leader of the council.

"Silver! Thank goodness I found you," she said. "I need your help." As she continued talking, the leader's face slowly dropped down from the smile she once had, changing into a sad and very concerned expression.

"We must get all the fairies out of here," Silver said.

"What? We must do something to stop them!" But sadly the answer she got was not very pleasing to her.

"There is nothing we can do." Their heads hung down.

The fairies could hear the bulldozers coming from miles away. Flutter was crying, as she was about to leave with the rest of her family and friends -- but something stopped her. It was a voice.

"Flutter, I made this land for everyone to live in peace and harmony, but if you leave you will not

be doing your part." The voice said. "You are a fairy, and if you

do this I will give you the strength you need to help your fellow fairies, only if you realize not all humans are bad."

Flutter agreed to give the humans a second chance and the voice agreed to give her strength.

She went by the bulldozers and held up a rose in her hand. All the bulldozers stopped. The floor was suddenly covered in mud.

"You told me that this land was perfect, not covered in mud!" the man screamed. Then in the corner of Flutter's eye, she saw a little girl. She approached the child slowly and the child looked back.

"Are you a human?" Flutter said. The little girl nodded.

"Are you a fairy?" The girl asked. Flutter nodded.

"My name is Em, want to be my friend?" she said. Flutter nodded and realized this human did not want to attack her or hurt her. She smiled as the little girl agreed to keep her new friend a secret, and the fairy saw that not all humans were bad -- some humans treated the earth with more respect than even the fairies. She also realized the voice that was talking to her was God. She continued talking to the voice and even started praying to him and worshipping him, she even began introducing some of her friends to him. They lived happily in the meadow for a long long time.

he asks her to travel with him -- that's selfish.

Meanwhile, the Happy Prince lives in the palace -- he has never heard about pain or the poor. When he dies, he is built up as a statue covered with fine gold. Standing up on the high hill, the statue becomes the sign of the city. He finally gets the chance to know pain and the poor.

The swallow comes, and they start talking with each other. The swallow tells the Happy Prince about the beauty of the Nile, the large lotus flowers, the happy life. And the Happy Prince tells him the story about rich and the poor. He asks the swallow to give the ruby, the sapphire from his eye, and the gold from his body to the poor. After all that, the Happy Prince becomes a blind, ugly, metal statue.

The swallow and the Happy Prince get to know one another, and this slows down the swallow

from travelling south. The swallow realizes his death is coming soon -- it's the end of his life, so he asks to kiss the hand of Happy Prince. But the Happy Prince says, "You should kiss my mouth, because I love you." The swallow kisses his lips quickly and dies beside his feet. The heart of the Happy Prince is also broken into pieces -- just like the famous quote by Oscar Wilde: "The heart was made to be broken".

The story is beautiful, the diction is fancy. The story is ironic because it is about a rich man (the Happy Prince) showing empathy to the poor man (the swallow). But, I cannot see any "comments" about the love between the swallow and the Happy Prince though his words.

The end of this story is: the ugly statue has been destroyed and rebuilt. The heart which could not be melted has been thrown away with the dead bird

beside the trash bin. As the most precious thing, both of them have been taken by the angels. The swallow starts singing in Eden, and the Happy Prince lives in the gold city, worshipping God. I'm not sure if this ending is a sad one or a good one. And I'm not sure if the swallow likes the Nile better or Eden. I seriously doubt the Happy Prince is happy to be back to a "golden city" surrounded by endless wealth.

Wilde used to say: "There are only two tragedies in life: one is not getting what one wants, and the other is getting it." So I guess the only happiness is the pathway between "getting it" and "not getting it."

Wilde was talented, and he had no shame in calling himself a genius. "The public is wonderfully tolerant. It forgives everything but genius." He said.

KEVIN  
ZENG



# Oscar Wilde

Oscar Wilde has written many works in his short legendary life. But I've barely read them because most of the things I've heard about him was just gossip. He was impetuous and talented. The first time he travelled to the U.S, a customs officer asked him if he had anything to declare. His brief response, stated with pride, was: "I have nothing to declare except my genius."

He was successful in every place, novella, short story, and poem. "Famous and successful" is the best description of him, he even became one of London's most

popular playwrights. But he was taken to court because of his special "friendship" with some guy. They put him into prison. After that, he lost everything -- his wealth, his family.... Oscar Wilde used to say: "I'll be famous, and if not famous, I'll be notorious." I guess he did become notorious.

Most of the reputation of Wilde (good or bad) came from his life, his works are not what continues to make him a well-known person to this day.

I still remember that afternoon when I opened his short story "The Happy Prince" -- it was a rainy af-

ternoon, the best mood for this story. I think this is one of his most famous works.

A swallow who has no experience about relationships falls in love with a reed. He asks her for love but finds out that the two are not compatible. He thinks the reed is cheating on him with the wind.

We can forgive him for his misunderstanding of love. But his love is blind, his love is selfish, -- he knows the difference between himself and the reed, but still asks her for love. He knows that the reed cannot leave that place, and he knows that the reed cannot leave her home. But still,

▼ Oscar Wilde





It's the New Year, guys! We made it through 2017! Many things happened for different people. Whether it be a new relationship, a breakup, or you got your teeth pulled out -- it happened. And through all of those good times and bad times, who was there for you? Congratulations! You guessed right. Your friends were. People tend to under-appreciate their true friends, but love off their fake ones. And when the the New Year comes and they switch up on you, you cry into your true friends' shoulders saying, "I just thought they were real, you know?" Well, in this article, I'm gonna show you how to look out for fake friends.

There are some signs to look out for if you are making sure a friendship is real. For starters, notice how the friend makes time for you or doesn't make time for you. Really watch for it when you and a friend are talking. Are they listening, or are they just hearing? You could be telling your friend that you failed your chemistry test and they might just look at you, nod and say "That's great!"

Unfortunately, that's a sign that points out that your friendship is not so great. Another thing to look out for is if a friend only talks or hangs out with you if it benefits them. For example, if you have a nice box of Popeye's and you walk into school with it, you might as well be

voted Homecoming King or Queen. People you haven't talked to in a billion years start talking to you about past memories that never happened!

Or maybe you're friends with a person's crush, so they use you to get closer to them. These are terrible bonds. You know why? Because the next day, another person will walk into school with pizza and apparently they share



the same memory as you and your "friend". This is called a "give or go" friendship. If the person doesn't get anything, the friendship doesn't mean anything.

One of the worst experiences to have in a friendship is when a "friend" will only acknowledge your very existence when there is no one else to witness them interacting with you. That often means that they are embarrassed to be your friend. They don't want to hang out with you because they feel as if you will put a dent in their reputation. Let me preach to you guys for a second: the Bible says that God spits out the lukewarm. He wants people to choose in or out,

hot or cold. It's the same with friendships. You cannot be a friend indoors and a stranger outdoors, the same way you can't act like a Christian indoors, but be a different person outside the church doors. If a "friend" won't be seen with you in public, they shouldn't be with you in private.

A real friend implies to you that everything revolves around them. Not really --

that a trait of a fake friend. Let's say that a teacher is allowing you to finish your test, but you can only do it at a certain time or you lose your chance. You have five minutes to get to the class and you are almost there, but your "friend" runs up to you frantically and tells you that something is wrong. You believe them and you drop your things and go with them. They take you to the washroom and your heart stops from what they are about to tell you.

"O my gosh, I broke my nail opening a door!" or if it's your bro, "Fam, do you have an air pump? My ball is flat." You try and explain to them that you have a test to go to or you're gonna fail, and

they show no sympathy. They just explain to you, "Bro, ball is life." That's a double whammy right there. You just failed a test and found out that your friend is trash. Oh, and don't forget, if you don't help them, they throw the guilt card at you.

Like, "So our friendship means nothing then," or "I would help you if this happened," even though we all know they won't do a thing.

There's a saying that goes, "There is nothing tougher than a diamond." I personally treat friendship like a precious diamond. If the relationship is real, it won't break under pressure. But if it's a fake one, it will shatter quite easily. If you feel unsure about

while on the other hand, your friend has forgotten you were even born.

Second of all, if that friend betrays you, you are gonna be depressed. That's bad. For you to have a good friendship, your values have to be intact. You can't have a good relationship if you don't know WHAT is good. What is good is a relationship with God. Proverbs 18:24 says, "One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother." That friend is Jesus. He will never let you down. He is your forever friend. Have Jesus as your friend and all relationships will fall into place. You can't have a friendship if the boat has a hole. The ship will sink very quickly. So

# IS IT REAL, OR NAH?

a friendship right now, there is a high possibility that it's a fake one. Therefore, don't put all your trust into that friend because they are bound to backstab you. A big mistake that many people make is that they revolve their lives around their friends. That is very unstable. First of all, high school is only for four years (unless you fail a grade). Your friends will move on in life with or without you. You could be making an effort to keep the friendship because it's the centre of your life,

patch it up or get a new ship and have smooth sailing with Jesus as the Captain.

*"True friends are there when you need them and when you say you don't need them, but you kinda do."*



# January Contest

*How many times does the below picture appear in the January issue of the Cedar Sentinel? (The below picture counts also.)*

*Add them up, then drop the given sticky notes (on the Cedar Sentinel table) into the box with 1) your full name and 2) your answer.*

*If you are among the first **three** people who are drawn out of the box by Alannah and Kacey, you will receive a prize.*

*NOTE: We will be taking out names that appear more than once in the box.*



SETH  
DORION



# The Dorm Life

The dorm is a special place, and nothing else quite creates the same atmosphere. For many, the dorm is a place to just eat, sleep, and do homework -- but for those who build relationships with the people that they see on a day-to-day basis, the dorm is much more to them. It is more of a brotherhood than anything else. For me, I see the dorm as a place where I can be around all of my best friends, but can also find privacy in my own room, away from everything else when life gets too busy. All of my friends

that live in the dorm make this place a home away from home, and I would hope that I give others the same effect. The bond between school friends and the bond between dorm friends could not be more different. We get a break from friends of the community, but our dorm friends become more like family. Sure we argue, but at the end of the day, we are happy to have them as a dorm family. The bond that we have is something that brings tears

to most of our eyes when we think about graduation and leaving all of the good times as a dorm family behind. That will be a difficult day for most of us -- and not just because we are leaving to start a new life somewhere else (whether it is at university, college, or anywhere else), but because we will miss each and every one of our friends from the

dorm immensely. For some of us, thinking of life without this dorm is hard to imagine because we have spent every waking hour in this place and have grown accustomed to it. All of the memories we have made here will never be forgotten and I guarantee that twenty years from now, at our reunion, we will be able to pick up a conversation with each other right where we left it off years ago. The diversity of this place truly trains us to accept everyone for who they

are because at some time or another they become part of a close dorm family, whether it be grade 12 or grade 9, black or white -- we all see each other as the closest family besides our direct family, but for some without a direct family, this takes the place of that. Even though we see each other every day and don't think anything much of it, we sure will when we leave this place.

This place marks a milestone in each and every one of our lives, this is where we learn to become men (in the boy's dorm -- women in the girl's dorm) and become

less reliant on our parents' presence in life, learning to handle things on our own. The dorm teaches us what we choose to get from it, and you can choose to either learn a lot while here or choose to learn nothing. Some of the things that it has taught me would include how to live in close proximity to lots of different people. It has taught me how to live on my own and away from my parents. It has taught me how to budget money and it has shown me exactly what



necessities are and what things I truly do not need. The dorm also seems to bring people closer to God in the good times as well as the hard times, because at the end of the day everyone needs a relationship with God to get them through life. There is a certain part of this building that,

in our loneliness, draws us closer to God. Being away from parents there is a void that becomes filled by other sources such as close friends. There is a sense of safety that you feel in this building when it is filled with friends that make you truly want to be here, regardless of all the downsides to

being in the dorm -- like public showers and washrooms, as well as having one water fountain and having to share everything -- but maybe it is a good thing that we learn how to share with one another. Overall the dorm is a family that will never be forgotten.

