

CEDAR SENTINEL

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GRAD EDITION

EDITOR MESSAGES	PG. 4
DEAR UNDERCLASSMEN	PG. 6
	<i>Aimee Anunciacion</i>
HE'S BEEN THERE, & HE'LL DO IT AGAIN	PG. 7
	<i>Hope Malabrigo</i>
MY NOT-SO "HIGH SCHOOL MUSICAL" EXPERIENCE	PG. 9
	<i>Nyarock Gatluak</i>
THE PROMISE	PG. 10
	<i>Savion Calderon</i>
MY ADVICE TO YOU	PG. 11
	<i>Ashley Boehner</i>
MOVING ON & MOVING OUT	PG. 13
	<i>Seth Dorion</i>
FINAL EXAMS	PG. 14
	<i>Fay'ja Day, Caralynn Chan</i>
AUTHENTICITY	PG. 18
	<i>Kiana Kapiniak</i>
SENIOR PHOTOS	PG. 20

Table of Contents

June 2018



EDITOR IN CHIEF ALANNAH TJHATRA

ASSISTANT EDITOR KACEY MORGAN

LAYOUT ALANNAH KACEY



WRITERS AIMEE ANUNCIACION
 HOPE MALABRIGO
 NYAROCK GATLUAK
 SAVION CALDERON
 ASHLEY BOEHNER
 SETH DORION
 FAY JA DAY
 CARALYNN CHAN
 KIANA KAPINIAK



SPONSER MR. MACDONALD

EDITOR MESSAGES

ALANNAH
TJHATRA

EDITOR IN
CHIEF



It is almost officially summer. Exams are just around the corner, and after that, school is over for the year -- which is incredible. I am already imagining all the things I plan to do with my summer break ("things" also include "doing nothing" -- it'll be great) and I can't wait. I know you guys are just as excited as I am about the year-end -- especially the seniors.

With that being said, I do admit that it has been a good school year. I've tried a lot of new things, I've made new friends, I've learned a lot, I've grown in many ways (except not physically.) I've had a good time working on the Cedar Sentinel for the past two years -- a huge thank you goes to Mr. MacDonald for being a generous, willing sponsor for the newspaper, as well as for being one of the most organized, most thorough teachers out there; one of the best. You will be missed. I also wish Kacey much luck as she takes on this job; have fun (:

To be honest, I really enjoyed creating each issue, and I gained a lot of insight from reading all of the submissions for the school newspaper. I hope the Cedar Sentinel will continue to flourish in the coming years.

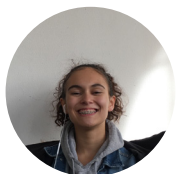
Have a great summer and enjoy the 10th and final issue of the Cedar Sentinel for the 2017-2018 school year.

God bless,

- Alannah Tjhatra

KACEY
MORGAN

ASSISTANT
EDITOR



Hey guys! So it's finally the end of the year and I know we're all rushing to leave, but hopefully - no matter how much you may not like Kingsway sometimes - you will always have fond memories of this year. Whether it be small moments with your friends or big moments like class challenges, those memories will stay with you. If you're coming back next year, I'll see you soon - and if you're leaving, I hope you've enjoyed your stay. And Seniors: congratulations on graduating, we're all proud. This is the last day of our 2018 school year so let's go out with a bang.

- Kacey Morgan

PRIZE WINNERS

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





DEAR UNDERCLASSMEN

I've been going to Kingsway for the whole four years of my high school career, and I can honestly tell you it's now a home to me - regardless of all the struggles and trials I've gone through being here. With that, I can say that I have seen and heard it all. Every year has been a learning experience, and fortunately, I don't have any major regrets. But I have learned from my mistakes, so luckily, if you're reading this, you could probably prevent yourself from falling down the bad path the hard way. Throughout these past four years, I've learned **four main things**.

1. GOD WILL ALWAYS HAVE YOUR BACK.
2. FIND YOUR CIRCLE.
3. DONT STRESS TOO MUCH - IT'S NOT WORTH IT.
4. YOUR HS YEARS ARE PRECIOUS.

And if there is one main thing I learned through experience during high school, it's definitely this: people WILL fail you. And it's understandable. People are not perfect. People are sinners.

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."

Ephesians 2:8-9.

We're flawed, we have our bad habits and weaknesses which end up hurting others - even if it's not the intention. But there will be One who is there for you, One who you can count on for everything - and that is God. Someone once reminded me that He is someone I could trust com-

pletely, and He's promised that He would never fail you the way others have (and will.)

Another huge aspect of my underclassmen years was finding who I belonged to, and, more in particular, where I fit in. The people you hang out with reflect your character. And you've heard it before - peer pressure is real, and regardless of the number of times you've said that you won't be influenced, I promise you - in time, you will be. This being said: find the right circle of people who have the same values as you do. In high school, you will be able to make lifelong friendships if you choose the real ones. These friends might even be the people you least expected to be with. Nonetheless, these

people will be the ones who support you through those exams, performance tasks, and countless unit tests. So make good decisions. You know in your heart who are the good and bad influences.

Something that I'm known for is overstressing myself. And this was a huuuuuge mistake. Stress IS bad for you. It will cloud your mind, cause you to have blanks, overwhelm you, and will take you away from good sleep. And I know the story - you've got three tests on Monday, an essay due Tuesday night, a case to present on Wednesday, and another lab to finish on Thursday morning - TRUST me. Been there, done that. And something that I took from having such a hectic schedule

and workload is to take it one day at a time. I cannot exaggerate this enough. Focus on what's due the soonest, and decide the importance of each assignment. Breathe. And don't forget to drink water. (It's very important).

The last piece of advice that I can leave with you is to cherish these years. Yes, I know, Kingsway can be the place you really dread on some days - but when your graduation is in a few weeks and you're reminiscing on good memories, you'll wish you could go back. You can only go through high school once in your life, so make it count. Study hard, make your parents proud. Step out of that comfort zone. Take

that leadership position. Try out for that team. You'll make mistakes but you'll learn from them.

Anyways, this is getting long. One thing I can say to you is: you can do this. To the freshmen: it may look like a long road ahead, but trust me, the three years will go by in a heartbeat. (Plus sophomore year was the easiest, IMO). To the sophomores: congrats! You're halfway done high school. Only two more years to go. Lastly, to the juniors: it's now your time. Make senior year YOUR year. But don't do anything stupid. Be smart. Be good leaders. Be spiritual influences. Show them what it means to be a senior. This is now your school.

Overall, to all of you Kingsway students, keep an open mind. Time goes by faster than you think. And plus, think of it like this. If you're reading this, you've already survived 100% of your worst days. You've got this, and more importantly, God's got you.

2 Corinthians 12:9 says, *"My grace is sufficient for you, for My power is made perfect in weakness."* Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." ■

HOPE MALABRIGO



HE'S BEEN THERE, & HE'LL DO IT AGAIN

To think that it's June, and 10 months have passed by, is mind-blowing. I am in a position to be able to say that I've made it through senior year. Reflecting back, there were so many things that happened, and I've been able to learn and experience so much that has impacted my life. One of the biggest lessons I've learned this

year is that God is on my side even when I forget that He is there.

My first semester was tough. I took on heavy classes and my schedule was already busy enough with basketball and other commitments. As soon as I entered biology on the first day, Mr. Bayer said, "If you are not going to take this class

seriously, I suggest you look at another alternative." That meant that there was no room for playing around this year. I had to buckle down and put my everything into each class. Knowing that it was the year that counted the most, my motto was literally: "Hope, all you have to do is get by. You can do this." Get by, knowing exactly what I need to march down the aisle on graduation day. To be honest with you, I couldn't even imagine how I was going to get through the first semester, let alone

"KNOWING THAT IT WAS THE YEAR THAT COUNTED THE MOST, MY MOTTO WAS LITERALLY: 'HOPE, ALL YOU HAVE TO DO IS GET BY. YOU CAN DO THIS.'"

the year. First semester was when I felt what they call *Senioritis*. It is real, folks! Within the first month of school alone, I had never felt this amount of stress in my life. By the second week of school, I did not know where I was going to get motivation from because I had none left. I was dealing with more late nights than I was used to, starting my days out at 4:30 a.m. to study, and figuring out how to ace back-to-back tests in a single week. I had to write 2 essays that were due on the same day. I had to learn to sacrifice many Sundays to study and really prioritize my time because every hour was precious. I have never learned how to manage my time so wisely. On top of all this, the stress of university was always lingering in the back of my head. I did not know how to deal with all this, but I got through it.

With all this stress, I've learned that the struggles I went through during the first semester were there in order to show me how God works in my life on a daily basis. When there were hard questions on tests that I did not know the answers to, I saw how God would write the tests for me. I would go in

knowing that I was not prepared, and yet I'd come out with a decent grade, knowing that I did not deserve it. Being sleep-deprived most days, I saw how God kept me sane and gave me enough energy to get through days where I've only had 4 hours of sleep. I'm sure that by now, I shouldn't have all my friends by my side because all they've seen is the mean, sleepy side of Hope -- but by God's grace, they also understand. God has worked through teachers and given them enough patience for students who hand in work late. God has demonstrated grace through teachers by extending deadline dates.

All this inspired me to strengthen my relationship with Him. I knew that God was the only One who was able to do all that He did for me. I knew that God showed up exactly when I needed Him there. He pulled through when I would go blank during exams, and to be honest, He's the reason why I had the energy to get out of my bed every morning to endure the day. I have made it a habit to spend time with Him because I have realized that there is no one else who would be able to get me through the challeng-

ing days of senior year. I have made it a habit to do a devotional before every study session because He is the only one who can give me the wisdom and knowledge, and I need to fill my mind with His words in order for me to succeed with any other information.

With all that said, that is my one piece of advice to underclassmen. Get to a point in your relationship with God where you are able to say that you've seen how God works in your life on a day-to-day basis. Get to know Him; in order for you to be able to realize and recognize these things, you must have a relationship with God. Your friends, class events, and school activities may help make your year exciting and fun, but having God there is the only thing that will help you march down that aisle to receive your diploma.

As I leave Kingsway and attend Andrews University, I am not worried that I won't get through those next 4 years. Senior has taught me that it's not: "You can do this, Hope," but rather: "With my Father on my side, we can do this." If He has been there through the toughest days of my senior year, He'll do it again. ■

NYAROCK
GATLUAK



MY NOT-SO "HIGH SCHOOL MUSICAL" EXPERIENCE

Although I was only seven in the year of 2006, I still remember part of it kind of clearly: that was the year *High School Musical* was released. I also remember the not-so-great plot of the movie. The star basketball player, Troy Bolton, meets the "nerdy" girl, Gabriella Montez, they sing together spontaneously, sound good, and then try out for the school play. Mind you, they don't seem to be doing any school work during the whole hour-and-a-half the movie goes on for, but they are in high school. And at the end, we all know what happens -- the two fall in love, then Disney proceeds to make 2 more movies.

Fast forward about 8 years later, when I first found myself in high school... but not the musical kind. I remember the day before the first day of school like it was yesterday. I

didn't really have any friends in my grade yet, and I most definitely was not auditioning for any musicals. The dorm students were standing outside the Student Resource/I.T. department, waiting to get tablets. I remember meeting Shine first, and she quickly



asked me if I wanted to take a selfie. I was quick to say no and break her heart, but weirdly, our friendship began. Shortly after that, I met Sandra, and that became my official friend group, even though I wasn't really sure if I liked those girls

yet. Months went by in my freshman year, and I started talking to Fay'ja as well (this is also when I learned that she had been my suitemate the whole time.) These three girls quickly became my go-to people for absolutely everything.

Now although grade 9 seemed like the hardest thing to me at the time, it really wasn't. I was yet to experience woodwork. I remember waking up as early as 6 am to make sure I got to woodwork on time for my 50 cent bonuses. I worked in the mill -- that meant sawdust everywhere, splinters in places where splinters shouldn't be found, and contemplating running my hand under a saw so I could leave work early. The paychecks were like \$30 every two weeks, on a good week -- and this was all before I had to go to class until 5 pm. I remember being so

*"When you pass through the waters,
I will be with you;
and when you pass through rivers,
they will not sweep over you.
When you walk through fire,
you will not be burned."
Isaiah 43:2*

tired from that year and thinking, "WOW, I can't wait to graduate." But I still had a long way to go before my own graduation.

Grade 11 started, and I no longer had to work at woodwork, but did have about 4 jobs on campus: two were with Minnie, one was with Mr. Han, and one was with Bandrew once a week. Often times I felt like I was working for a family of four, trying to make sure there was food on the table every night. I also became a Sabbath School leader and tried to get more involved in everything on campus. On a real note, this was one of my worst years -- and not just at Kingsway. I started to feel my mental health take a bit of a toll, and found myself trying to be isolated a bit more. I wasn't praying the way I should have and barely

talked about my issues.

Senior year FINALLY rolled around and my life got a little better. My friend group has expanded quite a bit and now I can say that I'm friends with people I didn't ever expect to vibe with. I have made memories that are enough and I can finally move on from this place. Although there are a lot of moments where I wish that I didn't stay here, I'm glad I did. Now my senior year has come and gone, and I can honestly say that it is a bittersweet moment. Mostly sweet though. Although I have grown to love a lot of people here, and don't really know what my life will be like without them, I can finally say that I'm ready for new adventures. I have been here for more than enough time. I've worked most of

the jobs on campus, been in the band, won awards, been Sabbath School Leader, taken part in Campus Ministries, and made the most amazing friends anyone could have asked for (don't tell them though). I have cried, laughed, prayed, sang, and cried some more. Obviously, I had to work hard to make sure that tuition wasn't going to waste, and I also wasn't able to sing my problems away like I had wished. If there is one thing Kingsway has taught me, it is this: throughout school, work, and figuring out your spiritual life, you need to find balance. Although I wasn't able to have my High School Musical experience, I was able to have my not-so "High School Musical" experience, and I thank God for that. ■

the end of the year even worth the struggle? Just how and why? The answer I always get is *God*. He is the only reason we can smile through the halls, He is the only reason we can hold our heads up, He is our key motivator. This year I have learned to trust Him, this year I have seen Him take charge and guide me through difficult times. He has given me peace, He has helped me as I walked through the valley of the shadow of death. I have seen God each time I have gotten my test results back, I have seen God through the smiles on the faces of my classmates as they face their daily battles. I have seen God through our laughter, successes, and even our failures. We each fight our individual battles; we have all overcome something this year, we have all gone through

heartbreak. Many have cried together and shared personal stories of victory. I have seen the growth in each and every one of the seniors -- and for some, I have really seen the glow up. I have marvelled at the strength many members of my class have had as they pushed through their mountains and killed their giants, sometimes daily.

One final message I would love to leave the graduating class of 2018 is this: Let us always be there for one another. Let us promise to always be there to listen to the struggles and the pains that we may go through after we leave this school. Let's promise to pray for one another and be supporting pillars for each other, let's promise to always be there for each other in the good times and in the bad times. Let's promise to

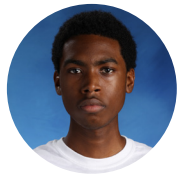
stand firm and strong for what we believe in and let's promise to listen and always be sympathetic towards one another. Let's promise that wherever life takes us, or whatever struggles or difficulties we face, we will always depend on Jesus. Let us promise to be lighthouses so that people can see God through us. Let's promise to be like Jesus. If we ever feel alone and abandoned, if life knocks us to our feet and we don't see the point in living, let us always remember one promise God has assured us of.

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

Deuteronomy 31:6



SAVION CALDERON



These last few months have been rough. School hasn't gotten any easier in grade 12 and the stress from Kingsway is overwhelming. We don't only have to worry about keeping our grades up, we have to constantly battle with thoughts of the coming future. Questions such as "Where do we see ourselves down the road" and "What career does God want us to choose" keeps us up to late hours at night. Emails from different universities constantly pop up as if we aren't battling with which one to choose. Anxiety and stress

have become our best friends, and keeping our grades up is almost a daily struggle; each test and each assignment always looks to wear us down. The stress from our parents, begging us to do better, rings in our ears as we tiredly drag ourselves through Kingsway's busy hallways. Many seniors have had enough -- they don't even care to dress up or take part in anything. We long for the Sabbath because it is our only true time for complete rest. As the clock ticks ever-closer to graduation, some of the burden seems to drop off our pressing shoulders; a

ray of hope glimmers through the clouds of life and we can almost taste freedom, as we can finally take a break and say, "Well done, we have overcome."

I have gotten closer with my class during the past few months, I have listened to the struggles and the burdens held by my classmates, I have observed the stress on their faces as they try so hard to smile in order to break the tension in the air. I wonder to myself sometimes, what keeps us going? Why haven't we just given up? Is the piece of paper we are going to receive at

ASHLEY BOEHNER



MY ADVICE TO YOU

I can't believe the year is almost over. I know how you must be feeling, seeing us seniors planning to get out of here. I was in your shoes before, looking at the seniors leaving, and thinking about that fact that I was still stuck in high school for another year(s). Here I am, graduating and heading into the real world. I know it sounds cliché, but trust me -- the time will come before you know it. For me, the past three years have been an absolute rollercoaster ride. Here is my advice to you as you carry on with your years here at Kingsway.



Put God first.

The most important thing is to keep God first. I know it has been said time and time again, but it's true. I know that Kingsway can get very busy; it becomes quite overwhelming most of the time. We are flooded with assignments, tests, relationships, extracurriculars, intramurals, and let's be real -- it's hard to find time for God. I encourage you to find that time for God and continue to put Him first, and I promise you that everything else will fall into place. He will be there to help you get through what you face in your day-to-day life. Keep Him first above all else.

Surround yourself with positive people.

Here at Kingsway, it is important to surround yourself with people who encourage you and uplift you through your journey here. It may be hard to find these people, but once you find them, trust me: your time at Kingsway will become a lot more enjoyable. I have been blessed to find these people; I have had them by my side throughout my senior year and I couldn't be more thankful.

Don't let your fears stop you.

Kingsway is pretty intimidating at times. I know what it's like to want to be involved in something but being too scared to go for it. Step outside of your comfort zone and get involved and do things that you love to do. I'm so glad people have pushed me to step out of my comfort zone; I have made great friends that I wouldn't have normally made and I have been involved in some pretty great things. Don't let your fears hold you back, go for it!

Cherish the advice and time spent with family.

Our parents honestly don't get enough credit. They have sacrificed so much for us to be here at Kingsway. Cherish the advice that your mom and dad give you. They are full of wisdom from their own experiences and they truly want what's best for you. Enjoy the time that you have left with them because before you know it, you'll be moving away from home and you will soon miss the home cooked meals, the hugs, and the comfort they give. Take advantage of the time that you still have left with them.

Take care of yourself.

As we all know, Kingsway gets busy. Amidst all of the stress and the loads you may have to carry, make sure that you are finding time to take care of yourself. Treat yourself every once in a while -- put down the textbooks for a little bit and give yourself a break, go to bed early. Don't push yourself so much to the point where you burn out. Don't only take care of your physical health, make sure you take care of your mental health, too. Don't be afraid to seek out help if you need to; just be sure to take care of yourself.

Balance is key.

Don't get me wrong, your studies are very important. I want you to know that high school is a time for growth, too. Time is precious, and finding that balance between school work and a social life is key. It's good to spend time with friends, play sports, and enjoy everything that Kingsway has to offer -- but you also need to devote time to your studies and school work. Every person is different when it comes to time management, so learn to manage your time and find the balance that works for you.

Don't stress over things you can't change.

Life, let alone high school, is too short to spend time stressing out over things that you have no control over. You will make mistakes, friends will come and go, you might not finish an assignment on time -- but it's not the end of the world. Learn from your mistakes and keep moving forward. God has it all under control.

These are a couple of things that I've learned over my years in high school. I hope that someone can learn from what I've shared. I am excited to be leaving and moving on, but I will miss you all, and Kingsway will always hold a special place in my heart. I wish you guys all the best in the years to come! Bye, high school! ■

SETH DORION



MOVING ON & MOVING OUT

The thought of graduation is a scary thought for most of us -- and for good reasons. We are moving on to a new life and diving into the world, but there is no reason to be scared. Just believe in yourself and stay dedicated, and life will be a success. Some of us will graduate and find

love; some of us will seek out money;

some of us will find the job of our dreams and pursue it. But one thing that all of us will have in common is that we will all move on from Kingsway College. Yes, we will miss our friends and teachers, but there is a life full of adventure and mystery out there for the taking and the choice is yours if you want to take the opportunities that life throws at you.

Graduation is more than just a day where we stop doing math equations and learning about how mitosis works -- it is a day marking the end of our childhood and the beginning of our adulthood. Some will take longer than others to realize this, but some will realize it right away and jump into life. The drive that each and every one of us had to end

the school year with flying colours is the same mindset that we need to bring into our lives as adults. Life will not be handed to us easily; we must take what we want with force and persevere through all of life's hardships until we ourselves are content with the life that we have worked so hard

to make. The world outside of Kingsway is what

really matters in life -- this is just a prequel to what our lives are really going to be like. When we move out of this place, we will see that all of the old stressful situations we found ourselves in did not really matter. All that will matter is how we have chosen to live our own life. No one can dictate that for us, no one can tell you that you will become nothing -- they do not know what you are capable of.

Years from our graduation day, we may look back and miss the old days -- too bad that we don't realize we are already in the good old days until we look back on them. Yes, our friends and our lifestyle during these times will be missed dearly. But you choose what you make of your life, so when that twenty-year re-

union rolls around, make sure that you have done everything in your power to make yourself happy and proud of what you have accomplished. Be sure to thank all the people that appeared in your life for this short period of time for making you who you are. The things that used to worry you -- like relationships, grades, or whatever it may be -- will be of no concern anymore because *you have made it*. You have made it to the day in which all of the suffering, blood, sweat, and tears of high school come to an end and now you get to live the life that you always wanted. To be in control of your own actions and not have them dictated by school officials, but by yourself, will come as a blessing to all. So I say to you: make the most of these days, strengthen bonds with friends, forgive the hatred of your enemies and those who have done you wrong, because all of the situations that you have been through in your time at Kingsway have made you the person you are today. Only look at the future to come and do not linger on the losses of the past. One can only be thankful for the person that they have become. ■

"THEY DO NOT KNOW WHAT YOU ARE CAPABLE OF."



FAY'JA DAY



DE-STRESSING FOR EXAMS

We are finally here. The year is so close to being done. Even though it has felt like it is the end of the world, the worst is still to come. With that being said, here is a question: why die in pain academically when you can die with at least *some* happiness in your life? Here are some different ways to de-stress before committing academic suicide.

Whenever stress is about to hit, try to find a happy place before it hits you so it's not that hard of an impact. Find something that makes you happy internally, physically, and spiritually. For me, internal happiness would be watching videos or short clips -- anything that

makes me laugh. For example, watching different comedians like Kevin Hart, Trevor Noah, Kathy Griffin, James Corden, Stephen Colbert, etc. -- anything funny -- is great. There are actually studies that show that laughter is the best medicine. It was seen that laughter decreases stress hormones and increases immune cells. *Helpguide.org* says that "laughter triggers the body's natural feel-good chemicals: endorphins. Endorphine gives a temporary pain relief." YouTube also was my escape route at first, before ..you know...Edugear. But anyway, before it was "unauthorized," my happy place would be sitting down and watching different choreography videos with my friends. Recently I was recommended to watch this YouTube show called *Grapevine* -- so far it is an amazing show. I also watch baking shows. Sometimes it is not even a show per say;

sometimes I just watch short recipe clips like *Tasty*; *INSIDER dessert*; *The Great Canadian Baking Show*; and many more baking shows or videos on Facebook pages. Imagining what the food may taste like makes me happy. Watching baking clips de-stresses me.

On that note, my next exam de-stressor tip is: eat! Though it may be exam week, it is not diet week. Lack of sleep and stress is bad enough, but adding no food on top of that is *really* bad. So a week or a few days before exams, make sure to eat good food. But besides health warnings, try having something that just makes your tummy smile at you -- whether it is chocolate, bubble tea, Starbucks, or baked bread. Maybe have some of your favorite dishes, also. Asking your grandma (or another person) to cook your favorite dish may just make your day. For me, my three de-stressors would be a

medium French vanilla latte from Tim Hortons, bubble tea from Toronto, and some of my grandma's fresh-baked bread. (IT IS A HEAVENLY CLOUD OF DOUGH!) Everybody's tummy is different. Some like hot and spicy, others like Chinese or Mexican food.

Another thing that our bodies crave, besides food, is sleep. Make sure to try and take good naps; try and get to bed early. Wake up with music as your alarm instead of an alarm that scares you awake. Besides, it is scientifically proven that lack of sleep results in worse test scores. It is just common sense to want as much sleep as possible before studying till the death for exams. If you do not do it willingly, your body will shut

down -- meaning it will make sure it gets the sleep it deserves.

Lastly, there is spiritual de-stressing. I know some may think it is "too late" to pray; some people might even feel bad because others keep reminding them that they only pray when they want something from God. Though that is something everyone needs to work on, it should not hinder your praying. The fact that you feel conflicted about your prayer life is the first step. At least you acknowledge it, so you get to fix it during or after exams. Start now, yes -- better now than never -- but don't stop just as exams end. For me to really "feel the spirit," as my

grandma likes to say, I listen to gospel music that helps me connect with God. To me, music is truly how I connect to Him. Just like everyone has a different "love language," everyone feels connected to God in different ways. It could be music, the sermon, spoken word, or simply reading the Bible on your own. But personally, I pump my playlist and speakers with my favourite artists, songs, and

choirs: Hezekiah Walker, T. D. Jakes, Brooklyn Tabernacle Choir, Yolanda Adams. The list goes on. Those are the different ways to de-stress from the things of life (aka Kingsway College exams.) This list can of course be altered, edited, and added to. Personalizing it is the whole point -- so you can have something that works for you. There is the obvious forewarning, of course; **DO NOT DO THIS THE NIGHT BEFORE EXAMS!** You can easily go from "de-stressing" to "stress eating!" Stress eating is not the way to go and neither is procrastination. This list is mainly to be done a week or two before the exams so that you are not too overwhelmed. If used as a way to study the night before, *there will be consequences*. It will hinder you from focusing 100%. So good luck with studying and I give you my best wishes. Remember, just conquer exams one day, one period, one class at a time. ■





MY PERSONAL STUDY TIPS & GUIDE TO EXCELLING IN SCHOOL

At the beginning on the year, one of my teachers gave my class an empty time schedule. He told us to fill out the time schedule with the activities we did throughout the week, day by day. My teacher wanted us to fill it out honestly and show it to him at the end of the week. It got me thinking about how I manage my time, especially as a student here at Kingsway College. I made up a short list of personal study tips and created a guide that has helped me excel in school. Many of you already follow these methods as students or have a your own study methods that work for you. Hopefully it inspires you to bring your studying regiment up a notch so that you can thrive in school.

1. "THE FORMULA FOR SUCCESS IS SIMPLE: PRACTICE AND CONCENTRATION, THEN MORE PRACTICE AND MORE CONCENTRATION."

- BABE DIDRIKSON ZAHARIAS

Studying is definitely time-consuming and requires a lot of focus. It's easy to drift off to sleep or get distracted while studying for a long period of time -- I've been there. From talking to many of my successful classmates, I've learned that they rotate their activities after school to make the most of their time and focusing ability. This makes sense. Try to switch between activities every thirty minutes to an hour. Maybe study for your physics test for thirty

minutes, then switch to practicing piano (if you play piano) for thirty minutes, or vice versa. This powerpacks your nights and allows you to not get bored of studying for over two hours in one sitting. To concentrate, try not to study in noisy rooms or in rooms where there are items that could possibly distract you. For example, don't study in your room (or especially near your bed.) Play classical music while studying if you cannot study in complete silence.

2. USE A VARIETY OF WAYS TO STUDY AND FIND OUT WHICH STUDYING METHOD WORKS THE BEST FOR YOU.

One of my teachers at Kingsway College once told

me that the best way to study is to write out your terms or concepts multiple times, then read them out loud. What she told me was true. It is important to study more than one way so that you can open many neurological pathways in your brain, just in case one way does not work during test time. I've tediously written out my notes multiple times, I've read the materials I wanted to memorize out loud, I've paced around holding my study materials, I've asked some of my friends and classmates to quiz me if we were riding on the bus during a field trip or if we were just chilling, I've practiced my monologue for my presentations in front of my family and in front of the mirror, I've used Quizlet,

I've made helpful little acronyms to help me remember long lists or charts of information that I needed to memorize, and I've made little jingles that help me remember crucial information. In addition, I have experimented to see what works better for me -- studying mainly at night, or in the morning. Personally I can study both in the morning and at night, as well as using multiple studying methods, but it is important for everyone to find a method that works the best for themselves.

3. "YOUR ENEMY IS NEVER A VILLAIN IN HIS OWN EYES. KEEP THIS IN MIND; IT MAY OFFER A WAY TO MAKE HIM YOUR FRIEND."

- ROBERT A. HEINLEIN

What is the one thing people tell you to turn off or put away while you study? Of course, it's your phone which "hinders" studying. This is not necessarily the case because you can use your phone, which is usually denoted as the "villain," to do some quality studying. My dear friend Alannah Tjhatra introduced me to the Quizlet app in Biology 11, which has greatly benefited myself as well as others. Quizlet allows you to make flashcards and study materials on-the-go, or use other people's flashcards if they've made them public. There are a variety of interactive ways you could study on the app: you could type out the answers, use flashcards, or even play a matching game with a timer. This has been especially helpful to me for memorizing key terms from when I'm sitting at home or riding in the car. Most of us spend a plethora of time on our phones, so we should use that to our advantage. If you don't want to be overusing your phone too much, you can al-

ways print out the Quizlet of your choice if you want to study with a hard copy.

4. "BE CAREFUL NOT TO CHOKE ON YOUR ASPIRATIONS."
- DARTH VADER, *ROGUE ONE*

Many of my classmates, including myself, have what I will call "good grade fatigue." We *do* study hard, but it is slightly discouraging to receive a lower grade than you expected even when you studied with your heart and soul. I constantly try to remind myself not to mentally berate myself for not getting the grade I wanted on an assignment or test. After high school or university, a 4.0 GPA or a 90-average will not determine whether or not you get a job over the other competition. More importantly, good grades will not get you into heaven -- which is the ultimate goal. This year, which was my first year at Kingsway College in Grade 11, I went on a soul-searching mission to internally determine why I was so dead-set on getting an above-90 average throughout my high school education. Was it because I wanted to make my parents proud, was it because I wanted to compete with my friends, was it just because, was it because I wanted prestige or recognition, was it because I wanted to make myself content, or was it because I knew my capabilities and wanted to push myself to do my best in school? In everything, it is important to know the reason why you are working towards your goals. It will give you the drive to complete your tasks efficiently and to the best of your abilities. Regardless, don't let the stress of school "choke" you because it will not keep you alive in the long run. School, grades and accomplishments are definitely not

the most important part of our lives here on Earth.

5. "WE NEED TEACHERS WITH A DEEP BELIEF IN THE POTENTIAL OF ALL CHILDREN AND A VISION FOR DEFYING EXPECTATIONS."

At Kingsway, the many teachers are willing to meet with you to discuss a test score you received or help you understand a concept. I am extremely thankful for, and have benefitted from, the extra time with my teachers. They truly believe in giving equal opportunities for all students and assisting them in achieving *beyond* their goals. Some teachers give incentives or extra percents that will ultimately benefit your overall grade. For example, if you write a certain amount of articles for the Cedar Sentinel in grade 11-12, you can have 3% added to your final English grade. (Of course, there are specific requirements for this that I will not divulge right now.) Some teachers give extra percents if you complete your homework and hand most (or all) of it in. Other teachers give extra percents if you work hard throughout the whole semester and have a good, willing-to-learn behaviour.

These tips may or may not benefit you, but it is imperative that you focus and strive to do well in school. Titus 2:7-9 says, "*Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us.*"





AUTHENTICITY

Do you remember those trouble-free childhood days when everyone was friends, there was no drama, and you didn't have a care in the world? What happened to those days? It seems like one day we woke up and everything had changed. Suddenly each morning we got up worrying about picking the right outfit, doing the right things, and not saying anything to make us look bad. How come we do all this, though? It's because we don't want to feel judged or out of place! We all want to feel loved and accepted, so we put on (lots of times) a fake show to make people like us.

Oxford dictionary defines *authentic* as: "of undisputed origin and not a copy; genuine." God made us all original -- different from everyone else. There is no one like you; that's what God intended, it's what makes you so special and unique. So how come we work so hard to change who we are in order to become like someone else?

1 Corinthians 15:33 says, "Do not be misled: Bad company corrupts good character." This verse is super important for us to abide by and

take to heart because it is so true. Good, Godly friends will not judge you for who you are. When you start hanging out with a bad crowd that constantly brings you down for the things you do, wear, or say, you begin to feel bad about yourself, and that is when you begin to change to gain their approval. If you are close to God and are happy being yourself, then do not change for people who judge you because God made you unique and special! Just because some people do not see or understand your unique way or style does not mean it is bad, ugly, or wrong... and that is so important to remember! People might bug you simply because they are jealous of you, or they have a crush on you, or they wish to be like you. There are a million reasons why people might "judge" you, but it's not your job to please them. If you try to change to please everyone, it will never work and you will just find yourself tired, sad, and unhappy because you are not being yourself (and yet

still not pleasing everyone!) Yes, it's sad that we don't live in a perfect world, and it is really unfortunate that people choose to judge and make others feel bad. That is something we cannot change -- however, what we *can* change is our attitude. We don't have to listen to what people say about us. We can be the bigger person and kill them with kindness. We can stop worrying about pleasing everyone and just focus on being a better friend to those who genuinely love and do not judge us. Life was simpler when we were younger, and it got more complicated because *that's life*. However, we can personally make it easier on ourselves by staying close to God, praying for those who hurt us, and not worrying about what others think about us, because the ones who truly love us *will* love us no matter what. God made us each special and we do not need to change to be who we are not.

Be fearlessly authentic

THE MASKS WE WEAR

Thousands of sunsets ago

Life was oh so simple

We had neither a problem nor care in the world

But time wouldn't

stop to breathe

And before we

could realize

We all became

hidden by a mask

of fears

Afraid of judgment and failure

Instead of being engulfed with acceptance

We found ourselves drowning in judgment

Standing in front of the mirror each

morning

Pondering what mask to wear

Too happy, labelled fake

Too sad, we're depressed

To please everyone is a goal unreachable

Yet we kill ourselves trying

And all for what?

A pat on the back?

A sense of self-worth?

When will humanity

realize their value

That they're loved and

accepted by a Power

much greater

Perhaps one day mankind will finally

understand

That dimming a person's candle

Won't make theirs any brighter

- Kiana Kapiniak





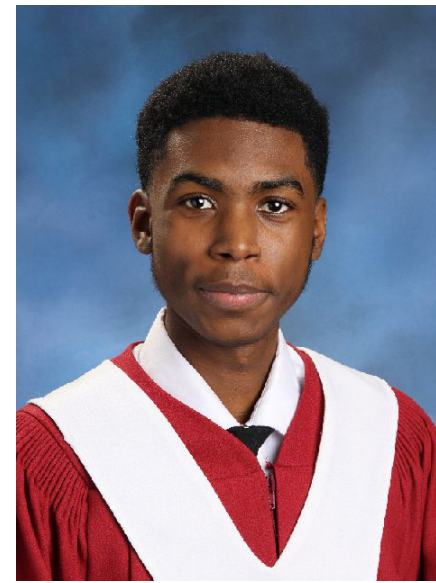
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Gem Roslie Ayupan



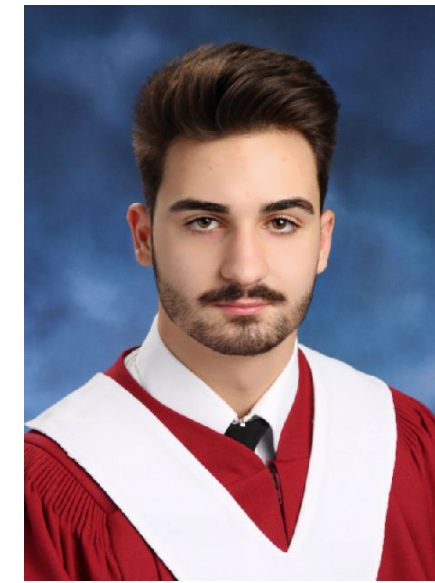
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Savion Jaurice Calderon



Jinseong Choi (James)

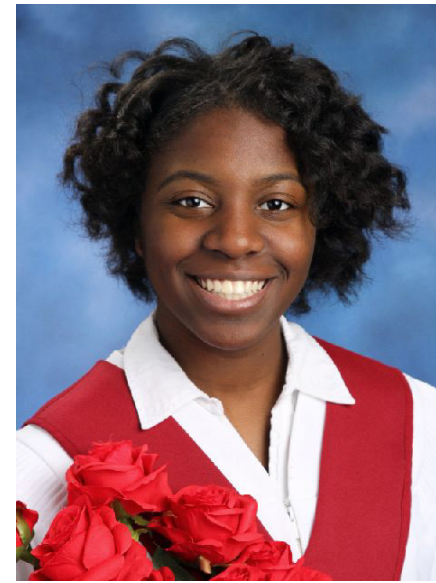


David Cucuteanu

SENIOR PHOTOS

INCLUSIVE OF ALL SENIORS WHO WERE PART OF THE 2017-2018 GRADE 12 CLASS

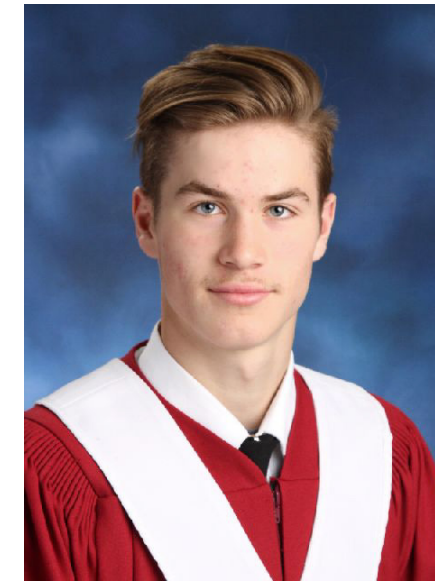
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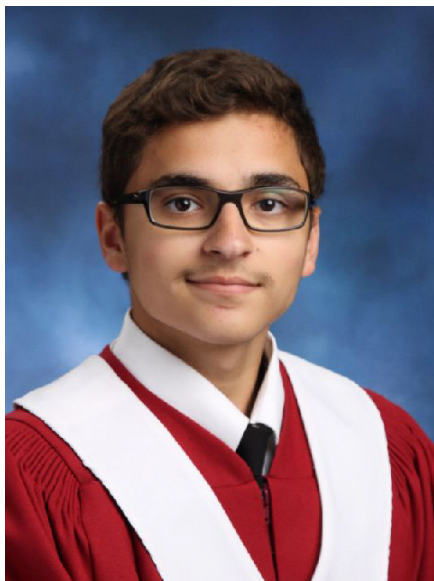
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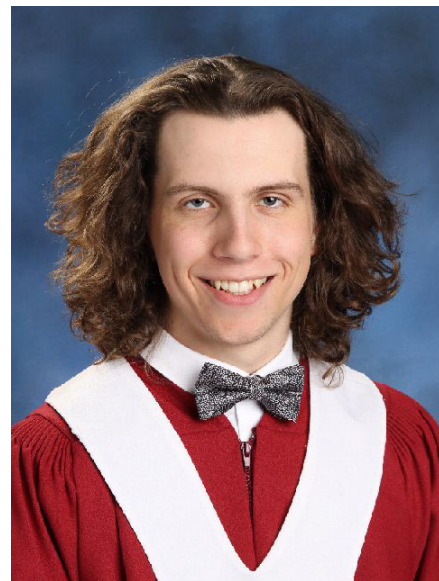
Seth Patrick Dorion



Steven Bergeron-Meza



Ashley Victoria Boehner



Micah Taylor Browne



Matthew John Dowdle



Matea Antonya Ewen



Xixuan Feng (Grey)



Kyle Alexander Flash



Nyarock Pal Gatluak



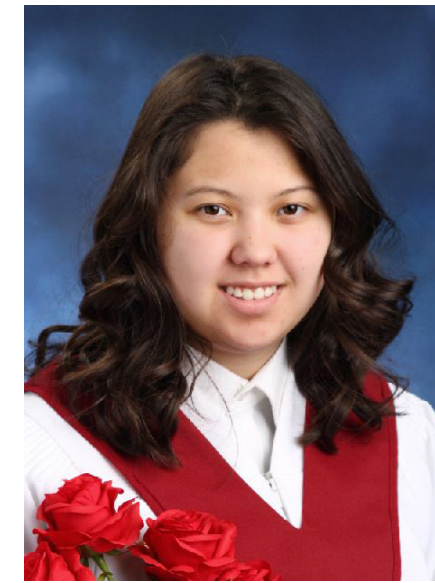
Beatriz Goes



Davia Avisha Johnson



Kimberly Perada Junsay



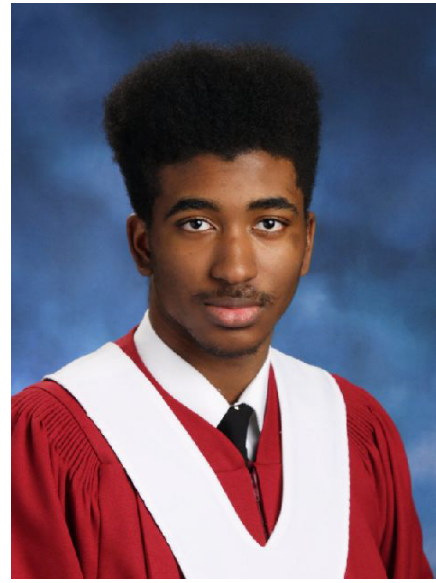
Karina Ruth Kajjura



Jian Han (Jasper)



Bingyu Hao



David Gregory Ricardo Heron



Hyeonjun Ko (Jun)



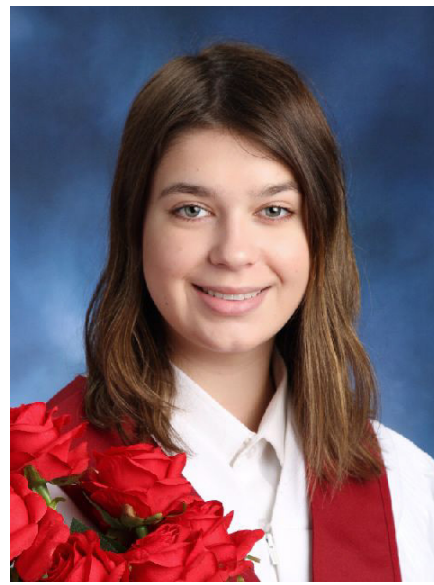
Lemuel Lukas Kulicki



Lee Boateng Kyei



Wenting Hu (Ever)



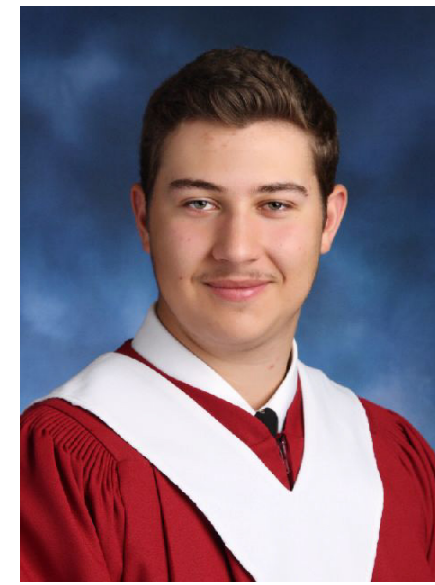
Stephanie Gloria Ivanovic



Subin Jin (Suri)



Samantha Lachica



Isaiah Vahlenn Lazarov



Marco Aranada Leonardo



Yian Li (Ann)



Jonathan Brock Lorette



Qiming Lu (Alan)



Rainer Paul Nieto Nacino



Nancielly Nery Galdino Da Silva



Sandra Ngenge Dusabe



Hope Lara Adelle Malabrigo



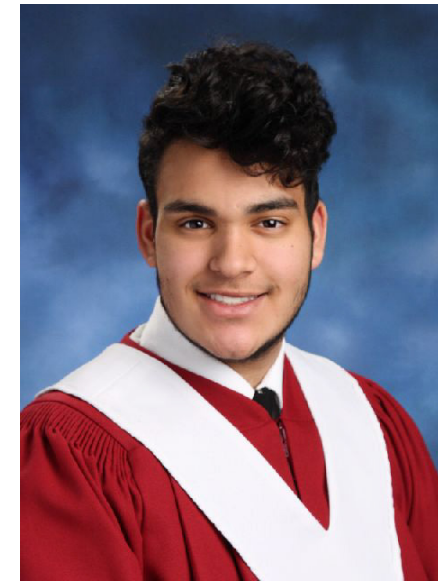
Keegan Kennedy Mann



Joyce Mawrie



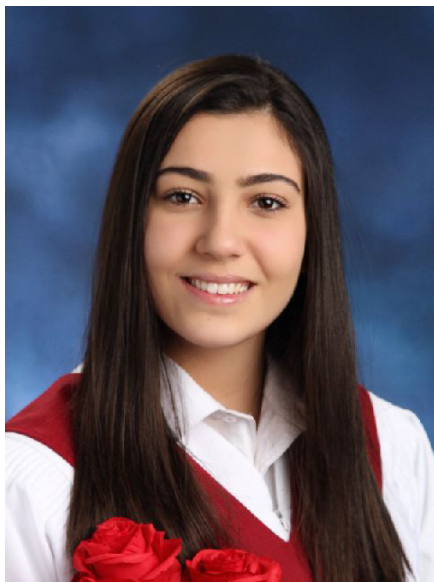
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Henry Nunes



Marlon Daniel Paredes



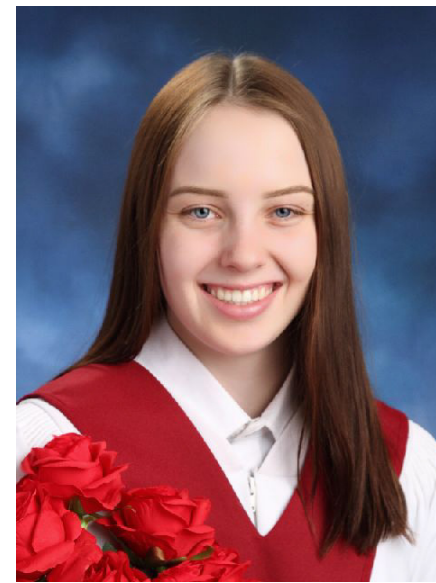
Ana Elisa Mendes Da Costa



Jeremy Xavier Morales Gramajo



Jared Elijah Myers



Luca Mercedes Phillips



Zara Valentine Phillips



Michael Daniel Pinnock



Ji Qi (Ben)



Reginald Emmanuel Raphael



Jean Erik Timothy Runge



Kelvin Brian Tapia Borges



Faith Kiara Miranda Withers



Chaofan Wu (Leo)



Amayah Shekina Shaw



Zixi Shen (May)



Shine Soki



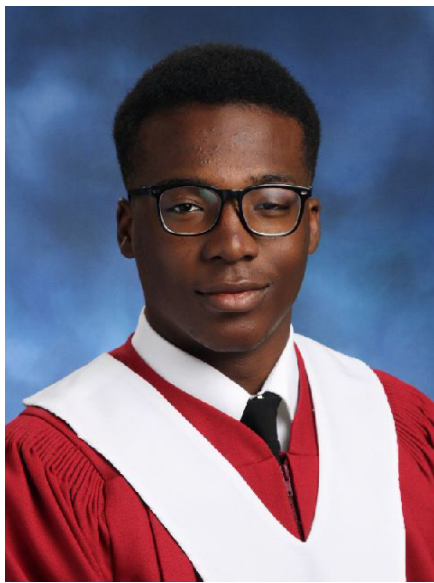
Chenyang Xie (Cassie)



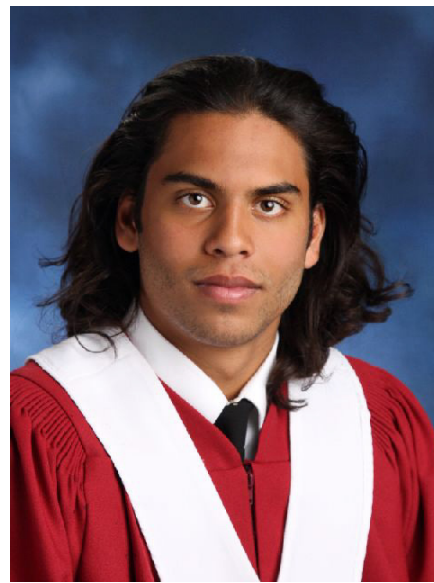
Ming Xu (Chloe)



Kevin Zeng



Kumar Daneil Jouan Stoddart



Coulter Edward Sukumaran



Yuxin Tang (Vincent)



Chenming Zhang (Chen)



Zuoyu Zhang (John)



Yunxuan Zhu (Hellen)

Congratulations

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June
Summer

Art by: Jon Ki Shiro