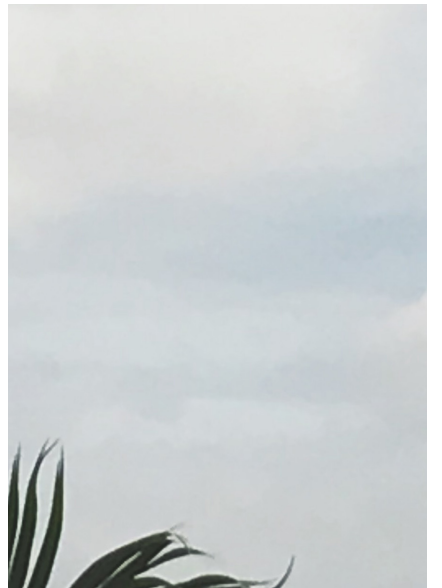
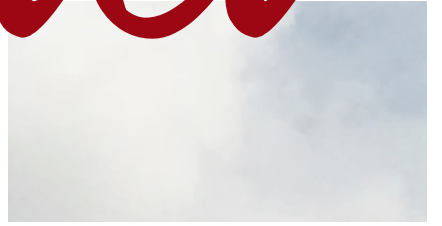
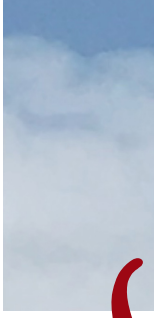


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editor messages

ALANNAH
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EDITOR IN
CHIEF



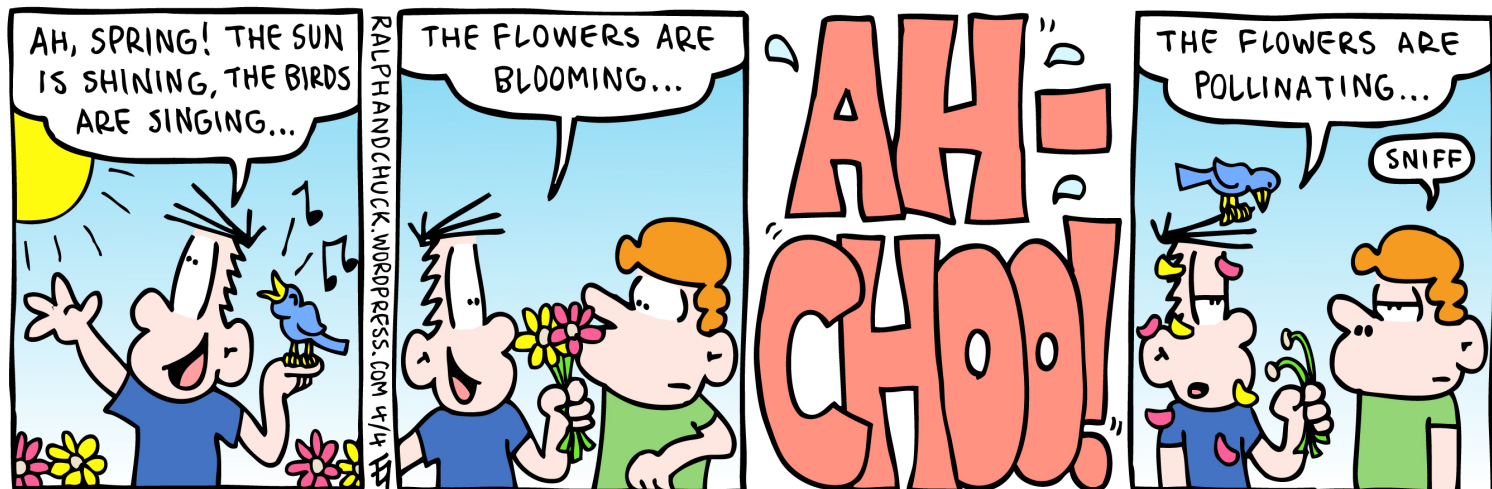
Hi everyone,

Welcome to May's edition of the Cedar Sentinel. This month we've got quite a few articles and contributions, so please take your time and enjoy reading them. (:

This month has been a good one. The weather has finally gotten better, which is great. Lots of things have happened, and (for me at least) things have just begun to slow down to a more relaxed pace. (Which will be picked up again in just a few weeks -- even though I'm pretty checked out for the summer already.) I hope school has been alright for y'all as well. It might be tiring, as school always is, but just continue at it; we're so close to being done for the year.

Alannah Tjhatra

may funnies



prize winners

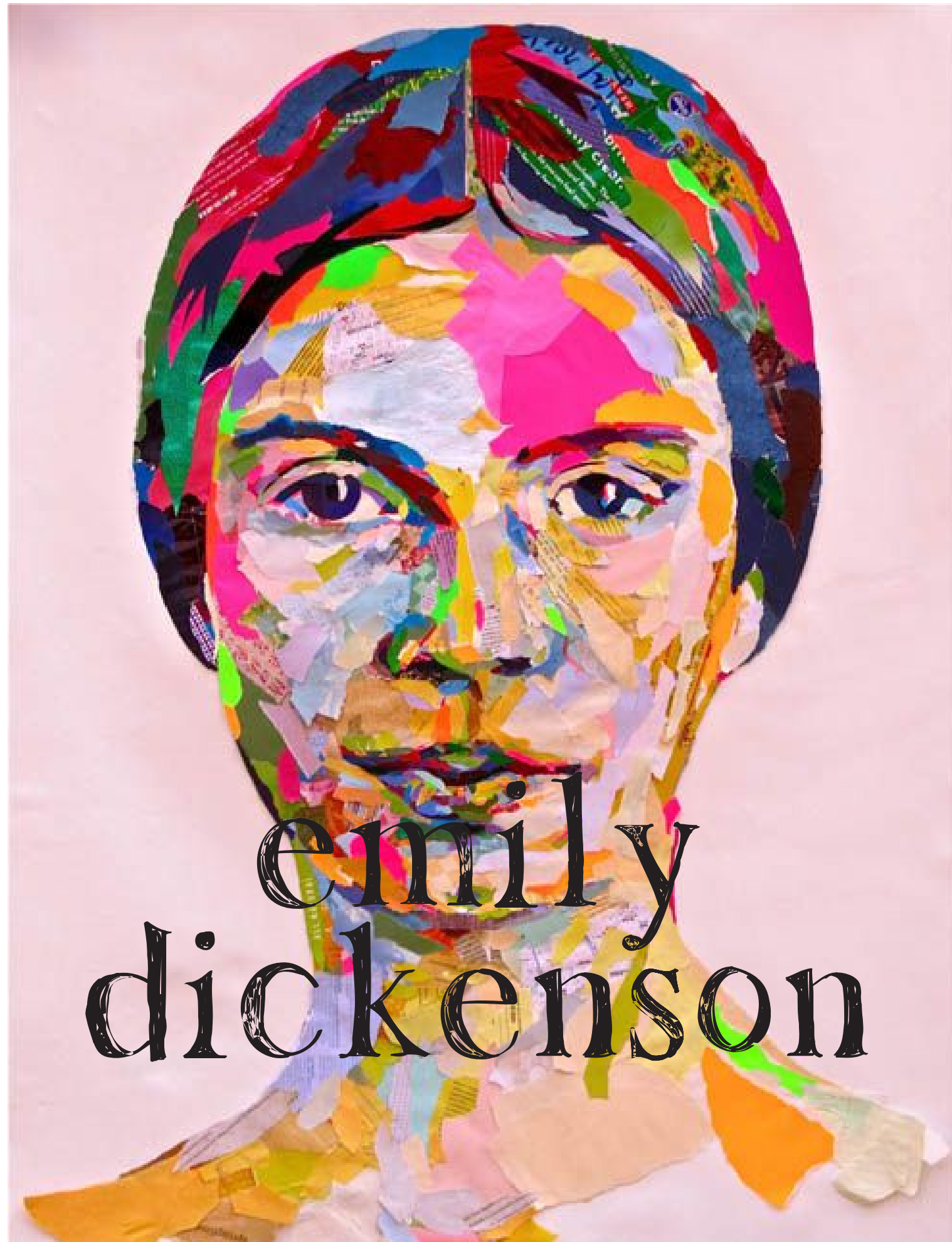
Congratulations to Rebecca Nurse for winning April's contest! Be sure to check the Cedar Sentinel for future contests, games, and draws.



may contest

Do you know the birth months of these three teachers? Please email cedar.sentinel@gmail.com with your answers. If you are among the first three people to get all three of them correct, you will receive a prize. Good luck!

Ms. Parkes
Mr. MacDonald
Ybb



EMILY
KUCHURIVSKI



12 Facts About Emily Dickenson

1. she was an american poet in the mid-18th century.
2. her mom's name was emily.
3. she wrote nearly 800 poems in the span of 7 years.
4. emily basically lived under a rock, talking to people only through closed doors.
5. about 7 of her poems were published when she was alive, but she became famous only after her sister discovered 1800 more poems.
6. in fact, during her life, she was more known for her gardening than her poetry.
7. her house is now a museum in massachusetts.
8. benjamin newton, a close friend of hers, died on march 24 (my birthday), 1853.
9. she might have had a crush on her brother's wife.
10. lots of her poetry was influenced by the book of revelation.
11. she fainted while baking in 1884. (don't worry, she survived)
12. society considered her work (all 7 of her published poems) strange and rebellious because she didn't fit the societal "norms."



Emily's 6 Best Quotes *(in my opinion)*

"forever is composed of nows."

"hope is the thing with feathers that perches in the soul - and sings the tune without the words - and never stops at all."

"if i feel physically as if the top of my head were taken off, i know that is poetry."

"hold dear to your parents for it is a scary and confusing world without them."

"i am out with lanterns, looking for myself."

"a wounded deer leaps the highest."

4 Things We Can Learn from Emily Dickenson

isolation sprouts creativity.

since emily spent so much time in her house - alone - she was able to really hear herself. she became in tune with her thoughts and ideas, and was able to focus on her poetry.

legacy doesn't require you to be a celebrity.

when emily was alive, people had no idea that her work was going to be praised many years later. she herself had no idea that people were going to be writing articles and doing projects about her so many years later! all she did was write and write and write and write and write. she poured herself into the thing she was most passionate about, even though society and her own friends thought her work was strange.

anything can be dangerous.

emily fainted while baking. while no place is completely free of danger, it's important to remember not to live your life in a protective bubble.

live every day.

in one of her most famous quotes, emily said: "forever is composed of nows." in a life that's always moving, it's important to slow down and relax: to live in the moment. disclaimer: studying and school isn't all there is to life! don't get me wrong, they're very important, but don't forget to live every day spontaneously! ■

SAVION CALDERON



There have been many movements in the most recent years. We have the feminist movement, which fights for the equality of women in the workplace and in society. Feminists wanted to be treated equally to men and be given the same opportunities -- that is a tremendous thing, and I believe it should be applied in our world. We have also had the "Beautiful in Any Body Size" movement, where women and some men fought, and still fight, for the opportunities to be appreciated no matter what size they are. They disagree with the status quo that says you need to be a certain size or look a certain way in order

to be beautiful -- these people believe they are beautiful and should be treated so, to which I say, "Good for you."

But one thing that no one talks about is the problem facing a large portion of society: the underweight, skinny, and lanky people.

"Being one of the skinniest people at Kingsway College, I believe I have acquired the right to talk about the hardest struggle in my many years of life."

Being one of the skinniest people at Kingsway College, I believe I have acquired the right to talk about the hardest struggle in my many years of life. It is pretty hard being tall

and small -- one of my greatest nightmares is shopping. Have you ever been in a store full of amazing clothing, and you are all excited...but you can't even wear anything there? It is not because you are broke, it is not because the clothing isn't Kingsway appropriate -- it is

because the clothes just can't fit. You walk into the change room, change, and find that it is like wearing an extra large garbage bag with a logo. You look like a clown with enormous feet walking around in front of

a mirror. It is discomfoting to watch all your friends look like supermodels in their Nike outfits while you look like an Oompa Loompa. Imagine always needing to assume a belt,

even if you're wearing sweats. I have to keep my jacket on 24/7 just so people won't call me malnourished.

Once in a while, I find really good clothes that suit me. It almost seems like it was made by skinny people, for skinny people. But they forget that many of us skinny people are tall like a palm tree. It is almost like the fashion companies of our world don't want guys under 140 pounds to find wives. It is so burdensome for me to look half-decent, and this needs to change. Honestly -- if you obverse someone who looks attractive and they are skinny like me, please tell them -- it will really make his or her day.

The second struggle I have undergone in the most recent years of being skinny at Kingsway College has been the jabs and the insults. One time I was joking around with my good friend in marketing class. I was trying to be nice and compliment her because she looked like a beautiful Lululemon model in her expensive outfit. Before the

compliment left my mouth, this girl I cannot name (Faith) squashed an insult on me that I will never forget. She yelled at the top of her voice, "SAVION YOU NEED TO SIGN UP FOR GOODLIFE FITNESS!" Those words have echoed in my head for many countless nights. No one stood up for me. I was left to be the laughing stock of my whole class. I have tried working out, but my body eats those muscles like a

kid devours candy. Once I was in the locker room and everyone was investigating my small stick legs as if I was in a zoo or a museum. I normally like being the centre of the attention, but being teased isn't that fun. You might be like, "Eat Savion and you'll get bigger," but that is easier said than done. I have a high metabolism, so even though

the struggles of being under weight

I eat non-stop all day, I will still stay skinny; I might even get skinnier. I eat more than anyone, I EAT EVERYTHING! Still, my body stays looking like a lanky like a starving Somalian pirate.

Another thing you need to know about skinny people is that we have feelings; words hurt us and we are self-conscious, just like people who are overweight. We don't have special privileges; we are just see-

through so you think we do. No one likes to be teased or made fun of.

One of my last struggles has to be the wind. Last month, Canada went through a windstorm; trees were being flung up from the ground by the roots and roofs were being lifted up from houses, and my lanky self was walking home in this geo-storm disaster. I am not even lying when I

tell you I was caught up in the clouds to meet the Lord in the air. I swear to you, I was lifted higher than 5 feet in the air. I'm not lying -- I really started to pray like I have never done before. It was like the secret rapture happened right on our campus. I had never felt so close to God like that before. And honestly, I hope He changes my body when He comes because that wind was terrifying.

To conclude, I would like the readers of this paper to be kind and considerate. Put yourself into a skinny person's body; I would hope you start caring about the men who get teased or mis-

treated just because you couldn't appreciate their ribs. I would love for clothes to be made for men whose legs are nonexistent. We should stand up for people with no bodies as much as we do for people with a lot more bodies. Let us all be kind and stand up for the skinny guy. ■

Author's note: This is a satire, don't take it personally.



my favourite animals

-- Some interesting facts about God's creatures --

ZEBRAS

Zebbras live in the grasslands of lower Africa and feed on plants as well as the fruits and vegetables they produce. zebbras are 6 to 8 feet tall and can weigh up to 770 pounds. Every zebra has its own unique pattern of stripes -- similar to the human fingerprint. The stripes allow the zebbras to camouflage from predators like lions and also avoid bugs trying to bite them. It has always been believed that zebbras have white bodies with black stripes, but when taking a closer look, scientists have found out that it is actually the opposite -- they have black bodies with white stripes. Zebras also have great eyesight, with their eyes located on the sides of their head, allowing them to have a wide view of potential predators. They can also turn their ears in almost any direction, which is also helpful in recognizing predators.



COWS

Cows are my next favorite animal, and, like zebras, they live in grasslands. They are located all around the world in warmer climates. Cows feed on grass and plants and spend about eight hours of their day just eating the grass around them -- they consume about 100 pounds of food per day. Cows typically live for about 18 for 22 years and are pregnant for 9 months, just like humans. Cows are about 58 inches tall and can weigh up to 3000 pounds

(but on average they weigh 1,200 pounds.) Cows have an excellent sense of smell and can smell things up to 6 miles away. They also have very good eyesight as they obtain 50% or more of their information through their eyes alone. Cows have almost-panoramic vision. They have 4 stomachs in order to allow their unchewed food to be completely digested.

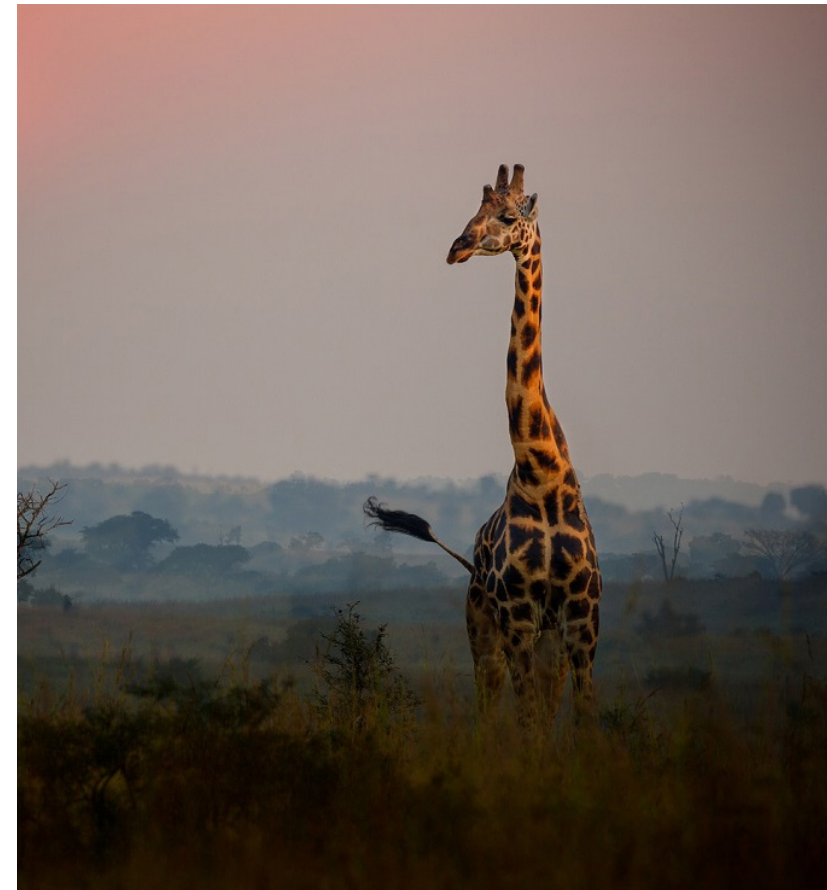


SHEEP

My next favorite animal, sheep, live in the grasslands all over the world. But, they originate from Asia, Australia, and Europe. Sheep are herbivores so they live solely off of plants. Sheep also have complex digestive systems like cows -- they too have 4 stomachs, which allow them to digest the cellulose in the plants they eat. Sheep were one of the first animals to be domesticated for human use, for wool, meat, and milk. Sheep weigh from 200 to 400 pounds and they live for about 10 to 12 years. Sheep have great hearing, but even better eyesight. They have horizontal slit pupils which allow them to see behind themselves without turning around. Sheep are almost always seen in flocks.

GIRAFFES

Giraffes live all over Africa in the dryer parts. They feed on all plants, especially the leaves and twigs from acacia trees. Giraffes range in height; they are usually between 14 and 18 feet tall, with the tallest recorded giraffe being 19.3 feet tall. Female giraffes can weigh up to 4000 pounds and males can weigh almost 2000. Giraffes have large, bulging eyes that are located on the sides of their head. They have the ability to close their nostrils in the event of sandstorms and ant attacks. Giraffes' tongues are about 18 inches long and are dark purple or black in order to prevent sunburns. Like zebras, the pattern of the giraffe is used as a camouflage from predators. The neck and legs of the giraffe are the longest parts, the neck ranging from 6 to 9 feet itself. Giraffes can live for up to 26 years.





KOALAS

Koalas live in eastern Australia and are only located in Australia. This is where they feed mostly on eucalyptus trees. Because these plants don't provide much energy, koalas spend most of their time sleeping -- about 18 hours. For the rest of the time they are awake, they are eating. Koalas eat about 2.5 pounds of food per day. They weigh about 20 pounds and can live for about 20 years. They are pouched animals -- after the baby is born, the mother carries it around in its pouch for 6 months, and then it rides on her back until it is about one year old. Koalas are seasonal breeders and cubs are born in spring through early summer.

I hope you've enjoyed this article, and hopefully, you've learned some new things about these creatures! ■

CARALYNN
CHAN



international worker's day

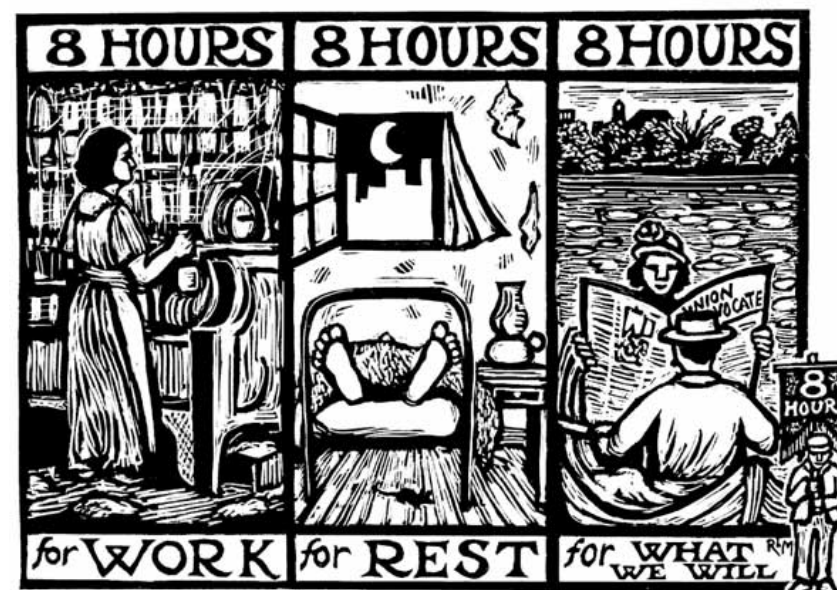
I often find great joy in researching certain holidays or celebrations around in the world. One of the celebrations that piqued my interest was International Workers' Day, which occurs on May 1. This celebration has a bit of a dark origin. The date was chosen by a pan-national organization comprised of socialist and communist political parties to commemorate the Haymarket affair. On Tues-

day, May 4, 1886, a peaceful rally took place in Haymarket Square, Chicago. It was in support of workers striking for an eight-hour work day. (Back then, there were terrible working conditions. For example, the working day could be between ten and sixteen hours.) It was also in reaction to the police killing some workers the day before. During this rally, an anonymous person threw a dyna-

mite bomb into the peaceful strike -- soon, it became a riot. Many workers around the world were given the legal eight-hour work day which would regulate the length of a working day, preventing the chance of excesses and abuse.

Here at Kingsway College, we are given the wonderful opportunity to work in various parts of Kingsway to decrease our tuition slightly -- this is done through the

Student Work Program. Luckily, as students, we are not required to work eight grueling hours a day. Still, working can be quite stressful at times. I gladly work as one of the choir pianists at Kingsway under the supportive leadership of the choir director Mr. Sola. Each week I am required to work a grand total of four hours. For two hours I would be practicing a choir song that Mr. Sola has given me to play. The next two hours would be for sorting choir music in the Choir Archives room, which is to the right of the Communications room. My work



may not be as tedious as janitorial work or maintenance, but there have been ups and downs.

I vividly remember the first day I played in choir (this counts towards my work hours for the week.) Previously, the choir was focusing on sacred songs for church because we had some performances at a few local churches. The piece Mr. Sola gave me was 'Sweet was the Song.' This was a Christmas song that we did not look at before because it was a female-only song, consisting of the first soprano voice, second soprano voice, and alto voice. Since we didn't practice the song a lot previously, and the Kingsway Christ-

mas Concert was approaching, Mr. Sola decided that we should practice 'Sweet was the Song' for the entirety of choir class. It wasn't a problem, but playing the same song for over an hour can become quite boring -- and the singers can possibly lose interest. Nevertheless, I started playing the individual vocal parts for each of the voices. I kindly asked one of my fellow choir workers to turn my pages for me. Midway through the piece, the choir worker who was helping me turn pages left to use the washroom. That was a bit stressful because it's difficult to turn

ing all the commotion. Gasps were elicited from the girls in the choir room -- a choir member had fainted in the middle of the song. People were crowding around her and trying to see if they could help. The nurse came to the choir room soon after hearing the news, and Mr. Sola told us to evacuate the choir room early so that they could bring the choir member to the hospital. There were two ambulances waiting in the parking lot for the two choir members who had fainted. I distinctly remember walking out of the choir room in a groggy, hazy state. I gazed outside and saw the flashing lights of the ambulances distracting me.

Dazed, I asked myself to try and lighten the heavy mood, "Was it my piano playing? Was it really that bad? Will that practice count for at least 30 minutes of work?"

I quickly prayed that both of the choir members would be alright and come back to school as soon as possible. Luckily, both of the choir members who had fainted came back to the welcoming arms of Kingsway College not long after. Since then, we have never played only one song for the entire class again.

In Canada, instead of celebrating International Workers' Day on May 1, we celebrate Labour Day on September the 3rd. Regardless of where you work -- whether it be in maintenance, or any of the offices, or who you work for, be thankful that we do not have to work ten to sixteen hours a day or protest for an eight-hour workday. Remember to work wholeheartedly and not slack off while working.

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

- Colossians 3:23 ■

your own pages when playing a fast song. I continued playing. Soon we heard news from one of the choir members that my fellow choir worker who had gone to use the facilities had unexpectedly fainted. An ambulance was coming to bring my fellow choir worker to the hospital. There was a sense of pandemonium and curiosity that filled the room, but Mr. Sola was fiercely determined that we should continue choir practice. A few minutes later there was a deafening slump that occurred in the choir seating area. I abruptly stopped playing the song and peered over the top of the piano to see what was caus-



the most annoying things parents say

ONE: "NO TEXTING AT THE TABLE"

Almost every teen is familiar with their parents repeating this phrase over and over again. I understand the motive behind it because dinner is supposed to be a time to spend interacting with family. However, that is not the case at my house. My sister is away at university, my dad is at work, and my mom is always watching T.V. -- therefore no one is actually engaging in any conversation. In the midst of it all, my mom still has the audacity to tell me to put away my phone when I'm at the table. Considering the fact that I was the only one at the table and she was entertaining herself with T.V., I asked her why watching T.V. was ok but me scrolling through things on my phone was not. To this, she said, "Because I said so." -- The ultimate worst excuse known to teens.

TWO: THEY CALL IT ARGUING BUT YOU CALL IT EXPLAINING.

Everyone has been in a situation where your parents sit you down and lecture you forever. After listening to their long speech, you open your mouth to explain your side of the story and they shut you down like a light switch. They accuse you of arguing with them when you didn't even get a chance to *explain* yourself. I thought communication was a two-way street -- I guess not.

THREE: "BACK IN MY DAY..."

I don't know about your parents, but my mom and dad love that phrase. Whenever I complain about anything, they remind of my ungratefulness and the struggle they had "back in their day." For example, last week my mom called me from my room to pass her the phone that was less than a metre away from her. As soon as I opened my mouth to complain, my mom called me ungrateful and started talking about the days of her youth.

"Back in my day, we had to walk ten billion miles to school and back on an unpaved road." All I was thinking was, *If you can walk that far to school, why is it such a task for you to get up and get the phone yourself?*

FOUR: "BEEN THERE, DONE THAT"

This phrase is commonly used when I reject my parent's help. One time my mom came into my room and offered to keep my phone while I studied. I told her it was okay; it wasn't distracting me. Her whole countenance changed and I knew she was preparing to speak her famous lines. "I have been there and done that. It is up to you to take my advice." *But were cell phones even invented in her day?*

FIVE: "MY HOUSE, MY RULES"

Since when did the ownership of a building give a person the authority to build a dictatorship?? **This is not Trump and America.**

SIX: "I'LL GIVE YOU SOMETHING TO CRY ABOUT"

This phrase is normally said when I am sniffling and crying in a corner. I do not understand why parents lack so much common sense. I am already crying, therefore you have already given me something to cry about.

- In conclusion, parents are very loving people that have their children's best interests at heart. There are times when their phrases get redundant and annoying, but they are said out of love. Who knows -- when we grow up, we might end up saying the same things to our kids. -



theatre performance in toronto

W*icked*, a famous Broadway musical, is based on a book written by Winnie Holzman. It is being released at the Ed Mirvish Theatre of Toronto in the June of 2018 and will be playing there for two months. Ginna Claire Mason, ated from Syracuse BFA Music Theater) who will play the part of the wicked witch “Elphaba.” Catherine Charlebois is an actress who was born in America and is best known for her portrayal of Nessarose Thropp in the musical *Wicked*. During their tour (which



a young actress born in New York, plays the part of the bubbly, bright “Good Witch of the North” in this musical. There are other characters in the musical, such as Mary Kate Morrissey (who gradu-

is still ongoing), many fans of the musical were invited to visit the production behind the scenes. They wanted more people to know the story behind musical theater actors and musicals.

Mrs. Ellen Stewarts is a young mother who lives in Toronto; she is a musical fanatic who has seen many famous musical performances. Mrs. Ellen Stewarts watched the musical in Toronto and said:

“It was the first time I saw my favorite musical in my hometown, and the third time I watched *Wicked*. This musical has been very popular because of the beautiful stage and fantastic music. My daughter Jessica really loves this musical.”

Jessica Stewarts, a 14-year-old girl, said: “My favorite character is Glinda because she is a good witch, and her dress and crown are so pretty.”

Wicked, the Musical is a story about friendship that is really beautiful; it really touches people’s hearts. Each character has

a very distinctive personality trait and a pure friendship. The brave hero in this musical makes it even better for children.

Ms. Susan Hilferty is the costume designer of this mu-



sical; she talked about some of Glinda’s costumes. The crown that Glinda wears is made of Swarovski crystal. The blue princess dress weighs 40 pounds and is worth \$15,000. It is the third most expensive costume in this musical.

Musicals are different than movies -- they need the musical actor to dress up fast to en-

sure the continuity of the storyline onstage. For example, Glinda has had to change out of a costume in 45 seconds after the opening of the show; there were two people who helped her change clothes and walk. Also, inside the blue princess’ dress is a carabiner that hooks into the bubble to make sure the actor will never fall. ■

SANDRA
NGENGE



balancing school & spirituality



Let me set up a scenario: a new student from a public school in the city comes to a small Christian private school in the middle of nowhere for their first high school experience. Oh, and their dorming at said school, which is far from home. Sounds familiar, right?

Being a Kingsway student it extremely difficult for those who are alienated by change. Being someone who was always at home with my friends, I had absolutely no intention of trading that for a foreign place where I knew no one and vice versa. That being said, my mother had other plans, and so did God.

I was your typical Adventist --

“born in the church,” “regular attendance on Sabbaths,” and “mild faith” were all boxes that I checked off. That was just how things were for a long time -- stand and sing for a while, kneel and try not to nod off while the elder drones on in prayer, and try your best not to let your grumbling stomach distract you from what the pastor is saying -- repeat next week.

Kingsway was an anomaly to me. There were young people who were up every week talking about God, awesome praise and singing, opportunities to learn about how to read the Bible, and chances to learn how to make God more than just a dude in the sky who sometimes grants our requests.

But with all new things, the more time spent in a place, the duller it becomes. Kingsway was once a refreshing burst of air, but soon it became just another routine for me -- wake up, go to class, end the day with worship, repeat. I had come back full circle to the place where I was before I came here.

And to be honest, it's still this way

right now.

I'm not here to just rant or state the obvious; no place on this earth is immune to the deadly disease of complacency. When things happen at a consistent rate, it becomes the standard for most of us. This is dangerous for us as Christians because it makes us comfortable where we are and dulls the fire that the Holy Spirit could have given us. I personally struggle on a daily basis with this, and I know others who deal with this as well.

So how do we combat this?

1. Pray every day.
2. Study with others.

3. Make a plan.

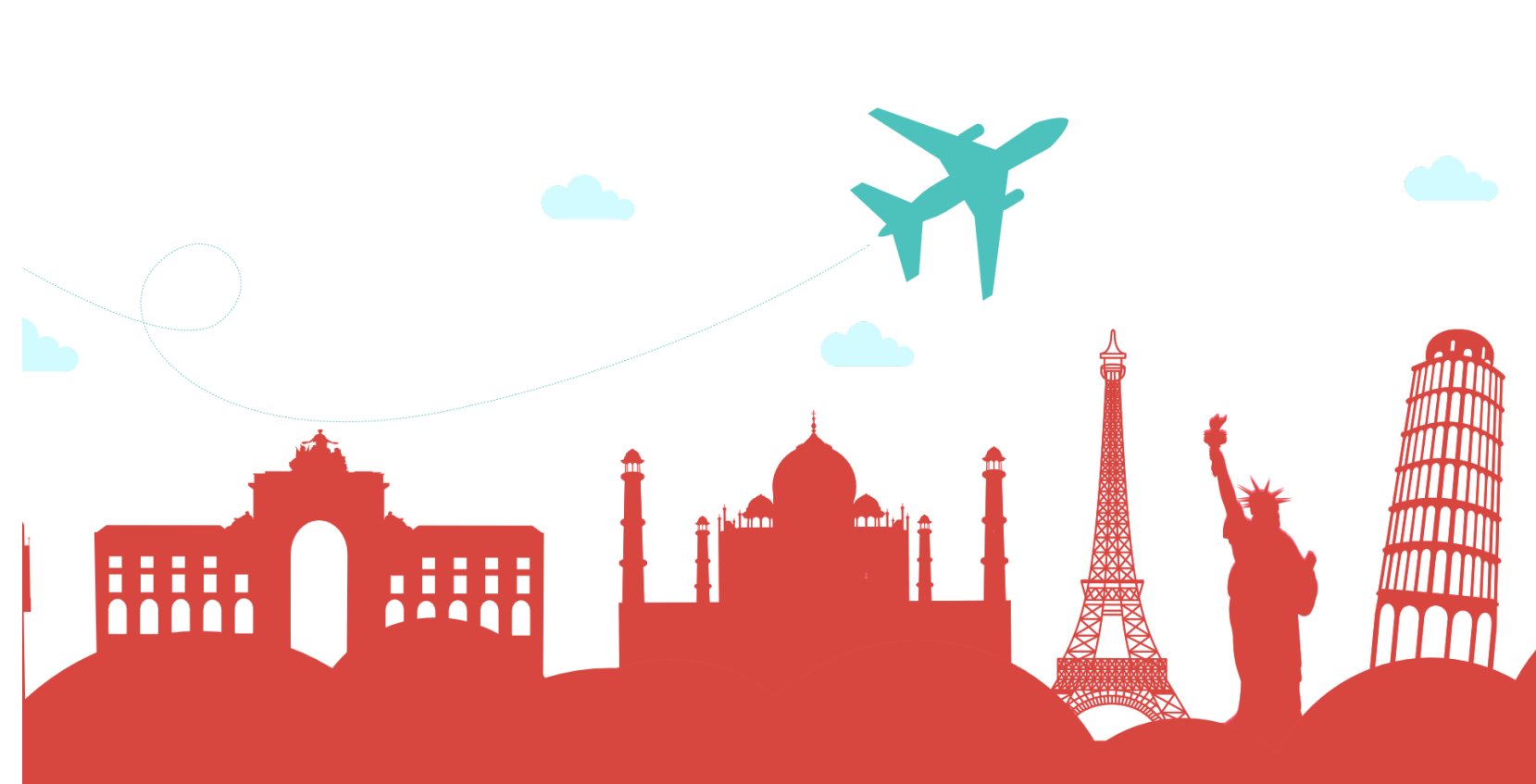
Scientifically, prayer/meditation mirrors REM (rapid eye movement) sleep, which is the best type of sleep there is. Taking time to pray is a challenge for most since it's tedious for those who are not used to doing it. This doesn't mean it isn't effec-

tive -- I cannot tell you how many times things have seemed to go way smoother after a quick prayer.

To come back to the “school” aspect of this article, studying with other people aids with retaining information and you can learn something from your friend that they already know. Pro tip: saying a prayer before studying can also help.

Making a plan for anything leads to success. Having a visual of where you want to be is proven to boost your motivation and make it easier to make it through something, by seeing the end goal/reward.

Overall, balancing school and spirituality is a difficult feat. Those who are able to do it are incredible; some of us need to put in more effort and care than others. Being discouraged is totally okay, it's even natural. What we do when we're down is what really counts. Staying down in your problems isn't what God wants for us. He wants us to reach out and ask Him for His help. So hang in there and keep fighting until the time comes when we can leave this place and go home. ■



outlooks, cultures, and activities; they have the opportunity to see new terrains, natural wonders, and landmarks of this brand new country. Furthermore, when students arrive in their new host country, they will be fascinated by the distinct cultural perspectives, discover different customs, and experience new traditions and social atmospheres. One will never be familiar with a city by reading a book about it. When people travel to a place, they should be able to walk around by themselves so that they can truly experience what it is like being in that new city.

Secondly, **studying abroad can help children to become independent as well as foster problem-solving skills.** Parents always hope that their child will stay under their wing so they can provide nourishing food and care for them anytime they need help. However, parents should know that their child will become an adult one day, ready to start down their own path. If they

always live under parents' wings, it will not be easy for them to face challenges and live independently. The only way this can be changed is by letting children leave their parents to make their own decisions (with parents' advice, of course.) Going abroad is one opportunity for children to develop important life skills, from problem-solving to independent thought and action. Use my experience as an example: I never knew how to cook when I was in China because, as a student, I was so busy with homework and tests every day. My mom always got everything ready for me. After I started studying abroad, I had to try to cook for myself if I wanted a homemade meal.

Third of all, **children can obtain a good education and learn some valuable life lessons.** Students can potentially enroll in a course that might not be available in their own country. Also, it will show students how other cultures perceive that subject. This is one important les-

son on any subject, and it will allow students to further their academic career. Studying abroad may sound trivial, but you will have a great sense of freedom.

However, studying abroad causes people to have to leave behind their existing friends and families for a period of time. This is hard to do, particularly if you have never been away from home for any great length of time. Even though it is hard to leave families, students can still go back home during the holidays.

In conclusion, the issue discussed above is a contentious one. Different people hold different opinions about it because of their various educational backgrounds. We need to consider the pros and cons of these subjects before we draw conclusions. I strongly believe that students should go abroad to study. ■

CASSIE
XIE

studying abroad

Here is a question -- should children go abroad to study? Some people claim that this is a bad idea which comes with many disadvantages. Others hold the opposite opinion. I line up with the former opinion. Here are several reasons that can prove my opinion.

Nowadays, more and more

parents are deciding to send their children to foreign countries, but at the same time, they also worry about their children -- whether they can stay happy abroad, or if they can live alone without the parents' help. Parents would think about the pros and cons of one thing, but sometimes there are more cons than pros.

However, in this case, there are more benefits to studying in a foreign country than there are drawbacks.

First of all, **studying abroad allows children to view the world.** This is one of the biggest reasons children study abroad. It will allow students to experience a brand new country with incredible new



NO. I AM NOT BLIND! I see your beautiful faces from a mile away, I assure you. Plenty of you guys have asked me, "Why the purple paper?" I actually love it when people come up to ask me. It's far better than just making assumptions. I've heard a lot of "alternative" explanations that have gone around. From there, gossip spreads which results in me dying of laughter at some of the stories people concoct. The real reason I use purple paper is that I have a condition called Irlen Syndrome. Irlen syndrome is a learning disorder which makes it very hard for me to see words normally on black and white paper. For me, white light is blinding. White walls, white paper, white screens, whiteboards, fluorescent lights -- looking at those things make me feel like I'm staring into the sun. It is not an optical problem. It is a problem with my brain's ability to process visual information. This problem is hereditary and not currently identified by other standardized educational or medical tests. Science now confirms that Irlen Syndrome is caused by an over-excitation of neurons in the brain,

which in turn is provoked by some light frequencies that light-sensitive persons cannot process effectively. Due to Irlen Syndrome, I suffer migraines frequently because of the visual stress.

Depth perception is also affected. Imagine trying to catch a ball when the sun's shining in your eyes. And don't ask me to throw something to you -- I will miss, royally. The cool thing about it is that colours are more vibrant for me, making everything more beautiful. This condition doesn't make me dumb or incapable. It makes me different. Yes, school is an obstacle for me. I have to work harder to get passable grades -- but because I know how it feels to fail and fall, I know how to get back up. Resilience is a strength and talent in and of itself. We're all gifted in different ways. Some people have academic gifts or excel in sports. Embrace your gift. Use it -- not everyone can do what you can. Be aware of the people around you; love and encourage them. In the same way, love and encourage yourself. You are your greatest critic, as well as your most supportive lover. ■



the little things

Is it just me or do you guys love it when someone does the smallest thing and it brightens up your day completely -- like when you've had a stressful week and someone compliments you on something, even something as small as someone complimenting you on your eyebrows. No matter what you're facing, it will always be those little things that keep you going.

We tend to take the people that mean the most to us for granted, when they should be the ones that we care about the most. Our focus shifts and we forget to cherish those that we love. Don't wait until you lose someone to realize how much they really mean to you

-- whether it be a friend, best friend, boyfriend, girlfriend, cousin, aunt, uncle -- so on and so forth. Make the effort to take time out of your busy schedule to think of ways you could make them happy. Even if you yourself are feeling down, showing love and appreciation to someone else can also boost your spirits.

Some ideas include: a short good morning text; telling someone you're proud of their accomplishments; being willing to stay on the phone even if you have so much homework and a lot of tests to study for; even just sending a snap

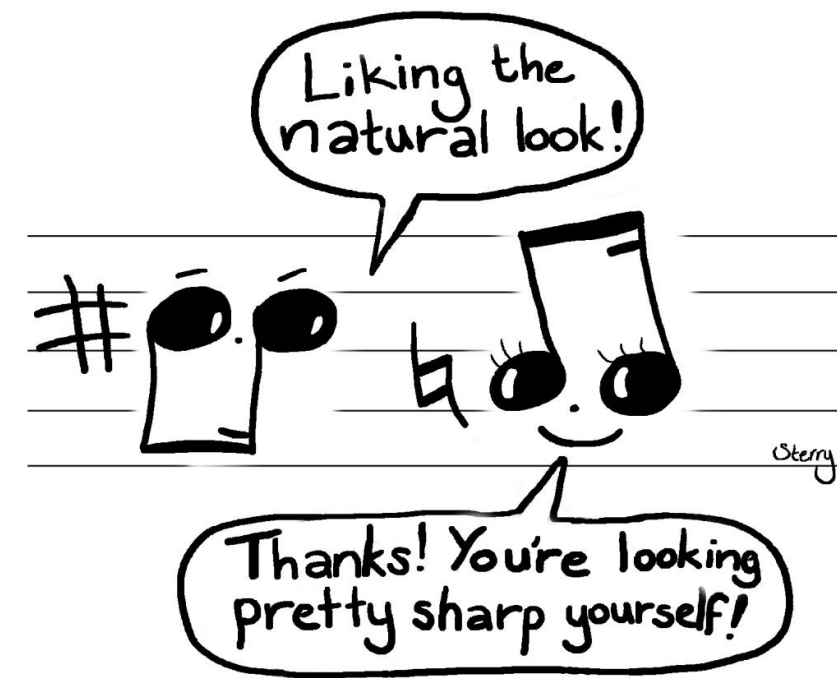
of something that reminds you of them. You won't know how much it means to them, but they will.

We will never know exactly what someone is going through, but we can be considerate and try to empathize. When someone is so far into their sadness and solitude, a simple smile or word of comfort could really help them

"No matter what you're facing, it will always be those little things that keep you going."

out. If you can't reach out to them personally but you still know they're going through something, say a prayer for them -- it doesn't even have to be a prayer right before you go to sleep, or in the morning during your devotional time -- all you have to do is take a moment and talk to God and ask Him to send comfort to that person.

The little things in life are what also what molds you as a person. The little choices you make -- even choices as small as the movies you choose to watch, the music you listen to, and your choice of words -- determine the bigger choices you will make in the future. Maybe you're thinking, *It doesn't really matter what I choose*



sterny

to do now; I can change later. I still have plenty of time to get it all together. In all honesty, you don't. Everything that you do now will affect you later on, even the little choices. With God's help, you will be able to make the right ones. When we make choices, we must also think about who will be affected and how they will be affected.

Think about it -- when was the last time you called your mom to tell her you loved her, or even said it to her in person? Or when was the last time you told your friend that

you were so blessed to have them in your life? You will never know how long they will be in your life, so cherish them while they're here and while *you're* still here. If you truly look back and think of all the times your loved ones have been there for you, comforted you, and put a smile on your face, then you in turn must do the same for them.

As a wise bear once said, "Sometimes the smallest things take up the most room in our hearts." (Winnie the Pooh). I couldn't agree more with this statement. All the things

in life that give us true happiness can't be bought. We can't buy people's time; all we can do is hope that they want to spend it with us and make the most of it when they do. We can't buy someone's love; it's given to us. Time and love aren't rights, they are privileges. It's up to us to be willing to share and accept those things. You will one day look back on the little things in life and realize that they were the big things. ■

KIMBERLY
JUNSAY

pathfinder bible experience

Ten seconds...hand in your answers." This sentence could make you feel one of two ways: for some, it get one's heart racing so fast it feels like it's going to explode; for others, it is the most boring thing they have

and the 2014 "Forever Faithful" Camporee respectively. I joined PBE in 2013. After reading 14 books of the Bible with their Bible commentaries, I would like to share with you 1) how PBE has changed my life, 2) how PBE could

time. PBE has encouraged me to continue to read the Bible to the point where I have the desire to read and learn more about God's truth and plan on my own.

Another important lesson that PBE has taught me is to read my Bible daily and consistently. It is now a part of my nightly routine to read a chapter from my assigned section to study. While others my age are out partying on Friday night, my team and I are studying in the church's Sabbath school classroom, answering questions as if we were in a competition. My team, whose members change each year, is the group with whom I share gains and losses, laughter and tears -- we grow

together after each practice and competition. Our coaches always remind us that our team is only as strong as our weakest link. Pathfinder Bible Experience is a team effort where everyone has to contribute and participate -- we split the chapters and divide them between the team members. Being part of a team has taught me to trust my team members and to encourage



ever heard (Hearing that statement repeated 90 times forces you to close your eyes and fall asleep.) Perhaps this sentence is unfamiliar if you have never been a part of, or watched, a Pathfinder Bible Experience competition (also called PBE or Pathfinder Bible Bowl.) PBE is a Bible competition where a group of 6-7 pathfinders studies and memorizes a portion of scripture (usually

one or more books of the Bible, including the Seventh Day Adventist Commentary that goes along with the book(s).) Team members come together to answer 90 questions about the particular book(s).

The PBE books of 2018 were Esther and Daniel, which was appropriate considering that the characters of these books were the themes for the 2009 "Courage to Stand" Camporee

change your life, and 3) what the Bible experience truly means.

Pathfinders has been such a big part of my life and it has had a big impact on me -- even more so has PBE been in shaping my personal spiritual life. In the beginning, the only reason I would open my Bible would be to study for PBE; other than that, I wouldn't open the Bible during my own

EMILY
KUCHURIVSKI



growing

I spent today pouring through my old diaries and journals, looking at old photos. Reminiscing. I saw in my journal entries when I was just 5 or 6 I didn't know how to spell "diary", so I would just write D. Then I got a little bit older (about 7) and I tried to sound out the horribly long word. It turned out "dieyary". That worked for a bit, but then one day I decided that that was not the right spelling, and concluded that "diery" must be it. By this time I was already a BIG KID (no more nap time at school). I spelled that word that had confused me for my whole childhood in big and bold letters, "DEAR DIERY". I thought I knew everything.

And then life swept me away, and the journal entries stopped. I don't quite remember what happened, maybe my beloved book got lost or something. So you can imagine my surprise when I found it today and poured through the pages, absorbing every last piece of my childhood that I could catch a glimpse of.

As I laughed at my foolishness and spelling issues, I realized that all those times I spelled the word wrong, I was one step closer to the right spelling. All those journal entries, where I spilled out every part of my day -- the good and the horrible -- they told my life story.

So I slowly reached into my pencil case and pulled out a pen.

"Dear diary," I began. ■

my peers and fellow members. Being a team captain has taught me to be patient, to listen, and to always give our true team captain, God, the glory and praise He deserves.

The biggest lesson that PBE has taught me is to trust in God always. There have been many moments when I've felt discouraged because of all the mistakes and challenges. My team and I pray over every question and answer we hand in -- how can I describe the peace that God gives when we ask Him to strengthen and lead us? His power shows through more than the first place certificate; it is shown by His deliverance of our team when we work together and put God in the centre of all we do, in all the study and practice.

If you are thinking about joining PBE, I would tell you to do it because you won't regret it. But if you are still not convinced, then I will tell you how PBE can change your life. Next to growing spiritually, this Bible competition prepares you for school and studies for two main reasons: discipline and time management. Studying the Bible

and being tested on what you learn sounds too familiar for those in school. PBE teaches you to develop habits that discipline you to study well; you must retain large amounts of information and apply what you know through testing. Joining PBE before you go to high school prepares you for the 2-3 hour exams that are expected in high school; it mentally develops your stamina to sit and focus during a test. Bible Experience trains you to manage your time wisely. By regularly setting time out of your already-busy schedule to spend time in God's word and learn it by heart, you will have the skills to prioritize your time. Studying the Bible, in general, has so many benefits, and more so when you join PBE.

Some people ask: "What does PBE stand for?" For me, PBE stands for "Prayer and Bible Experience;" not only did God give us the ability to read His word, but He also gave us prayer to connect with Him. I have learned through the many competitions and practices to never underestimate the power of prayer -- it reminds us where the source

of our wisdom and strength comes from. Always start a Bible study with a prayer for guidance from the Holy Spirit; always start a competition with God in the centre as He gives you courage and strength; always pray with your team at the end of every competition to give God all the glory and praise -- whatever placing you may get.

So what's the point of reading and studying the Bible? It would be all in vain if we as Pathfinders -- if we as Christians -- keep the word of God to ourselves. Just as we are called in the great commission, found in Matthew 28:18-20, we are to share and teach the gospel to all the world. Having the Bible in our hearts and minds should change how we act towards others. Pathfinder Bible Experience is a living testimony that the power of God's word changes the lives of young people. You don't have to join PBE to read the Bible. As our coaches always tell us: "The fact that you are reading the Bible makes you a winner. And remember that the true prize is not first place on earth, but eternal life in heaven." ■

hate. It is a power that breaks the chains of bitterness and shackles of selfishness." Powerful words indeed. This reminds me of Joseph, who chose to use the key of forgiveness and pardoned his brothers instead of allowing himself to be enveloped in hatred and bitterness.

Joseph, by all accounts, grew up in a dysfunctional family. His father Jacob had twelve sons born to him by two wives (sisters — Leah and Rachel) and their maids. There were so much acrimony and strife in the household. Joseph, who was considered his father's favourite, was hated and despised by his brothers.

Consumed by their hatred for Joseph, the brothers sold him into slavery to get rid of him. In an effort to conceal their evil deed, they killed a goat, dipped his coat in the blood, and brought the coat to their father, saying some wild beast must have devoured Joseph.

While in Egypt, Joseph was sold

vere famine within seven years. But because of Joseph's wisdom, the Egyptians had enough food throughout the famine. However, in the land of Canaan, Joseph's homeland, the people were famished. When Jacob heard that there was food in Egypt he sent his sons to buy some. On their arrival in Egypt, the ten brothers were brought before Joseph. They bowed before him and made their request for food.

Joseph recognized his brothers, but they had no idea that this powerful man before them was their brother, whom they had sold many years before. Joseph's childhood days flashed before him, but

Joseph's life reflected Christ's in many ways. He was ridiculed, chastised, despised, and humiliated. Isaiah says, "He was wounded for our transgression, He was bruised for our iniquity, the chastisement of our sins was upon Him and by His



he maintained his calm. He did not think of retribution but inquired of their nationality and ancestry. As a detractor, he called them spies, but oh, — how he longed to hold them and reveal himself to them.

At the appropriate time, Joseph made himself known to his brothers. They were dumbfounded and asked for forgiveness. Joseph told them that they meant evil for him but God used it for good. He sent them to Canaan to bring his father and the entire family to Egypt.

stripes we are healed." Christ is the epitome of forgiveness. On the cross, He cried, "Father; forgive them for they know not what they do."

It is my prayer and wish that we will all develop the spirit of forgiveness; that we will break the chains of bitterness, mean-spiritedness, jealousy, strife, gossip and backbiting, prejudice, and selfishness. By doing this, Kingsway will be a school of exemplary Christ-like attitudes and behaviour and LOVE for one another.

Therefore, forgiveness should be at the centre of the everyday interaction with each other between the staff and students, and among student-to-student relationships. ■



into slavery for a crime that he did not commit. But God had not forsaken Joseph. Through providence, Pharaoh took Joseph from prison to become the most powerful man in Egypt after he interpreted Pharaoh's dreams.

The interpretation predicted se-

JOVI-ANN ALEXANDER

forgiveness

JOVI-ANN ALEXANDER



How many of us have not experienced forgiveness? We all remember the times when we have disobeyed our parents or did something we were not supposed to — a punishment was inevitable. Do you re-

member how you begged for forgiveness and promised that you would not do it again? You beamed with joy when you were pardoned. Yes, you were forgiven!

But what really is "forgiveness?" The Merriam- Webster

Dictionary defines forgiveness as: "The attitude of someone who is willing to forgive others."

William Arthur Ward writes, "Forgiveness is the key that unlocks the door of resentment and handcuffs of



act: humanitarian leaders of tomorrow youth conference

The ACT Humanitarian Leaders of Tomorrow Youth conference was an experience worth mentioning in my grad memories. Just three days long, it was packed with keynotes and workshops that enlightened me on the problems that humans are facing, as well as how we are fighting them. Having a chance to learn about the

▼ *Burman University Campus*



struggles that kids my age are facing every day was one of the most humbling experiences. This was a three-day experience that allowed me to be exposed to the realities of our world, not the sugar-coat-

ed fantasy that so many of us live in.

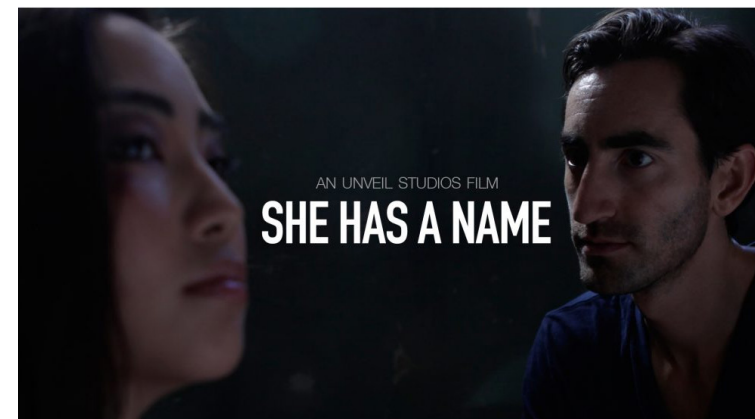
Our accommodations for the weekend were provided by Burman University and it was one of the most comfortable trips I've taken through school. We were able to sleep in the dorms and eat from the "Vege" (their cafeteria), and through it all, we had the opportunity to meet the other

students at the conference as well as the Burman students who were still there.

Our first keynote of the weekend was held by Gabrielle Scrimshaw, an active Indigenous professional. We

had the chance to hear her life story and get her perspective on how Indigenous people were treated -- and continue to be treated. She told us about how she wanted to make an impact and encouraged us to help. We heard her story of growing up in an Indigenous community and how she was affected by the past treatments of her people. As Canadians, we learn about the Indigenous people, how they were treated, and how we "fixed" it. But Gabrielle brought to light the issues that her people still face to this day and the everlasting effects the past has on them. Personally, this was the topic that I really connected with throughout the weekend. Her presence and her activism made me want to play a role in culture reconciliation around the world. It led to the question: As we are on the road to reconciliation, have I become assimilated? (also, go check out Gabrielle! <http://www.gabriellescrimshaw.com>) After that one keynote, the weekend was an

eye-opening blur of heart-stopping issues that were discussed. On Saturday, we talked about the different ways a student could get involved in humanitarian work and activism in general. A few talks and workshops later, we'd all been educated on the ethical issues that an activist would face, the best ways to approach a situation, finding our true motivations, and getting a real in-depth look at the underground operations that happen so close to us.



▲ "She Has a Name" Theatrical Poster

Another big topic we looked at that really stuck with me was this movie we watched called *She Has a Name*. It's the story of two girls, victims of human sex trafficking -- one who escaped and one who was look-

ing for freedom. This film brings to light the harsh realities that continue in other parts of the world; the harsh reality of people who could've been our friends in another universe. The director of the movie, Andrew Kooman, continued to talk and discuss the issue with us after we watched the film. He wanted to bring to light the underlying problem that many men and women continue to face and endure. The film didn't sugarcoat the truth and

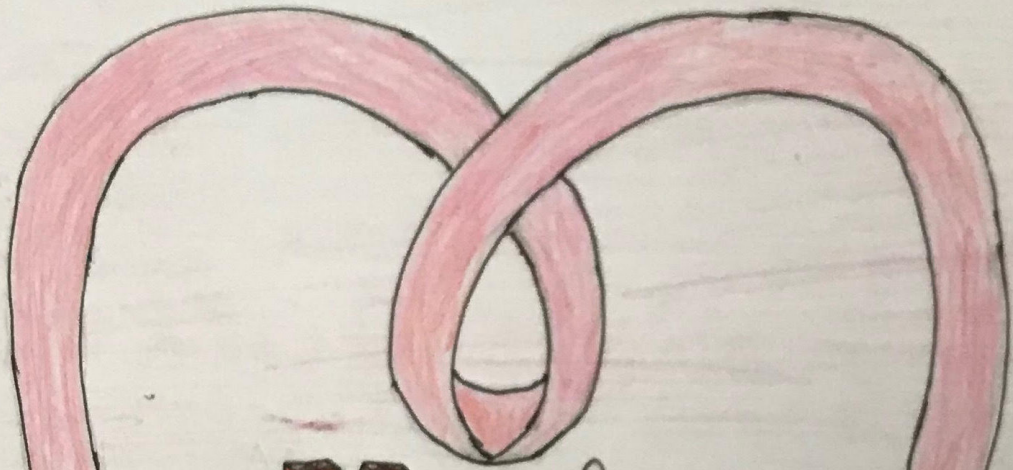
it didn't have a happy ending, but it fulfilled its goal of bringing the issue into the public eye; it continues to have an impact on the fight against human trafficking. After the movie, Andrew said something that stayed with me, **"Don't be a crusty old person who talks about it their whole life and doesn't go and do anything."** It really brought in the aspects of wanting to do something

for the greater good and not knowing where to begin at the same time. And it's something that I think all of us face -- the desire to do something fulfilling in life but not knowing how to go about it. And if I learned anything from this weekend, it was to just *go for it*. Take a small step and you'll get the hang of it. Make a small difference, whether it be locally or globally.

A Better World Canada (the organization that set up this conference) was established on Burman University grounds in 1990. Their goal is to create a better world by ending poverty. They hope to create a better place by inspiring people and organizations to become involved in the pursuit of improving lives. What I want to see in Kingsway for the coming years is a connection with organizations such as A Better World Canada. I want to see Kingsway participating in walkathons, fundraisers for diseases -- literally anything that will benefit more than just what's inside our campus. I hope to see the students of Kingsway pursuing a path that leads people to God and to a better life. ■



By: Tyson
McGann



Marvelous
Optimistic
Mentor



Happy
Mother's
Day